



Phone: 480-284-8155

Fax: 866-823-2115

Azimsolutions.com

4657 S. Lakeshore Drive Suite 1

Tempe, AZ 85282

Egg Avoidance Diet Plan

What To Avoid--Whole eggs and foods containing eggs (CHECK LABELS): most baked goods, batters used for frying foods, creamy fillings, puddings, custards, breakfast cereals, bouillons, cake flours, prepared frostings, cookies, divinity, fondant, French toast, hollandaise sauce, ice cream, malted cocoa drinks (Ovaltine), egg noodles and macaroni, meat loaf, meat balls, marshmallows, mayonnaise, meringues, muffins, omelets, pancakes, pretzels, baking mixes of all kinds, salad dressings, sausages, sherbets, souffles, spaghetti, soups, tartar sauce, waffles, wines (cleared with egg white). Shampoos with eggs may be a source of irritation.

What To Look For On Labels: Egg, egg protein, egg white, egg yolk, albumin, globulin, powdered eggs.

Substitutes: Asian markets can have duck eggs.

FOR BAKING:

1. One egg=2 tablespoons wheat flour (or substitute) + 1/2 teaspoon cold-pressed oil + 1/2 teaspoon (egg-free) baking powder + 2 tablespoons liquid.
2. One tablespoon (egg-free) baking powder alone will work as a substitute in most recipes.
3. ENER-G Foods makes an egg replacer made from potato starch that can be purchased in healthy food stores.
4. **Combine 1 tablespoon of ground flax or chia seed (measure after grinding) with 3 tablespoons of water. Stir well, and place in the fridge to set for 15 minutes. After 15 minutes, the result should be a sticky egg-like substitute.**
5. A medium mashed banana or 2 tablespoons of applesauce works fairly well in cookies.

Egg-Free Mayonnaise Ideas:

1. Buy Mayonnaise or Grape Seed Mayo or Veganaise at health food stores.
2. Earth Balance Mindful Mayo
3. Recipe for Home-Made Mayo:
 - 3 TBS ENER-G Egg Replacer
 - 2 TBS water
 - 1 cup vegetable oil
 - 1 tsp sugar substitute
 - 1 tsp salt
 - 2 tsp dry mustard (or ketchup)

Combine ENER-G replacer and water and beat with a mixer until peaks are formed. With the beater continuously beating, slowly add the other ingredients until well blended. Add other herbs and spices for desired taste.