

Specific Carbohydrate Diet Menu for Camp Oasis 2015

Vinaigrettes (made & delivered on the first day for the whole week)

Lemon Vinaigrette

- lemon, honey, salt, garlic, olive oil, safflower oil

Apple Cider & Orange Vinaigrette

- orange, apple cider vinegar, salt, garlic, olive oil, safflower oil

Asian Sesame oil & lime vinaigrette

- lime, garlic, ginger, shallot, salt, toasted sesame oil, safflower oil

SCD friendly Caesar salad dressing

- anchovy, parmesan cheese, egg yolk, black pepper, lemon, olive oil, salt

SCD Yogurt

- Cow's Milk (Goat milk can be requested if needed), Lactobacillus Acidophilus

Sunday, June 21st

Dinner - **Cauliflower Crust Pizzas w/ cheese & sausage**

- cauliflower, egg yolk, parmesan cheese, jack cheese, cheddar cheese, garlic, oregano, hand-ground beef sausage, salt

Sliced Almond flour mini biscuits for meats & cheeses

- Almond Flour, Butter, Honey, salt, Baking soda, Eggs

Dessert - **Black bean brownies**

- Black Beans, almond flour, coconut flour, honey, eggs, butter, baking soda, vanilla extract, salt

Evening Snack - **Steamed Lentil dumplings w/ honeyed scd yogurt**

- red lentils, onion, garlic, cumin, coriander, salt, honey, scd yogurt (see ingredients above).

Monday, June 22nd

Breakfast - **Scrambled eggs w/ butter & cheddar cheese.**

- eggs, butter, cheddar cheese, salt, black pepper

Tomato Salsa

- cherry tomato, shallot, garlic, parsley, cilantro, lime, salt, olive oil

Date & Apricot bread w/ coconut & almond flour

- dates, apricots, eggs, honey, almond flour, coconut flour, safflower oil, baking soda, vanilla extract, salt

Lunch - **Seared & sliced chicken strips**

- Chicken Breast, Salt, Pepper

Roasted Zucchini & Carrots

- Zucchini, carrots, olive oil, salt, pepper

Butter & almond flour rolls

- Almond Flour, Butter, Honey, salt, Baking soda, Eggs

Afternoon Snack - **Lentil Crackers**

- green lentils, salt, parmesan cheese, olive oil, water

Dinner - **Spaghetti Squash “vermicelli”**

- spaghetti squash vermicelli, salt, olive oil

Beef meatballs

- Hand-ground beef, onion, garlic, eggs, almond flour, olive oil, salt, pepper

Marinara sauce

- plum tomato, onion, garlic, olive oil, oregano, salt

Dessert - **Honey & Coconut flour macaroon cookies**

- Honey, egg whites, coconut flour

Evening Snack - **Pear sauce**

- pears, honey, cinnamon, cloves, salt

Lentil crackers

- green lentils, salt, parmesan cheese, olive oil, water

Tuesday, June 23rd

Breakfast - **Almond & coconut flour banana pancakes**

- Almond flour, coconut flour, banana, scd yogurt, eggs, cinnamon, honey, baking soda,
Honey butter

- Honey, butter

Hand ground pork sausage w/ onion & fennel seed

- Hand-ground pork, onion, garlic, fennel seed, salt, black pepper, olive oil

Lunch - **Red Lentil "tortillas"**

- Red lentils, onion, garlic, cumin coriander, water

Afternoon Snack - **Black bean Tortilla chips**

- Black beans, salt, parmesan cheese, olive oil, water

Tomato Salsa

- cherry tomato, shallot, garlic, parsley, cilantro, lime, salt, olive oil

Salsa Verde

- Tomatillo, onion, garlic, cilantro, salt, pepper

Navy bean Hummus

- Navy beans, garlic, olive oil, lemon juice, salt,

Dinner - **Braised chicken thigh & legs w/ salt & pepper**

- Chicken thighs (skinless & bone-in), Chicken legs (skinless & bone-in), olive oil, salt, pepper

Mashed White Bean & cauliflower w/ butter & chicken jus

- Navy Beans, Cauliflower, butter, chicken stock (from the braised chicken thighs)

Asparagus w/ lemon & parsley

- Asparagus, lemon, parsley, salt, olive oil

Desserts - **Date & apricot cake**

- dates, apricots, eggs, honey, almond flour, coconut flour, safflower oil, baking soda, vanilla extract, salt,

Coconut & honey icing

- unsweetened coconut flakes, honey, water, salt, cinnamon

Evening Snack - **Goldfish**

- ??Ingredients to come??

Wednesday, June 24th

Breakfast - **Ham & Cheese omelets or Plain egg omelets**

- Eggs, ham, cheddar cheese, salt, pepper, butter

Lunch - **Baked Chicken Strips**

- Chicken Breast, salt, pepper, olive oil

Hand stuffed SCD hot dogs

- hand-ground pork, hand-ground beef, garlic, paprika

Steamed lentil buns

- Red lentils, onion, garlic, cumin coriander, water

Afternoon Snack - **Red Lentil Falafels w/ tzatziki sauce**

- Red lentil, onion, garlic, cumin, coriander, lemon, olive oil, cucumber, garlic, scd yogurt, salt

Dinner - **Stir fried chicken w/ garlic, ginger, zucchini, squash, carrot, & sesame oil**

- Chicken thigh (boneless & skinless), shallot, garlic, ginger, zucchini, yellow squash, carrot, green pepper, sesame oil

Sesame & ginger roasted broccoli

- broccoli, ginger, sesame oil, olive oil, salt

Dessert - **Black bean brownies**

- Black Beans, almond flour, coconut flour, honey, eggs, butter, baking soda, vanilla extract, salt,

Evening Snack - **Cheesy Cauliflower crust flatbreads**

- cauliflower, lentil flour, egg yolk, parmesan cheese, jack cheese, cheddar cheese, garlic, oregano, hand-ground beef sausage, salt

Thursday, June 25th

Breakfast - Banana bread & brown butter French toast (made w/ banana bread)

- overripe bananas, eggs, almond flour, coconut flour, honey, safflower oil, coconut oil, vanilla extract, cinnamon, cloves, nutmeg, baking soda, salt
 - **Honey Butter**
- butter, honey

Lunch - Seared & roasted prime rib w/ beef jus & black lentils

- Prime rib, black lentils, onion, garlic, carrot, celery, salt, pepper, olive oil,
Almond flour & Butter rolls
- Almond Flour, butter, honey, salt, baking soda, eggs

Afternoon Snack - Mini quiches with zucchini & red pepper

- Eggs, zucchini, red bell pepper, onion, garlic, almond flour, butter, salt, baking soda

Dinner - Ground turkey taco meat w/ yellow lentil tortilla chips

- hand-ground turkey, onion, garlic, cumin, coriander, paprika, salt, pepper, olive oil, red lentils, parmesan cheese
Cuban spiced black beans
- Black Beans, onion, garlic, paprika, cumin, coriander, oregano, salt
Steamed broccoli & carrots w/ lemon olive oil
- Broccoli, Carrots, lemon, olive oil, salt, pepper,

Dessert - Pear sauce cookie w/ dried cranberries

- Pears, cinnamon, cranberries, honey, egg, almond flour, baking soda, salt

Evening Snack - Apple sauce

- Apple, honey, cinnamon, cloves, salt
Lentil crackers
- green lentils, salt, parmesan cheese, olive oil, water

Friday, June 26th

Breakfast - **Scrambled Eggs w/ butter & cheese**

- eggs, butter, cheddar cheese, salt, pepper

Almond flour toast

- Almond Flour, butter, honey, salt, baking soda, egg white

Lunch - **Lentil flour cheese dumplings**

- Red lentils, cheddar cheese, onion, garlic, water

Tomato sauce

- plum tomato, onion, garlic, olive oil, oregano, salt

- **Grilled Vegetable skewers w/ onion, mushroom, pepper, zucchini**

- cremini mushroom, red bell pepper, zucchini, red onion, olive oil, salt

Afternoon Snack - **Goldfish**

- ??Ingredients to come??

Dinner - **Beef Burgers**

- Hand-ground beef, onion, garlic, salt, pepper, olive oil

Lentil & almond flour buns

- Almond Flour, red lentils, butter, honey, salt, baking soda, egg white

White Bean salad w/ carrot, onion, olive, peas, celery & handmade mayo

- Navy bean, onion, garlic, carrot, olives, peas, celery, egg yolk, lemon, olive oil, safflower oil, salt

Dessert - **Lemon & vanilla cake w/ Swiss meringue frosting**

- Lemon zest, lemon juice, eggs, vanilla extract, honey, olive oil, safflower oil, baking soda, egg whites, honey, butter

Evening Snacks - **Black bean chips**

- black beans, salt, parmesan cheese, olive oil, water

Creamy tomato dip

- Cherry tomato, onion, garlic, olive oil, safflower oil, egg yolk, salt

Saturday, June 27th

Breakfast - Almond & coconut flour banana pancakes

- Almond flour, coconut flour, banana, scd yogurt, eggs, cinnamon, honey, baking soda,

Honey butter

- Honey, butter

Hand ground pork sausage w/ onion & fennel seed

- Hand-ground pork, onion, garlic, fennel seed, salt, black pepper, olive oil