



Dairy-Free & Grain-Free Meal Plan

FEEL YOUR BEST
IN YOUR ONE BODY.

Week 1

SUNDAY

- B** Blueberry protein pancakes (freeze half for Friday)
- L** Chinese Chicken Salad
- D** Acorn Squash Delight

MONDAY

- B** Mushroom Omelette with Fruit
- L** Savory Salmon Salad
- D** Left Overs From The Night Before

TUESDAY

- B** Grain-Free Berry Porridge
- L** Savory Salmon Salad
- D** Pork Fried "Rice"

WEDNESDAY

- B** Mushroom Omelette with Fruit
- L** Berry Satisfying Chicken Salad
- D** Left Overs From The Night Before

THURSDAY

- B** Grain-Free Berry Porridge
- L** Berry Satisfying Chicken Salad
- D** Balsamic Chicken Sheet Pan Dinner

FRIDAY

- B** Blueberry Protein Pancakes
- L** White Bean Soup
- D** Left Overs From The Night Before

SATURDAY

- B** Sausage & Veggie Scramble
- L** White Bean Soup
- D** Olive and Tomato Fish Stew (make half of the recipe)

SHOPPING LIST

PRODUCE

- 1 1/2 cups (170 g) organic shredded carrots
- 3 medium carrots
- 4 stalks green onion
- 1 bundle fresh cilantro
- 1 bundle fresh parsley
- 1 bundle fresh dill
- 2 white onions
- 2 red onions
- 3/4 (72 g) cups button mushrooms
- 8 cloves garlic
- 2 cups (42 g) baby spinach
- 10 cups (170 g) mixed salad greens
- 2 cups (40 g) arugula
- 2/3 cup (100 g) cherry tomatoes
- 2 cucumbers
- 1 thumb ginger root
- 1 lemon
- 4 avocados
- 1 acorn squash
- 1 large package riced cauliflower
- 2 heads broccoli
- 1 can (398 g) canned artichoke hearts
- 8 kalamata olives
- 1 stalk celery
- 1 small head red cabbage
- 1 package shredded green cabbage
- 1 small summer squash
- 1 small zucchini
- 1 small package frozen peas and carrots
- 1 sweet potato
- 1 banana
- 1 cup (140 g) blueberries
- 1 cup (144 g) strawberries
- 1/2 cup (70 g) raspberries
- 4 red apples
- 1 small cantaloupe
- 1 small container green pitted olives

MEAT, POULTRY, AND EGGS

- 12 eggs
- 3 chicken breasts
- 6 oz (171 g) ground turkey
- 5 oz (142 g) haddock
- 6 oz (168 g) thin sliced chicken or chicken thighs
- 1 link chicken sausage
- 12 oz (340 g) ground beef
- 8 oz (227 g) pork tenderloin
- 8oz (227 g) smoked salmon

BEANS, NUTS, AND LEGUMES

- Almond flour
- 1 small pack chia seeds
- Almond butter
- Hemp hearts
- 2 cups (429 g) canned cannelli beans
- 1 small package chopped walnuts
- 1/4 cup (34 g) mixed nuts
- 1 small package slivered almonds

MISCELLANEOUS

- 1/4 cup (62 g) tomato puree
- 1 cup (240 g) canned crushed or diced tomatoes
- Collagen or plant based grain free protein powder
- Coconut oil
- Avocado oil
- Olive oil
- Sesame oil
- 1 jar coconut aminos
- 1 can coconut milk
- Baking powder
- Balsamic vinegar
- Apple cider vinegar
- Ground cinnamon
- Onion powder
- Garlic powder
- Ground ginger
- Salt
- Pepper
- Dried thyme
- Dried oregano
- Bay leaf
- Ground coriander
- Dijon mustard
- Vanilla extract
- Shredded coconut
- 1 container bone broth

How to Meal Prep Week 1

- After making pancakes on Sunday morning, freeze half to be had for breakfast on Friday.
- On Monday and Wednesday evening, prepare grain free porridge and store in the refrigerator over night.
- Tuesday evening, cook two chicken breasts, to be had with lunch on Wednesday and Thursday.
- Thursday evening, cook white bean soup, to be had for lunch on Friday and Saturday. Option to make this earlier in the week and store in the freezer.
- Friday evening, bake sweet potato to be had with dinner on Saturday.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

DAILY AVERAGES

Calories: 1,427

Carbohydrate: 96 grams, Protein: 90 grams, Fat: 83 grams

Week 2

SUNDAY

- B** Banana Nut Breakfast Cookies (freeze remaining for Friday)
- L** Veggie Slaw & Chicken Salad
- D** Salmon & Crispy Potatoes

MONDAY

- B** Matcha Smoothie & Side of Eggs
- L** Hearty Broccoli & Chickpea Salad
- D** Left Overs From The Night Before

TUESDAY

- B** Grab n' Go Yogurt
- L** Hearty Broccoli & Chickpea Salad
- D** Ground Turkey Skillet With Cauliflower Rice

WEDNESDAY

- B** Matcha Smoothie & Side of Eggs
- L** Tuna Pasta Salad (save half for tomorrow)
- D** Left Overs From The Night Before

THURSDAY

- B** Grab n' Go Yogurt
- L** Tuna Pasta Salad
- D** Sweet Potato Skillet

FRIDAY

- B** Banana Nut Breakfast Cookies
- L** Avocado Egg Salad
- D** Left Overs From The Night Before

SATURDAY

- B** Pumpkin Pie Smoothie
- L** Avocado Egg Salad
- D** Shrimp Tacos (make half of the recipe)

SHOPPING LIST

PRODUCE

- 1 1/2 cups (170 g) shredded carrots
- 1 pack shredded cabbage
- 3 cloves garlic
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 bundle fresh dill
- 2 cups (42 g) baby spinach
- 4 cups (170 g) mixed salad greens
- 2 large heads broccoli
- 4 stalks green onions
- 1 can (398 g) canned artichoke hearts
- 1 jar kalamata olives
- 2 yellow onions
- 2 red onions
- 1 package frozen peas
- 2 medium sweet potatoes
- 1 summer squash
- 2 cucumbers
- 3 bananas
- 1/4 (37 g) cup chopped dates
- 1 red apple
- 1 lemon
- 1/2 cup (72 g) sliced strawberries
- 3 Avocados
- 2 cups (260 g) fingerling potatoes

MEAT, POULTRY, AND EGGS

- 9 Eggs
- 12 oz (342 g) ground turkey
- 1 can organic chicken breast
- 2 chicken breasts
- 12 oz (342 g) ground turkey
- 8 oz (227 g) flank steak
- 10 oz (284 g) salmon
- 10 oz (284 g) canned tuna
- 5 oz (142 g) shrimp

BEANS, NUTS, AND LEGUMES

- 1 can chickpeas
- 1 can black beans
- Almond butter
- 1 small package chopped walnuts
- Hemp hearts
- 1 small package sliced almonds
- Tahini
- Sesame seeds
- Flaxseed, ground

MISCELLANEOUS

- 1 can (398 g) artichoke hearts
- 1 can pumpkin puree
- Almond flour
- Coconut flour
- Almond milk, unsweetened
- Coconut milk, canned
- Baking powder
- Coconut aminos
- Avocado oil
- Avocado oil mayonnaise
- Maple syrup
- Honey
- Match powder
- Dried cranberries, unsweetened
- Paleo, grain-free granola (Purely Elizabeth brand)
- Collagen or plant based grain free protein powder
- Vanilla extract
- Ground cinnamon
- Celery salt
- Apple cider vinegar
- Garlic powder
- Onion powder
- Dried thyme
- Dried oregano
- Dried dill
- Ground ginger
- Pumpkin pie spice
- Cumin
- Cayenne pepper
- Salt and pepper
- Dairy-free vanilla yogurt
- Lentil or chickpea pasta
- Grain-free taco shells (Seite brand)

How to Meal Prep Week 2

- After making banana nut breakfast cookies Sunday morning, save remaining cookies in the freezer to be had for breakfast on Friday, and again in week 4.
- On Sunday evening, cook two chicken breasts to be had with lunch on Monday and Tuesday.
- On Sunday, boil eight eggs to be had with breakfast on Monday and Wednesday, and with lunch on Friday and Saturday.
- On Tuesday, evening cook chickpea or lentil pasta. Wednesday morning finish making tuna pasta salad for lunch and save half for lunch on Thursday.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

DAILY AVERAGES

Calories: 1,485

Carbohydrate: 115 grams, Protein: 92 grams, Fat: 77 grams

Week 3

SUNDAY

- B** Sausage & Veggie Scramble
- L** Hearty Broccoli & Chickpea Salad
- D** Sun-Dried Tomato Chicken

MONDAY

- B** Chocolate Covered Cherry Smoothie
- L** Go Time Lunch Box
- D** Left Overs From The Night Before

TUESDAY

- B** Grab n' Go Yogurt
- L** Go Time Lunch Box
- D** Zucchini Noodles & Meatballs

WEDNESDAY

- B** Chocolate Covered Cherry Smoothie
- L** Tuna Pasta Salad (save half for tomorrow)
- D** Left Overs From The Night Before

THURSDAY

- B** Grab n' Go Yogurt
- L** Tuna Pasta Salad
- D** Pork Fried "Rice"

FRIDAY

- B** Sausage & Veggie Scramble
- L** Lentil Stew (save half for tomorrow)
- D** Left Overs From The Night Before

SATURDAY

- B** Sweet and Savory Skillet (make half of the recipe)
- L** Lentil Stew
- D** Balsamic Chicken Sheet Pan Dinner

SHOPPING LIST

PRODUCE

- 1 summer squash
- 2 red onions
- 1 zucchini
- 2 cups (40 g) arugula
- 1 cup (30 g) baby spinach
- 1 large head broccoli
- 1/2 cup (57 g) shredded carrots
- 9 stalks green onions
- 1 bundle fresh cilantro
- 1 bundle fresh parsley
- 1 bundle fresh basil
- 1/2 cup (27 g) sun-dried tomatoes
- 1 package cauliflower rice
- 1 cup (259 g) grapes
- 2 oranges
- 1/2 cup (72 g) strawberries
- 1 jar kalamata olives
- 1 cup (246 g) baby carrots
- 3 cloves garlic
- 1 package frozen peas
- 1 thumb ginger root
- 1 package frozen peas and carrots
- 1 yellow onion
- 2 large carrots
- 2 stalks celery
- 1 sweet potato
- 1 small head red cabbage
- 2 red apples
- 1 green apple
- 1 lemon
- 1 package frozen cherries
- Spiralized or ribboned zucchini
- 1 package riced cauliflower

MEAT, POULTRY, AND EGGS

- 12 eggs
- 1 chicken breast
- 12 oz (339 g) skinless boneless chicken thighs
- 12 oz (340 g) ground beef
- 8 oz (227 g) pork tenderloin
- 6oz (168 g) thin sliced chicken
- 2 strips bacon
- 6 slices turkey
- 10 oz (284 g) canned tuna
- 2 links chicken sausages

BEANS, NUTS, AND LEGUMES

- 1/2 cup (120 g) canned chickpeas
- 1 small container hummus
- 1 cup (192 g) lentils
- Tahini
- Almond butter
- Chia seeds
- Almond flour
- 1 small package sliced almonds
- Hemp hearts

MISCELLANEOUS

- 1 cup (240 g) canned crushed tomatoes
- 1/2 can (199 g) canned artichoke hearts
- Collagen or plant based grain free protein powder
- Coconut milk, canned
- Almond milk, unsweetened
- Avocado oil
- Sesame oil
- Olive oil
- Dried cranberries, unsweetened
- Bone broth
- Lentil or chickpea pasta
- Avocado oil mayonnaise
- Dried oregano
- Garlic powder
- Salt and pepper
- Onion powder
- Dried dill
- Bay leaf
- Dried thyme
- Apple cider vinegar
- Balsamic vinegar
- Non-dairy yogurt
- Paleo grain-free granola (Purely Elizabeth brand)
- 1 cup marinara sauce (Rao's brand)

How to Meal Prep Week 3

- Option to pre-make meatball from the zucchini noodles & meatballs recipe and freeze to be had with dinner on Tuesday and Wednesday.
- On Tuesday evening, cook chickpea or lentil pasta. Wednesday morning, finish making tuna pasta salad for lunch and save half for lunch on Thursday.
- On Thursday evening, make lentil stew to be had for lunch on Friday and Saturday. Option to cook this earlier in the week and store in the freezer.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

DAILY AVERAGES

Calories: 1,397

Carbohydrate: 111 grams, Protein: 102 grams, Fat: 65 grams

Week 4

SUNDAY

- B** Banana Nut Breakfast Cookies (freeze remaining for Friday)
- L** Berry Satisfying Chicken Salad
- D** Acorn Squash Delight

MONDAY

- B** Pumpkin Pie Smoothie
- L** Chinese Chicken Salad
- D** Left Overs From The Night Before

TUESDAY

- B** Matcha Smoothie & Side of Eggs
- L** Chinese Chicken Salad
- D** Zucchini Noodles & Meatballs

WEDNESDAY

- B** Pumpkin Pie Smoothie
- L** Veggie Slaw & Chicken Salad
- D** Left Overs From The Night Before

THURSDAY

- B** Matcha Smoothie & Side of Eggs
- L** Veggie Slaw & Chicken Salad
- D** Sun-dried Tomato Chicken

FRIDAY

- B** Banana Nut Breakfast Cookies
- L** White Bean Soup (save half for tomorrow)
- D** Left Overs From The Night Before

SATURDAY

- B** Mushroom Omelette with Fruit
- L** White Bean Soup
- D** Salmon & Crispy Potatoes (make half of the recipe)

SHOPPING LIST

PRODUCE

- 1 white onion
- 1 bundle fresh parsley
- 1 bundle fresh cilantro
- 1 bundle fresh dill
- 3 cups (340 g) shredded carrots
- 2 large carrots
- 5 stalks green onions
- 3 cups (64 g) baby spinach
- 3 cups (160 g) mixed salad greens
- 1 large package shredded green cabbage
- 1/2 cup (27 g) sun-dried tomatoes
- 1 package cauliflower rice
- 4 cloves garlic
- Acorn squash
- 1 cup (130 g) fingerling potatoes
- 1/2 cup (48 g) button mushrooms
- 1 red onion
- 4 bananas
- 1/4 cup (37 g) chopped dates
- 1/4 cup (31 g) raspberries
- 1/4 cup (37 g) blueberries
- 1/2 cup (72 g) strawberries
- 1 avocado
- 6 red apples
- 1 cantaloupe
- 1 stalk celery
- Spiralized or ribboned zucchini
- 1 jar pitted kalamata olives

MEAT, POULTRY, AND EGGS

- 8 eggs
- 3 chicken breasts, skinless
- 2, 5oz (128 g) cans organic chicken
- 5 oz (142 g) salmon
- 12 oz (339 g) chicken thighs, skinless and boneless
- 24 oz (680 g) ground beef

BEANS, NUTS, AND LEGUMES

- 1 small package chopped walnuts
- 1 small package flaxseed, ground
- Almond butter
- 1 small package mixed dry roasted nuts
- 1 small package slivered almonds
- 2 cups (429 g) canned cannellini beans

MISCELLANEOUS

- 1 can pumpkin puree
- Collagen or plant based grain free protein powder
- Vanilla extract
- Apple cider vinegar
- Dijon mustard
- Almond flour
- Coconut flour
- Almond milk, unsweetened
- Coconut aminos
- Coconut milk, canned
- Baking powder
- Olive oil
- Avocado oil
- Avocado oil mayonnaise
- Ground cinnamon
- Garlic powder
- Ground ginger
- Pumpkin pie spice
- Onion powder
- Salt and pepper
- Dried oregano
- Celery Salt
- Bay leaf
- Dried thyme
- Maple syrup
- Honey
- Non-dairy vanilla yogurt
- Matcha powder
- Marinara sauce (Rao's brand)
- Bone broth

How to Meal Prep Week 4

- After making banana nut breakfast cookies Sunday morning, save remaining cookies in the freezer to be had for breakfast on Friday. You may have remaining cookies from week two and therefore not need to cook these again.
- On Sunday evening, cook two chicken breasts, to be had with lunch on Monday and Tuesday.
- On Sunday evening, boil four eggs to be had with breakfast on Tuesday and Thursday.
- Thursday evening, cook white bean soup, to be had for lunch on Friday and Saturday. Option to make this earlier in the week and store in the freezer.
- Be sure to save half of dinner meal Sunday, Tuesday, and Thursday to be had for left overs the following evening for dinner.

DAILY AVERAGES

Calories: 1,448

Carbohydrate: 118 grams, Protein: 91 grams, Fat: 74 grams