



Okay in order to create a recipe for me you need to know my restrictions, this is where the real challenge is my friends, so hold on to your aprons!

### **I Can't have-**

**Allergies**-dairy, sugar, honey,xylitol,zylitol manitol ,aloe,or other 'itols, msg, nuts,stevie, grapefruit

### **Migraine Seizure Triggers–**

**Alcohol** – beer,red wine, port, sherry, scotch, gin, and bourbon,I don't drink so this one is no problem

**Breads**-Freshly baked breads all yeast has to be 24 hours or more old,hot fresh bread, sour dough,bagels,homemade breads made with yeast, fresh donuts, fresh breakfast doughnuts, pizza, soft pretzels,raised coffee cake,danish, nut breads, cheese bread, chocolate bread, raisin bread, bagels with dried fruit.

**Caffeine**– tea, coffee, cola, etc.

**Dried foods**, raisins, prunes chocolate, dried fruit, aspartame, or chemical enhanced sweeteners. I can have Splenda ( aka sucralose is okay)

**Flavored crackers** ,chips etc. with triggers listed, onion,cheese,etc.

**Chocolate**– chocolate, cocoa, carob

**Dairy**-Aged or ripened cheeses ,cheddar, gruyère, emmenthaler, stilton, brie, gouda, romano, parmesan, feta, bleu, monterey jack, colby ,swiss, mozzarella,camembert, lactose free cheese,sour cream, yogurt, buttermilk, foods with cheese added. buttermilk and chocolate milk. Basically no cheese ( I do use rice cheese).

**Dips and Sauces**-dips and sauces that contain MSG , onions, salsa, chip dips, bottled condiments and sauces, bottled or canned spaghetti sauces, alfredo or pesto sauce, gravy, mustard dips, barbeque sauce and guacamole.

**Drinks**-Coffee, tea, coffee substitutes with caffeine, hot chocolate, colas, orange soda, lemon lime soda, diet soda, chocolate milk, wine, champagne, beer, alcoholic drinks. Fruit juices with the migraine triggers foods ( I can drink decaf tea, 100% apple juice)

Food prepared with– meat tenderizer, soy sauce, vinegars (except distilled white vinegar), or yeast extract and food that has been fermented, pickled, or marinated

**Fruits and Nuts-** figs, avocados, raisins, raisins, red plums, passion fruit, papaya, banana, lemon, lime, orange, tangerine ( citrus fruits), all nuts and nut butters, pineapples, raspberries, plums, papayas, passion fruit, dates, and avocados. Also avoid dried fruits (especially those preserved with sulfites).

**MSG-**Foods containing monosodium glutamate (MSG). Asian foods often have large amounts of MSG. Also found in many prepared foods and soups.

**Meats-**Smoked, cured, or processed meats- bacon, sausage, ham, salami, pepperoni, pickled herring, bologna, chicken livers, hot dogs, deli meats and fish ( if it has been aged, canned, cured, fermented marinated, smoked, or tenderized) beef liver ,chicken liver, ready-made hot wings, barbeque chicken, breaded meat ,premade fried chicken, chicken nuggets, breaded chicken patties, seasoned rotisserie chicken, and any **ready-made** meal of meat, noodle or rice like burritos, lasagna, rice and hamburger helper style boxed meals, canned tuna with broth ( solid albacore tuna packed in water is fine), anchovies. Spam, canned soups with MSG and/or onions and onion herbs and plants and veggies listed.

**Nitrites-**found in luncheon meats, ham, hot dogs and bacon

**Snacks-** Pretzels, Chips, Popcorn-Soft pretzels, honey and mustard pretzels, onion and garlic pretzels or other seasoned pretzels. Nacho chips, jalapeno chips and most other seasoned chips.

**Desserts-** Pies, Cakes, Cookies-Chocolate, chocolate candy, nuts, buttermilk, sour cream, dried fruit ,peanut butter, lemon extract , lemon juice, almond extract, coconut.

**Salad Dressings-**that contain mono sodium glutamate ( msg), onion, onion powder, cheese, red wine vinegar or balsamic vinegar

**Sweeteners-**Aspartame and other chemical enhanced artificial sweeteners ( sucralose/Splenda is fine)

**Soy-** Soy sauce, miso, tempeh, soy burgers,soy products containing soy protein isolate or concentrate and soy beans.

**Vegetables-** Pea pods, pods of broad beans such as lima, navy beans, onions, olives, pickles, soybeans, sauerkraut, broad Italian beans, fava bean and lentils ( I can have very small amounts of iron rich veggies)

**Vinegar-**balsamic, red wine, any vinegar except for white (distilled vinegar is okay).

Good luck in the challenge!