

THE DAILY  
**ALLERGY-FREE**  
**DIET TIP BOOK**

FOR STUDENTS AVOIDING FOOD ALLERGIES

# ALLERGY-FREE DIET TIP BOOK

**YOUR TIP BOOK FOR EVERYDAY  
TRICKS IN MEALS, SNACKS, AND MORE**

*Over 50 Allergy-Friendly tips, tricks, and suggestions!*

The tip book best for college students suffering from food allergies. Adjusting to college and eating on your own can be challenging, so this book was created to improve the adjustment. With over 50 tips and tricks to living allergy-free, you can use this book in a number of ways. Each tip is perforated; choose to tear the tips that you want to return to or have no need to read again. It's up to you!

## About the Author

My name is Laura Gottschalk and I suffer from a long list of common and uncommon food allergies. I struggled on a university meal plan, so I knew I never wanted others to go through the same difficulties I faced. College is hard enough already, I know! I have created an Allergy-Free Diet Tip Book to help students manage an allergy-free lifestyle. These tips and tricks single-handedly helped me conquer the daily struggles of finding compliant (contains no personal allergens and safe for the individual) foods on a university meal plan.

*Visit [www.ask-laura.com](http://www.ask-laura.com) for more tips, free samples, and advice!*





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*TIPS INCLUDED IN THIS BOOK*

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*Breakfast*

The word "Breakfast" is rendered in a cursive, handwritten-style font. Each letter is filled with a collage of fresh produce. The 'B' features a banana and green herbs. The 'r' contains a lime slice and blueberries. The 'e' is filled with raspberries and blueberries. The 'a' shows a lime slice and blueberries. The 'k' is composed of raspberries and blueberries. The 'f' is filled with blueberries and raspberries. The 'l' contains raspberries and blueberries. The 'a' is filled with raspberries and blueberries. The 's' is filled with raspberries and blueberries. The 't' is filled with raspberries and blueberries.



**Adding a variety of compliant fruits to breakfast meals make you feel fuller longer.**

(Avoids having to find a snack later!)





Lunch

The word "Lunch" is rendered in a white, cursive script font. The letters are not solid white but are filled with a vibrant collage of fresh produce. The 'L' features green leafy vegetables and a slice of orange. The 'u' is filled with a mix of red and orange tomatoes. The 'n' shows a close-up of orange segments. The 'c' is filled with green leafy vegetables and a slice of orange. The 'h' is filled with green leafy vegetables and a slice of orange. The overall effect is a colorful and appetizing representation of a healthy meal.



## **Create a large salad to keep leftovers for dinner.**

Add brown rice and extra protein to strengthen the meal.

*Dinner*

The word "Dinner" is rendered in a cursive, script font. Each letter is filled with a different food item. The 'D' is filled with several bright red tomatoes. The 'i' has a small mushroom as a dot and is filled with sliced mushrooms. The 'n' is filled with sliced mushrooms. The 'n' is filled with sliced mushrooms. The 'e' is filled with a yellow bell pepper. The 'r' is filled with a red bell pepper and a white onion.



**Swap a pasta ingredient for zucchini noodles in any italian recipe.**

Add any extra protein to make the meal more creative.

Snacks

The word "Snacks" is rendered in a white, cursive script font. The interior of each letter is filled with a vibrant, multi-colored assortment of snacks. Visible items include almonds, cashews, and other nuts in shades of tan and brown; dried fruits such as red and yellow berries; and small, dark, round items that could be chocolate chips or dried berries. The overall composition is clean and appetizing against a plain white background.

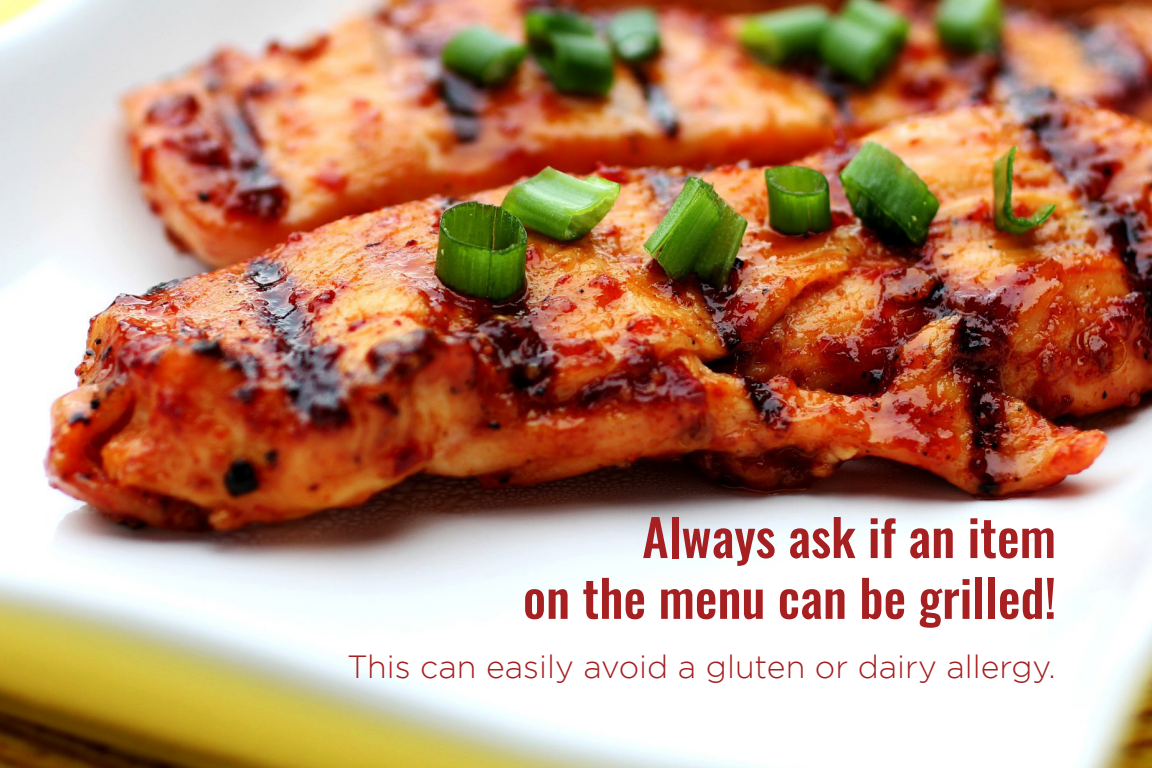


## **Roast nuts for a quick and easy on-the-go snack.**

Toss a combination of nuts with spices and roast in the oven.

*Eating Out*

The text "Eating Out" is rendered in a cursive font. The letters are filled with various food-related images. The 'E' features green lettuce, a slice of pizza, and a piece of meat. The 'a' contains a slice of pizza and a piece of meat. The 't' is filled with green lettuce and a slice of pizza. The 'i' contains a slice of pizza and a piece of meat. The 'n' is filled with a slice of pizza and a piece of meat. The 'g' contains a slice of pizza and a piece of meat. The 'O' is filled with a slice of pizza and a piece of meat. The 'u' contains a slice of pizza and a piece of meat. The 't' is filled with a slice of pizza and a piece of meat.



**Always ask if an item  
on the menu can be grilled!**

This can easily avoid a gluten or dairy allergy.



*Cooking*  
*in Dorms*



## **Create one of a kind fruit popsicles.**

Add a variety of fruits to a popsicle mold and fill with fruit juice!



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