

I am on a strict diet for medical reasons.

OK:

- All fresh (pastured) meat, poultry, and fish (unbrined, unsalted, no marinade)
- Vegetables steamed, grilled, or pan-fried without salt
- Unsalted butter, olive oil, heavy cream
- Garlic, ginger, black pepper, peppers
- Chickpeas, pinto beans, kidney beans, black beans cooked without salt or rinsed well
- Quinoa or rice cooked in water without salt
- Blueberries, blackberries, strawberries, apples, pears, peaches, nectarines, kiwi
- Sesame seeds, pumpkin seeds, chia seeds, hemp seeds

NO: NUTS, CITRUS, SOY, GLUTEN, SALT, CHEESE, SUGAR, ONIONS

- 1. Make a list of the foods you miss the most, then prioritize them.** I recommend testing onions and fermented foods as early as possible, as they are important sources of prebiotics (feeding your good gut bacteria) and probiotics (adding healthful bacteria to your gut). If onions don't bother you, then adding them opens up more prepared foods, like organic chicken broth, that will make cooking easier.
- 2. Choose your number one food to test the first week.** This is the beginning of Month 7, unless you decided you couldn't wait and are doing it sooner.
- 3. Have at least one serving of that food per day for seven days.** You can have the food at any time of day, unless you're testing chocolate. I recommend testing chocolate no later than 2 p.m. if you are at all sensitive to the stimulants in it.
- 4. Note any change in symptoms in your tracking program.**
- 5. If it's clear that the food triggers a migraine attack, don't keep eating it.** I recommend finishing out the week on the baseline Plan to allow your body to recover.
- 6. Test the food each day.** This is important, as you need to allow for other variables that might also be affecting you. (Ideally, you are having few symptoms at this point, so it will be easy to tell.)
- 7. If the weather patterns during a week of testing will affect you, don't test that week.** For me, the hot, dry winds called Santa Anas that come with high barometric pressure, high temperature, low humidity, and bright skies *always* trigger a migraine attack no matter how well I eat, so if we had that weather, I did not test during that week, and sometimes waited a week afterwards to get back to normal. For you, it might be thunderstorms. Flying also negatively affects many people with migraines, so I would skip testing if you're traveling somewhere
- 8. Once you have finished testing a food, remove it from your diet (as much as possible) and start testing the next food.** Unless you had a bad reaction and need time to recover, you can move straight into testing the next food.
- 9. Remember that trigger testing is not absolute.** It's best to keep yourself at the Plan baseline while testing one food per week, as most experts believe there is a cumulative effect of triggers.

10. Test seaweed early. Because seaweed (often a trigger) is an incredibly rich source of nutrients and is recommended by most nutritionists, test adding seaweed powder (1/2 teaspoon per day) early on to see if you can incorporate it into your diet. While seaweed does contain glutamates (which is why it's likely a migraine trigger), it removes heavy metals from our bodies and provides a rich array of minerals.

11. Test each of these foods separately, if possible:

Onions. Cooked red onions should be tested separately from cooked white, yellow, and brown onions, which can be tested as one group. Additionally, you might want to test raw red onions and raw white/yellow/brown onions separately from their cooked counterparts. A chef's tip is to soak raw onions in ice water, then drain well before adding to a dish. This helps mellow the flavor.

Fermented foods. Real sauerkraut and pickles (in the refrigerated section), kefir, live yogurt, kombucha, kimchi, and miso or tempeh should all be tested individually.

Citrus and other fruit. Lemons, limes, oranges, and grapefruit should all be tested separately. Pineapple and bananas should also be tested on their own.

Vinegars. Ideally, each type of vinegar is a separate test: apple cider vinegar, white balsamic vinegar, white wine vinegar, rice wine vinegar, etc. However, if one light/clear vinegar doesn't seem to bother you, then the rest of this group should also be OK in small amounts. Once you have tested it, I recommend using unpasteurized apple cider vinegar for its many documented health benefits. If you wish to try dark vinegars (balsamic, sherry, red wine), note that they are much more likely to be triggers, and try them at the very end of your testing period.

Cheeses. Each type of cheese (e.g., Swiss, cheddar, brie, mozzarella, Parmesan) is a separate week.

Nuts. Each type of nut (e.g., cashews, pistachios, pecans, etc.) is a separate week. I don't recommend adding peanuts back into your diet, as they tend to be highly allergenic.

Chocolate. Ideally, test chocolate without sugar (unsweetened cocoa powder or cacao nibs) instead of chocolate bars, so you can see the effect of chocolate itself, not chocolate plus sugar.

Food List | *The Migraine Relief Plan* by Stephanie Weaver

Grains					
Approved	Amaranth Corn (tortillas, tortilla chips, polenta) Garbanzo bean (chickpea) flour	Gluten-free bread (choose whole-grain and low-sodium where possible)	Gluten-free pasta Millet Oats (certified gluten-free)	Quinoa Rice Sorghum	Tapioca (pearls and flour) Teff
Excluded	<i>Wheat berries; couscous; cracked wheat; rye; barley; spelt; triticale; einkorn; farro; white, wheat, or all-purpose flour; garfava flour</i>				
Veggies and beans					
Approved	Adzuki beans Artichokes Arugula Asparagus Bamboo shoots Beet greens Beets Bell peppers Bitter melon Bok choy Broccoli Brussels sprouts Cabbage Cactus leaves (nopales) Cardoni	Carrots Cauliflower Celery Celery root Chickpeas Chile peppers Chives Cilantro Corn Cucumbers Daikon Eggplant Fennel Galangal root Garlic	Gingerroot Green beans (haricot verts) Green onions (scallions, spring onions) Greens (such as mustard, dandelion, collard) Horseradish (fresh) Jerusalem artichokes (sunchoke) Jicama Kale Kidney beans Kohlrabi Leeks	Lettuce Lotus root Mung beans Mushrooms Parsley Parsnips Peas Perilla Pinto beans Potatoes Pumpkins Radishes Rutabagas Salsify Shallots	Spinach Split peas Squash (all, including summer squash and zucchini) Sweet potatoes Swiss chard Taro Tomatillos Tomatoes Truffles Turnips Wax beans White beans Yams Yucca
Excluded	<i>Broad beans, fava beans, Italian beans, lentils, lima beans, navy beans, onions, pea pods, sauerkraut, snow pea pods</i>				
Notes	<ul style="list-style-type: none"> • Fresh sprouts are OK if from approved list. • Fresh vegetables on the list may be dried in a home dehydrator. • Home-canned sauces, made from fresh ingredients, are fine. • Dried chiles and mushrooms are OK without sulfites. 				
Fruits					
Approved	Apples Apricots Blackberries Blueberries Cactus pears (prickly pear fruit) Cherimoyas Cherries	Coconuts Cranberries Dragon fruit Gooseberries Grapes Guavas Jujubes (the fruit, not the candy)	Kiwis Longans Loquats Lychees Mangoes Mangosteens Melons (all) Nectarines	Peaches Pears Persimmons Plumcots Pluots Pomegranates Purple plums Quince	Rambutans Rhubarb Sapotes Starfruit Tamarind (without sugar or sulfites if dried/paste) Tejocotes
Excluded	<i>Avocados, bananas, citrus or citrus zest, dates, figs, pineapple, papayas, passion fruit, raspberries, raisins, red plums</i>				
Notes	<ul style="list-style-type: none"> • Dried fruits (except raisins) are OK as long as they do not contain sulfites. • Fresh fruits on the list may be dried in a home dehydrator. 				
Sweetener					
Approved	Stevia (without any additives, even raw sugar)				
Excluded	<i>Sugar, honey, maple or other syrups, artificial sweeteners, sugar alcohols like xylitol or maltitol</i>				

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Protein (should be fresh and freshly cooked)					
Approved	Beans (except exclusions) Beef (grass-fed/pastured) Eggs (local, free-range)	Fish (fresh or frozen without coatings or seasonings) Pork (pastured) Poultry (free-range)	Salmon (if canned, Wild Alaskan with no salt or other additives) Seeds (sunflower, flax, chia, sesame, hemp)	Shellfish (no salt, sodium, or other additives)	Tuna (if canned, no salt or other additives)
Excluded	<i>Dried or smoked fish, smoked or preserved meats (like sausage), favas, limas, navy beans, soybeans, lentils</i>				
Notes	<ul style="list-style-type: none"> Uncured reduced-sodium pastured bacon can be tested after four months. 				
Dairy					
Approved	American cheese	Chèvre (fresh goat cheese)	Cottage cheese Cream	Cream cheese Mascarpone	Milk Ricotta
Excluded	<i>Hard, aged cheeses, processed cheese</i>				
Notes	<ul style="list-style-type: none"> If you can find American cheese that is organic and soy-free, most lists include it as OK. It's not recommend for Meniere's because of its high sodium content. The plastic-wrapped "singles" are not OK. 				
Fats and oils (organic extra virgin if possible)					
Approved	Butter (organic, grass-fed, and unsalted) Coconut oil	Lard or rendered bacon fat (from pastured pigs) Olive oil	Sesame oil (regular and toasted in small amounts)	Sunflower seed oil (in small amounts)	Tallow (beef fat from grass-fed cows)
Excluded	<i>Trans fats; corn, cottonseed, canola, rapeseed, soybean, peanut, nut oils</i>				
Herbs, spices, and condiments					
Approved	All herbs (except exclusions) All spices (except exclusions)		Clear, white vinegar (limited to ½ teaspoon per recipe)		
Excluded	<i>Spice blends containing MSG, salt, seaweed or seaweed extracts (including kombu, nori, hijiki, carrageenan, and agar agar), "flavorings," onion powder, yeast, nutritional yeast, store-bought condiments, salad dressings, and vinegar other than organic white vinegar</i>				
Notes	<ul style="list-style-type: none"> Some people may be sensitive to paprika, smoked paprika, chili powder, and curry powders containing chili powder. Even white vinegar can be a trigger, so limit consumption. After four months on the diet, you can test apple cider vinegar, rice wine vinegar, white balsamic, and white wine vinegar. Use the smallest amount possible in recipes, unless you are positive that vinegar isn't a trigger. 				
Drinks					
Approved	Coconut milk Coconut water Filtered or spring water	Hemp milk (page 255) Herbal teas (except exclusions)	Infused water (page 258) Milk	Sparkling water (without citrus flavoring)	Vodka (small amounts) White wine ⁵³ (small amounts)
Excluded	<i>Nut milks; boxed milks that include carrageenan or gums; soy milk; red wine; hard liquors; beer; soda (regular or diet); caffeinated tea; herbal tea containing citrus, raspberry, or hibiscus; caffeinated coffee</i>				
Notes	<ul style="list-style-type: none"> Do not use wine in cooking for the first four months, then test it for yourself. Besides being a powerful migraine trigger, coffee also raises cortisol levels for up to six hours. Elevated cortisol levels can lead to an overactive immune system, sleep disruptions and impairment, and depression.⁵⁴ Decaf coffee is OK but might still be a trigger 				

AT A GLANCE: THE NO LIST

Common triggers

<i>Aged foods and cheeses</i>	<i>Condiments</i>	<i>Nutritional yeast</i>	<i>Soy products</i>
<i>Avocados</i>	<i>Cured meats</i>	<i>Nuts</i>	<i>Soy sauce</i>
<i>Bananas</i>	<i>Dried fish</i>	<i>Salad dressings</i>	<i>Vinegars</i>
<i>Citrus and most tropical fruits</i>	<i>Fermented foods (sauerkraut, miso, kombucha, kefir)</i>	<i>Seaweed</i>	

Additives that are triggers

<i>Autolyzed yeast</i>	<i>Glutamic acid</i>	<i>Natural flavors/ flavorings</i>	<i>Textured vegetable protein</i>
<i>Calcium caseinate</i>	<i>Hydrolyzed protein</i>	<i>Protein-fortified items</i>	<i>Ultra-pasteurized items</i>
<i>Carrageenan</i>	<i>Kombu (seaweed extract)</i>	<i>Sodium caseinate</i>	<i>Whey protein and any protein powder</i>
<i>Enzyme-modified items</i>	<i>Malt extract</i>	<i>Soy protein concentrate/isolate</i>	<i>Yeast extract</i>
<i>Fermented or cultured items</i>	<i>Malted barley</i>	<i>Store-bought broth, stock, bouillon</i>	
<i>Gelatin (grass-fed gelatin is OK)</i>	<i>Maltodextrin</i>		
	<i>MSG</i>		

Notes • Visit truthinlabeling.org to find a longer list of potential names for soy and sugar additives.

Hidden sugars

<i>Agave nectar or syrup</i>	<i>Crystalline fructose</i>	<i>Inulin</i>	<i>Sorbitol</i>
<i>Barley malt or syrup</i>	<i>Date sugar</i>	<i>Jaggery</i>	<i>Sorghum molasses or syrup</i>
<i>Beet sugar</i>	<i>Dextrin</i>	<i>Lactitol, lactose</i>	<i>Sucrose</i>
<i>Brown rice, rice bran syrup</i>	<i>Dextrose</i>	<i>Malt or malted syrup</i>	<i>Sugar or syrup (brown, demerara, invert, muscovado, palm, rapidura, raw cane, sucanat, turbinado)</i>
<i>Cane crystals, juice, or syrup (dehydrated/evaporated)</i>	<i>Ethyl maltitol</i>	<i>Maltodextrin</i>	
<i>Coconut (sugar)</i>	<i>Fructose</i>	<i>Maltose</i>	
<i>Corn (sugar, syrup, solids)</i>	<i>Fruit juice concentrate</i>	<i>Mannitol</i>	<i>Treacle</i>
<i>Corn syrup (solids), high-fructose corn syrup</i>	<i>Galactose</i>	<i>Maple syrup, sugar</i>	<i>Yacon</i>
	<i>Glucose (syrup, solids)</i>	<i>Molasses</i>	
	<i>Golden syrup</i>	<i>Monk fruit (luo han guo)</i>	
	<i>Honey</i>	<i>Mono- or Oligosaccharide</i>	
	<i>Hydrogenated or hydrolyzed starch</i>	<i>Panela, panocha</i>	
		<i>Saccharose</i>	

Notes • Watch out for anything with the words *sugar*, *granulated*, *syrup*, *saccharide*, and *crystal*, and any ingredients with an -ose at the end of them.

14-Day Meal Plan: WEEK 1 | *The Migraine Relief Plan* by Stephanie Weaver

Meal	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Scrambled eggs with low-sodium ketchup or Salsa Verde and Pork Sausage Patties	Egg Mini-Quiches (place foil-wrapped baking potatoes in the slow cooker on Low if you want them ready when you get home from work)	Potato-Green Onion Frittata (page 280)	Peach-Mango Power Smoothie (page 194)	Egg Mini-Quiches (from freezer)	Eggs your way with Pork Sausage Patties	Blueberry-Oat Waffles with berries and butter; freeze leftover waffles
Mid-morning snack	Cold-pressed green juice or Beet-Strawberry Smoothie (page 187)	Carrot slices with Sunflower Seed Butter	Pumpkin seeds	Hard-boiled egg	Sunflower Seed Butter on rice cakes	Pumpkin seeds	Herbed Cheese Spread with cherry tomatoes or veggie sticks
Lunch	Tuna or Salmon Salad	Chicken Salad on greens with dressing	Tuna Salad with large green salad and dressing	Salad with peaches or grapes and sliced Spice-Rubbed Seared Pork Chop	Egg salad with green salad or as an open-faced sandwich on toasted gluten-free bread	Salmon-Potato Cakes	Burger (beef, turkey, or bean) with olive oil mayonnaise and/or low-sodium ketchup and green salad with dressing
Mid-afternoon snack	Carrot slices with Sunflower Seed Butter	Pumpkin seeds	Salt-free or low-sodium tortilla chips with Salsa Verde	Carrots with Sunflower Seed Butter	Pumpkin seeds	Mascarpone and fruit on rice cakes	Fruit salad
Dinner	Sautéed greens and grilled chicken breast with steamed broccoli	Baked potato with chopped steamed broccoli, ricotta or mascarpone, and butter	Spice-Rubbed Seared Pork Chops with Sweet Potatoes and Pear-Cranberry Sauce (page 240) and steamed broccoli with butter or olive oil	Burger (beef, turkey, or bean) with olive oil mayonnaise and/or low-sodium ketchup and green salad	Salmon-Potato Cakes (page 237) and green salad with dressing	Steak and Roasted Vegetable Salad	Meatloaf (page 230), steamed broccoli, and Spicy Kale and Swiss Chard Sauté (page 243)
Early evening snack	Berries with Vanilla Ricotta Cream or Coconut Whipped Cream	Berries with Vanilla Ricotta Cream or Coconut Whipped Cream	Berries with Vanilla Ricotta Cream or Coconut Whipped Cream	Berries with Vanilla Ricotta Cream or Coconut Whipped Cream	Fruit	Herbed Cheese Spread on veggie sticks	Sunflower seeds
Prep for future meals	Make Chicken Salad (page 211) from leftover grilled chicken; chop leftover steamed broccoli	Dice leftover baked potato; thinly slice two green onions; season pork chops with Spice Rub	Slice leftover Spice-Rubbed Seared Pork Chops; prep fruit for smoothie and salad; hard boil eggs	Make egg salad by mixing mashed hard-boiled eggs with mayo	Prep ingredients for Steak and Roasted Vegetable Salad (page 244); make Herbed Cheese Spread (page 189); cut up veggie sticks	Make fruit salad; veggie sticks; Blueberry-Oat Waffle batter (page 198); Granola (page 205); salad dressing (page 265); Chile Pepper Sauce (page 267)	Make Berry Cobbler (page 248) and Chunky Tomato Sauce (recipereinnovator.com); thaw frozen fish (2 meals); pack leftover Meatloaf, tomato sauce, zucchini ribbons

14-Day Meal Plan: WEEK 2 | *The Migraine Relief Plan* by Stephanie Weaver

Meal	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Breakfast	Broccoli-Ricotta Frittata (page 280)	Leftover toasted Blueberry-Oat Waffles topped with berries and butter	Migas	Egg Mini-Quiches (from freezer)	Granola with coconut milk or Hemp Milk	Poached eggs with kale and Chile Pepper Sauce	Salmon, Asparagus, and Thyme Omelet (page 209) with Smoky Mustard Sauce
Mid-morning snack	Chicken stock with pinch of curry powder	Chicken stock with pinch of curry powder	Granola with coconut milk or Hemp Milk	Pumpkin seeds	Beet-Strawberry Smoothie (page 187)	Chicken stock with pinch of curry powder	Granola with berries and coconut milk
Lunch	Meatloaf with zucchini ribbons and Chunky Tomato Sauce	Meatloaf with zucchini ribbons or meatloaf sandwich on gluten-free bread	Firehouse Turkey Chili	Scallop Corn Chowder	Tuna Salad with greens	Chicken Cacciatore with pasta, green salad, and dressing	Firehouse Turkey Chili
Mid-afternoon snack	Herbed Cheese Spread on rice cakes	Granola with coconut milk or Hemp Milk	Herbed Cheese Spread with veggie sticks	Beet-Strawberry Smoothie (reserve one serving for tomorrow)	Chicken stock with pinch of curry powder	Carrots with Sunflower Seed Butter	Pumpkin seeds
Dinner	Fish Baked in Parchment Packets (page 228) with Smoky Mustard Sauce (page 273) and green salad with dressing	Fish Tacos (page 214) with Chile Pepper Sauce	Scallop Corn Chowder (page 238)	Firehouse Turkey Chili with mascarpone and brown rice	Chicken Cacciatore and gluten-free pasta	Grilled salmon and asparagus	Beef, turkey, or bean burger with olive oil mayonnaise and/or low-sodium ketchup and green salad
Early evening snack	Berry Cobbler	Berry Cobbler	Berry Cobbler	Berry Cobbler	Fruit or sunflower seeds	Granola with berries and coconut milk or Hemp Milk	Leftover protein or veggies (if needed)
Prep for future meals	Make Firehouse Turkey Chili (page 213; freeze individually) and Herbed Cheese Spread (page 189); pack leftover Meatloaf, tomato sauce, and zucchini ribbons	Chop leftover fish taco veggies for Migas (page 206); cut veggie sticks; thaw frozen scallops; pack a serving of frozen Firehouse Turkey Chili	Pack leftover Scallop Corn Chowder; pack one serving of frozen Firehouse Turkey Chili	Make Chicken Cacciatore (page 226) and Tuna Salad (page 223)	Marinate salmon; slice carrots; pack Chicken Cacciatore and pasta	Chop leftover grilled salmon and asparagus; pack one serving of frozen Firehouse Turkey Chili	