



Meal Plan Gluten and Dairy Free

THE FOOD WE EAT PROVIDES
THE BUILDING BLOCKS AND
THE FUEL FOR OUR BODIES
TO WORK WITH. LET'S GIVE
IT SOME CLEAN ENERGY AND
AND A STRONG FOUNDATION
TO WORK FOR US, NOT
AGAINST US.

WEEK 1

SUNDAY

- B** Pumpkin pancakes (freeze half for breakfast on Saturday)
- L** Protein packed smoothie
- D** Easy crockpot chili

MONDAY

- B** Two hard boiled eggs, cashews, microgreens, and sliced beets
- L** Sliced chicken breast, pear, and side of mixed nuts
- D** Left overs from the night before

TUESDAY

- B** Fall breakfast quinoa bowl
- L** Baby spinach salad topped with sliced apples, walnuts, pumpkin seeds, feta, olive oil, salt, and pepper
- D** Chicken stir fry (use maple syrup instead of brown sugar and serve over cauliflower rice or brown rice)

WEDNESDAY

- B** Two hard boiled eggs, cashews, microgreens, and sliced beets
- L** Sliced chicken breast, pear, and side of mixed nuts
- D** Left overs from the night before

THURSDAY

- B** Fall breakfast quinoa bowl
- L** Baby spinach salad topped with sliced apples, walnuts, pumpkin seeds, olive oil, salt, and pepper
- D** Crockpot beef stew

FRIDAY

- B** Apple cinnamon smoothie (use maple instead of honey)
- L** Sliced turkey and tomatoes topped with pesto and side of walnuts
- D** Left overs from the night before

SATURDAY

- B** Pumpkin pancakes
- L** Tuna with avocado mayo and dill over mixed greens and cherry tomatoes (option to add seeds such as pumpkin, chia, flax)
- D** Pasta with pesto, steamed broccoli, and grilled chicken sausages

GROCERY LIST

PRODUCE

- Baby spinach
- Mixed greens
- Blueberries
- Onions
- Green bell pepper
- Garlic
- Microgreens
- Precooked beets
- Pears
- Apples
- Broccoli
- Mushrooms
- Ginger
- Frozen vegetables (with onions)
- Baby yellow potatoes
- Baby carrots
- Cherry tomatoes
- Broccoli

MEAT, FISH, DAIRY ALTERNATIVES

- Organic eggs
- Ground beef
- Chicken breast (double)
- Beef stew meat
- Dairy free yogurt
- Sliced turkey
- Chicken sausages
- Ghee (if tolerated, substitute avocado or coconut oil if not)
- Almond milk
- Coconut milk (or substitute with almond milk)
- Canned tuna

GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Kidney beans
- Canned diced tomatoes
- Quinoa
- Gluten free pasta
- Chia seeds
- Raw or dry roasted mixed nuts
- Slivered almonds
- Pumpkin seeds
- Walnuts
- Cashews

MISCELLANEOUS

- Canned pumpkin puree
- Maple syrup
- Sea salt or pink Himalayan salt
- Cinnamon
- Pumpkin pie spice
- Almond meal
- Coconut flour
- Baking powder
- Collagen protein powder
- Chili powder
- Pepper
- Cumin
- Vanilla extract
- Hemp hearts (optional)
- Olive oil
- Sesame oil
- Soy sauce (gluten free)
- Chicken broth
- Beef broth
- Beef stew seasoning mix
- All purpose flour (or use coconut flour for all meals)
- Pesto (dairy free)

OPTIONAL SNACKS

- Navita's Power Bites
- Seaweed Snacks
- Sweet and Crunchy Sprouted Seed Coconut Clusters

HOW TO MEAL PREP WEEK 1

- Keep in mind all dinner batches should be doubled to allow for left overs the following night
- Make paleo pancakes and freeze half for Saturday.
- Hard boil eggs for the week (4 for each person).
- Pre-cook chicken breast (to be had for lunch on Monday and Wednesday. Save some chicken for the stir fry on Tuesday night).
- Precook quinoa (to be had for breakfast on Tuesday and Thursday).
- Start crockpot meal on Thursday morning for dinner that night and Friday

WEEK 2

SUNDAY

- B** Autumn almond flour muffins and side of berries (freeze half for Saturday)
- L** Chicken salad stuffed avocados
- D** Garlic shrimp served with baked sweet potatoes & microgreens

MONDAY

- B** Scrambled eggs with smoked salmon, dill, and kalamata olives
- L** Sliced apple with almond butter and carrots with hummus
- D** Left overs from the night before

TUESDAY

- B** Non dairy yogurt with berries, chia seeds, and sliced almonds
- L** Arugula topped with sliced or shredded chicken, pumpkin seeds, avocado, olive oil, salt, and pepper
- D** Beef tacos

WEDNESDAY

- B** Scrambled eggs with smoked salmon, dill, and kalamata olives
- L** Sliced apple with almond butter and carrots with hummus
- D** Left overs from the night before

THURSDAY

- B** Non dairy yogurt with berries, chia seeds, and sliced almonds
- L** Arugula topped with sliced or shredded chicken, pumpkin seeds, avocado, olive oil, salt, and pepper
- D** Turkey patties, served with avocado, salsa, and arugula

FRIDAY

- B** Chocolate mint smoothie
- L** Hard boiled eggs, gluten free crackers, and hummus
- D** Left overs from the night before

SATURDAY

- B** Autumn almond flour muffins and side of berries
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with gluten free crackers and sliced cucumbers
- D** Brown rice topped with sautéed chicken sausage and asparagus (use salt, pepper, and/or garlic to flavor)

GROCERY LIST

PRODUCE

- Avocados
- Lemon
- Sweet potatoes
- Microgreens
- Garlic
- Apples
- Berries of choice
- Arugula
- Zucchini
- Bananas
- Red onion
- Parsley
- Kalamata olives
- Baby spinach (option to freeze)
- Mint leaves
- Cucumber
- Asparagus
- Carrots

MEAT, FISH, DAIRY ALTERNATIVES

- Organic eggs
- Rotisserie chicken
- Organic canned chicken
- Chicken breast (depending on size of family, you may be able to use left over rotisserie chicken)
- Shrimp
- Ghee (if tolerated, if not substitute avocado oil)
- Dairy free yogurt
- Ground beef
- Ground turkey
- Chicken sausage (or sausage of choice)
- Non dairy milk of choice
- Smoked salmon

GRAINS, BEANS, NUTS, LEGUMES

- Almond flour
- Almond butter
- Chia seeds
- Sliced almonds
- Pumpkin seeds
- Grain-free taco shells
- Gluten free crackers
- Hummus

MISCELLANEOUS

- Pumpkin puree, canned
- Maple syrup
- Coconut oil
- Olive oil
- Baking soda
- Sea salt
- Black pepper
- Cinnamon
- Avocado mayo
- Dijon mustard
- Italian seasoning
- Dill
- Avocado mayo
- Chili powder
- Cumin
- Dried oregano
- Garlic powder
- Tomato sauce
- Salsa
- Protein powder (could use collagen)
- Cacao nibs

OPTIONAL SNACKS

- Organic Spirulina Sprouted Bar
- Chocolate Covered Cashews
- Paleo Puffs

HOW TO MEAL PREP WEEK 2

- Keep in mind all dinner batches should be doubled to allow for left overs the following night
- Make almond flour muffins and freeze half for Saturday.
- Shred rotisserie chicken.
- If you have a larger family and need more chicken for lunch on Tuesday and Thursday, bake this ahead of time.
- Hard boil eggs (2 per person).
- Option to make and freeze turkey patties to be had for dinner on Thursday and Friday.

WEEK 3

SUNDAY

- B** Keto pumpkin bread served with a side of berries (use monk fruit sweetener instead of stevia. Freeze half for Saturday)
- L** Wild caught canned tuna or salmon with avocado mayo on gluten free bread with tomatoes, lettuce, and sliced grapes
- D** Sheet pan steak and veggies (serve over arugula with olive oil)

MONDAY

- B** Oatmeal with pumpkin seeds, coconut milk, and sliced pears
- L** Arugula salad with dried cranberries, walnuts, sliced almonds, chickpeas, sliced red onion, olive oil, and sea salt
- D** Left overs from the night before

TUESDAY

- B** Scrambled eggs with spinach and cooked in coconut oil and topped with avocado. Side of berries
- L** Quinoa bowl with edamame, kimchi, avocado, shredded carrots, and gluten free soy sauce
- D** Hearty black bean and roasted carrot taquitos (substitute tahini for cashew cream)

WEDNESDAY

- B** Avocado on gluten free toast top with smoked salmon and dill
- L** Arugula salad with dried cranberries, walnuts, sliced almonds, chickpeas, sliced red onion, olive oil, and sea salt
- D** Left overs from the night before

THURSDAY

- B** Two hard boiled eggs with a pear
- L** Quinoa bowl with edamame, kimchi, avocado, shredded carrots, and gluten free soy sauce
- D** Crockpot chicken cacciatore (serve over rice or cauliflower rice)

FRIDAY

- B** Peach and collagen powder smoothie
- L** Dairy free yogurt with mixed berries and a side of mixed nuts
- D** Left overs from the night before

SATURDAY

- B** Keto pumpkin bread served with berries of choice
- L** Hummus plate with gluten free crackers, carrots, bell pepper, kalamata olives, cucumbers, and snap peas
- D** Honey Garlic Shrimp (serve with quinoa and steamed broccoli)

GROCERY LIST

PRODUCE

- Baby red potatoes
- Broccoli
- Garlic
- Carrots
- Lemon
- Avocado
- Cilantro
- Jalapeños (optional)
- Yellow onion
- Crushed tomatoes
- Bell peppers
- Shiitake mushrooms
- Ginger (optional)
- Arugula
- Tomatoes
- Lettuce
- Grapes
- Pears
- Red onion
- Spinach
- Berries of choice
- Shelled edamame
- Kimchi
- Shredded carrots
- Peaches
- Kalamata olives
- Cucumber
- Snap peas

MEAT, FISH, DAIRY ALTERNATIVES

- Top sirloin steak
- Bone in skinless chicken thighs
- Shrimp (frozen - thaw the day before)
- Plain dairy free yogurt
- Eggs
- Wild caught canned tuna or salmon
- Smoked salmon
- Non-dairy milk

GRAINS, BEANS, NUTS, LEGUMES

- Black beans
- Quinoa
- Brown rice or cauliflower rice
- Almond flour
- Oatmeal (gluten free quick rolled oats)
- Hummus
- Pumpkin seeds
- Walnuts
- Sliced almonds
- Canned chickpeas
- Gluten free bread
- Chia seeds
- Gluten free crackers
- Corn or gluten free tortillas

MISCELLANEOUS

- Dried thyme
- Black pepper
- Turmeric
- Chili powder
- Dill
- Coconut oil
- Sea or pink Himalayan salt
- Crushed red pepper
- Tahini
- Sriracha (optional)
- Olive oil
- Bay leaves
- Honey
- Soy sauce (gluten free)
- Pumpkin puree
- Monk fruit sweetener
- Vanilla extract
- Ground cinnamon
- Ground ginger
- Baking soda
- Avocado mayo
- Coconut milk
- Dried cranberries
- Collagen powder
- Mixed nuts

OPTIONAL SNACKS

- Thunderbird Bars
- Navita's Superfood Power Snacks
- Hu Keto Cookies

HOW TO MEAL PREP WEEK 3

- Make the keto pumpkin bread and freeze half for Saturday.
- Pre-cook quinoa, mix with olive oil and store in the refrigerator
- Hard boil eggs for the week (2 for each person).
- Option to pre-cook rice for Thursday and Friday dinner and freeze.
- Start crockpot meal on Thursday morning for dinner that night and Friday
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night

WEEK 4

SUNDAY

- B** Paleo banana nut muffins and side of berries (freeze half for Saturday)
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with sliced bell pepper and carrots
- D** Chicken shawarma sheet pan (serve with baked sweet potato)

MONDAY

- B** Full fat dairy free yogurt with shredded coconut, ground flaxseed, and sliced pears
- L** Chickpea salad (omit feta and substitute with walnuts)
- D** Left overs from the night before

TUESDAY

- B** Two hard boiled eggs with a side of berries
- L** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, lemon juice, and sour cream (optional)
- D** Ground Turkey Tacos

WEDNESDAY

- B** Oatmeal with almond butter, ground flaxseed, and berries
- L** Chickpea salad (omit feta and substitute with walnuts)
- D** Left overs from the night before

THURSDAY

- B** Sliced hard boiled eggs and avocado on sprouted grain toast with sprouts
- L** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, lemon juice, and sour cream
- D** Crockpot teriyaki chicken (omit brown sugar - add extra honey if desired)

FRIDAY

- B** Green smoothie (add one scoop of collagen or protein powder)
- L** Mixed greens, chopped walnuts, sliced almonds, sliced apples, avocado, olive oil and sea salt
- D** Left overs from the night before

SATURDAY

- B** Paleo banana nut muffins and side of berries
- L** Pasta salad with pesto, tomatoes, kalamata olives, chopped cucumber, and ground flaxseed
- D** Baked wild Chilean sea bass (option to serve over quinoa)

GROCERY LIST

PRODUCE

- Bell peppers
- Red onion
- Sweet potatoes
- Yellow onion
- Tomatoes
- Avocados
- Garlic
- Ginger
- Green onions
- Cherry tomatoes
- Bananas
- Carrots
- Pears
- Lemon
- Cucumber
- Berries of choice
- Parsley
- Sprouts
- Spinach
- Apples
- Mixed greens
- Kalamata olives

MEAT, FISH, DAIRY ALTERNATIVES

- Skinless chicken thighs
- Boneless chicken breast
- Ground turkey
- Chilean Sea Bass
- Eggs
- Canned organic chicken
- Non-dairy milk
- Non-dairy plain yogurt

GRAINS, BEANS, NUTS, LEGUMES

- Corn tortillas
- Brown rice
- Sesame seeds
- Quinoa
- Canned chickpeas
- Black beans
- Canned corn
- Oatmeal
- Almond butter
- Walnuts, chopped
- Ground flaxseed (or chia seeds)
- Brown rice
- Sliced almonds
- Chickpea or lentil pasta

MISCELLANEOUS

- Cumin
- Paprika
- All spice
- Turmeric
- Ground Cinnamon
- Sea or pink Himalayan salt
- Pepper
- Chili powder
- Oregano (dried)
- Avocado oil
- Olive oil
- Canned tomato sauce
- Canned mild green chilis
- Pesto
- Honey
- Soy sauce
- Sesame oil
- Rice vinegar
- Corn starch
- Marinara sauce
- Coconut oil
- Vanilla extract
- Coconut flour
- Baking soda
- Baking powder
- Avocado mayo
- Shredded coconut
- Collagen or protein powder

OPTIONAL SNACKS

- Raw Pistachios
- Purely Elizabeth Grain Free Granola
- Seaweed Snacks

HOW TO MEAL PREP WEEK 4

- Make paleo banana nut muffins and freeze half for Saturday.
- Pre-cook rice, mix with olive oil, and store in the refrigerator.
- Hard boil eggs (4 per person).
- Start crockpot meal on Thursday morning for dinner that night and Friday
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.