

## Food Sensitivity Taco Guide

1. Prepare your protein of choice and add into a hard or soft shell or into a bowl of rice or mixed greens
2. Add steamed, sautéed, grilled, or raw vegetables into your taco or bowl
3. Add seasonings and topping



### Try one of these delicious sample recipes!

Fill your choice of tortilla or your bowl with the following taco combos

<p><b>Vegan Mushroom Lentil Tacos</b></p> <ol style="list-style-type: none"> <li>1. Prepare lentils according to package.</li> <li>2. In a large sauté pan, sauté sliced portabello mushrooms in oil until soft.</li> <li>3. Add lentils into mushroom pan and season with cumin, cayenne pepper, salt, and black pepper.</li> <li>4. Add lentil and mushroom mix to taco or bowl, top avocado and vegan cheese.</li> </ol>	<p><b>Turmeric Chicken</b></p> <ol style="list-style-type: none"> <li>1. Season skinless boneless chicken with salt, pepper, turmeric, and paprika.</li> <li>2. Heat oil in a non-stick skillet and pan fry chicken until middle is opaque.</li> <li>3. Cut chicken into strips and add into taco or bowl with diced red pepper, fresh squeezed lime, cheese, and shredded lettuce.</li> </ol>
<p><b>Coconut Lime Shrimp</b></p> <ol style="list-style-type: none"> <li>1. In a large pan heat coconut oil.</li> <li>2. Add in shrimp and juice of one lime and cook until pink.</li> <li>3. Add shrimp, diced tomato, shredded lettuce, and sour cream into taco or bowl.</li> </ol>	<p><b>Grilled Cod</b></p> <ol style="list-style-type: none"> <li>1. Season cod with salt, pepper, lime, and cumin.</li> <li>2. Grill cod according to page xx.</li> <li>3. Add to taco or bowl and top with salsa and cheddar cheese.</li> </ol>