

Egg Avoidance Diet Plan

Eggs May be found in the following foods:

BAKED GOODS: Most baked goods, baking powders, baking mixes of all kinds, batters, breads, breaded foods, breakfast cereals, cakes, cake flours, cookies, cream pies, dessert powders, doughnuts, dumplings, fritters, pastas of all kinds including egg noodles and macaroni, pancakes, pretzels, waffles.

BEVERAGES: Coffee cleared with eggs, ices, malted colas such as ovaltine, ovoamalt), Wines cleared with egg white

EGG AND EGG DISHES: Fried egg, coddled egg, hard boiled egg, omelets, poached egg, deviled egg, soufflés

DRESSING AND SAUCES: Boiled dressings, hollandaise sauce, salad dressings, mayonnaise, tartar sauce

DESSERTS: Thin mints, creamy fillings, custards, cookies, divinity, fondant, frostings, ice cream, meringues, marshmallows, puddings, sherbets

MISCELLANEOUS: Bouillon and soups, meat loaf, meatballs, sausages, prepackages/prepared chicken. Shampoos with eggs maybe a source of irritation. Laxatives, flu vaccines, medications.

READ YOUR LABELS: Egg, egg protein, egg white, egg yolk, albumin, globulin, powdered eggs, dried egg

SUBSTITUTIONS FOR BAKING:

- One egg=2 tablespoons wheat flour (or substitute) + 1/2 teaspoon cold-pressed oil + 1/2 teaspoon (egg-free) baking powder + 2 tablespoons liquid.
- One tablespoon (egg-free) baking powder alone will work as a substitute in most recipes.
- ENER-G Foods makes an egg replacement made from potato starch that can be purchased in healthy food stores.
- A medium mashed banana or 2 tablespoons of applesauce works fairly well in cookies.

Egg-Free Mayonnaise Ideas:

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

Combine ENER-G Egg 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.