



# Meal Plan Gluten and Dairy Free

OUR FOOD CHOICES NOT  
ONLY EFFECT OUR PHYSICAL  
HEALTH, BUT ALSO OUR  
MENTAL HEALTH AND  
OVERALL HAPPINESS



# WEEK 1

## SUNDAY

- B** Scrambled eggs with chopped onion, spinach, and asparagus
- L** Guacamole with cucumber, baby carrots, grapes, and sliced chicken breast
- D** Baked Salmon with roasted asparagus and rice (use oil instead of butter)

## MONDAY

- B** Two hard boiled eggs with mixed berries
- L** Baby spinach salad with baked chicken, kimchi or sauerkraut, shredded carrots, green olives, olive oil, salt, pepper.
- D** Left Overs From the Night Before

## TUESDAY

- B** Scrambled eggs with chopped onion, spinach, and asparagus
- L** Baby spinach salad with backed chicken, kimchi or sauerkraut, shredded carrots, green olives, olive oil, salt, pepper.
- D** Chickpea and broccoli pesto stuffed sweet potato

## WEDNESDAY

- B** Two hard boiled eggs with mixed berries
- L** Arugula salad with steak tips, onion, avocado, sliced almonds, olive oil, lemon, salt, pepper
- D** Left Overs From the Night Before

## THURSDAY

- B** Chia seed pudding with berries, chopped walnuts, and unsweetened coconut shreds
- L** Arugula salad with steak tips, onion, avocado, sliced almonds, olive oil, lemon, salt, pepper
- D** Immunity boosting bone broth soup (instead of farro use rice)

## FRIDAY

- B** Oatmeal with coconut milk, chopped pecans, and berries
- L** Cherry cacao smoothie
- D** Left Overs From the Night Before

## SATURDAY

- B** Chia seed pudding with berries, chopped walnuts, and unsweetened coconut shreds
- L** Cherry cacao smoothie
- D** Kale and quinoa shrimp salad

## GROCERY LIST

### PRODUCE

- Yellow onion
- Baby spinach
- Asparagus
- Avocado
- Cucumber
- Baby carrots
- grapes
- Lemons
- Garlic cloves
- Fresh parsley
- Kale
- Kale
- Carrots
- Blueberries
- Raspberries
- Strawberries
- Shredded carrots
- Green olives
- Sweet potatoes
- Broccoli
- Basil leaves
- Red cabbage
- Arugula
- Carrots
- Celery
- Thyme
- Frozen cherries

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Chicken breasts
- Chicken thighs
- Salmon filets
- Steak tips
- Cooked shrimp
- Non-dairy milk

### GRAINS, BEANS, NUTS, LEGUMES

- Chickpeas
- Pine nuts
- Sliced almonds
- Chopped walnuts
- Chopped pecans
- Chia seeds
- Brown rice
- Oatmeal
- Almond butter
- Cacao nibs
- Quinoa

### MISCELLANEOUS

- Salt
- Black pepper
- Olive oil
- Avocado oil
- Coconut oil
- Kimchi or sauerkraut
- Unsweetened coconut shreds
- Honey or maple syrup
- Apple cider vinegar
- Cumin
- Paprika
- Turmeric
- Bone broth
- Coconut milk (canned)
- Vanilla protein powder
- MCT oil (or use coconut oil)

### OPTIONAL SNACKS

- Siete grain free tortilla chips
- Simple Mills almond flour crackers
- Thunderbird bars

# HOW TO MEAL PREP WEEK 1

- Hard boil eggs (4 per person)
- Bake chicken breast to be had as part of lunch or Sunday, Monday, and Tuesday.
- Tuesday evening make steak tips to be had on top of salad for lunch on Wednesday and Thursday.
- Wednesday night and Friday night make chia seed pudding to be had for breakfast on Thursday and Saturday.

# WEEK 2

## SUNDAY

- B** Coconut milk yogurt with berries and chopped pecans
- L** Canned chicken with mayo on wrap with spinach and apple
- D** Lemon garlic salmon and asparagus with baked potato

## MONDAY

- B** Oatmeal with coconut milk kefir (for probiotics, or just coconut milk) chias seeds, berries, and sunflower seeds
- L** Turkey burger patty (ground turkey with garlic and oregano) over mixed greens with kalamata olives, olive oil, and lemon.
- D** Left Overs From the Night Before

## TUESDAY

- B** Coconut milk yogurt with berries and chopped pecans
- L** Turkey burger patty (ground turkey with garlic and oregano) over mixed greens with kalamata olives, olive oil, and lemon.
- D** Crispy garlic butter chicken and Brussels sprouts (use oil instead of butter)

## WEDNESDAY

- B** Oatmeal with coconut milk kefir (for probiotics, or just coconut milk) chias seeds, berries, and sunflower seeds
- L** Mixed greens salad topped with two hard boiled eggs, pistachios, hemp hearts, olive oil, salt, and pepper
- D** Left Overs From the Night Before

## THURSDAY

- B** Toasted coconut chia seed pudding (top with pineapple)
- L** Mixed greens salad topped with two hard boiled eggs, pistachios, hemp hearts, olive oil, salt, and pepper
- D** Sheet pan cashew chicken

## FRIDAY

- B** Scrambled eggs with chopped broccoli and an apple
- L** Coconut milk yogurt with berries and pistachios
- D** Left Overs From the Night Before

## SATURDAY

- B** Toasted coconut chia seed pudding (top with pineapple)
- L** Canned chicken with mayo on wrap with spinach and apple
- D** Mushroom risotto (make with bone broth)

## GROCERY LIST

### PRODUCE

- Mixed berries
- Spinach
- Apples
- Potatoes for baking
- Asparagus
- Garlic
- Lemon
- Mixed greens
- Kalamata olives
- Lime
- Broccoli
- Brussels sprouts
- Pineapple
- Ginger
- Red bell pepper
- Orange bell pepper
- Red onion
- Scallions
- Peaches
- Blueberries
- Yellow onion
- Sliced mushrooms

### MEAT, EGGS, DAIRY ALTERNATIVES

- Canned organic chicken
- Salmon filet
- Ground Turkey
- Chicken thighs
- Eggs
- Skinless chicken breast
- Coconut milk yogurt
- Coconut milk kefir (optional)
- Canned coconut milk
- Almond milk

### GRAINS, BEANS, NUTS, LEGUMES

- Chopped pecans
- Oatmeal
- Chia seeds
- Sunflower seeds
- Pistachios
- Hemp hearts
- Unsalted cashews
- Brown or white rice
- Long grain rice
- Sesame seeds
- Mixed raw or dry roasted nuts
- Gluten free wrap

### MISCELLANEOUS

- Mayonaise (olive oil or avocado oil based)
- Olive oil
- Salt
- Pepper
- Olive oil
- Maple syrup
- Honey
- Vanilla extract
- Oregano (dried)
- Smoked paprika
- Minced rosemary
- Chicken stock
- Unsweetened coconut flakes
- Soy sauce
- Rice wine vinegar
- Sesame oil
- Bone broth

### OPTIONAL SNACKS

- Bare Apple Chips
- Simple Mills Crackers
- Suzie's Thin Cakes
- LesserEvil Popcorn

# HOW TO MEAL PREP WEEK 2

- Sunday evening make turkey patties to be had for lunch on Monday and Tuesday.
- Hard boil eggs (four per person) to be had for lunch on Wednesday and Thursday.
- Wednesday night and Friday night make chia seed pudding to be had for breakfast on Thursday and Saturday.

# WEEK 3

## SUNDAY

- B** Coconut milk yogurt with berries.
- L** Arugula salad with grass fed cooked steak, green pitted olives, shredded carrots, lemon juice, olive oil, pink Himalayan salt.
- D** Baked salmon with garlic and turmeric with steamed broccoli baked sweet potato.

## MONDAY

- B** Smoothie with full fat coconut milk, handful baby spinach, 1/4 cup berries, 1/2 banana, 1/2 avocado, ground cinnamon.
- L** Rotisserie chicken over baby spinach with avocado, olive oil, and salt
- D** Left Overs From the Night Before.

## TUESDAY

- B** Coconut milk yogurt with berries.
- L** Rotisserie chicken over baby spinach with avocado, olive oil, and salt
- D** Taco Bowl

## WEDNESDAY

- B** Smoothie with full fat coconut milk, handful baby spinach, 1/4 cup berries, 1/2 banana, 1/2 avocado, ground cinnamon.
- L** Butternut squash soup made with bone broth. Side salad with pickled beets, shredded carrots, olive oil, salt.
- D** Left Overs From the Night Before.

## THURSDAY

- B** Omelette with mushrooms, onion, garlic, oregano.
- L** Butternut squash soup made with bone broth. Side salad with pickled beets, shredded carrots, olive oil, salt.
- D** Grilled (or pan seared) lamb or steak with asparagus and riced cauliflower.

## FRIDAY

- B** Coconut milk yogurt with berries.
- L** Shredded chicken cooked with cumin, turmeric, and bone broth over baby spinach, onions, and avocado. Side of berries.
- D** Left Overs From the Night Before.

## SATURDAY

- B** Omelette with mushrooms, onion, garlic, oregano.
- L** Shredded chicken cooked with cumin, turmeric, and bone broth over baby spinach, onions, and avocado. Side of berries.
- D** Sautéed shrimp olive oil, oregano, garlic, and salt over steamed broccoli with a sweet potato.

## GROCERY LIST

### PRODUCE

- Baby spinach
- Berries of choice
- Avocado
- Garlic
- Broccoli
- Sweet potato
- Banana
- Mushrooms
- Yellow onion
- Arugula
- Apples
- Roma tomatoes
- Pitted green olives
- Shredded carrots
- Lemons
- Butternut squash
- Pickled beets
- Asparagus
- Cauliflower (could be frozen and pre-riced)
- Rosemary springs
- Fresh cilantro
- Oregano

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Organic skinless chicken breast
- Wild caught salmon
- Grass fed steak
- Grass red ground beef
- Rotisserie chicken
- Lamb or more grass fed steak
- Frozen wild caught shrimp
- Coconut milk yogurt

### GRAINS, BEANS, NUTS, LEGUMES

- Brown rice
- Canned black beans

### MISCELLANEOUS

- Olive oil
- Full fat canned coconut milk
- Pink Himalayan salt and iodized table salt
- Bone broth
- Ground cinnamon
- Ground cumin
- Ground turmeric
- Pre-mixed taco seasoning
- Oil of choice (olive or avocado)
- Avocado mayo
- Salad Dressing
- Nut butter of choice (almond butter)
- Unsweetened Apple Sauce
- Canned corn

### OPTIONAL SNACKS

- Epic Bison cranberry bar
- Macadamia Nuts
- Yes bars

# HOW TO MEAL PREP WEEK 3

- Sunday: Cook 1-2 chicken breasts per person using bone both, cumin, and turmeric. Shred and freeze to be had for lunch on Friday and Saturday.
- Sunday: Bake two sweet potatoes for each person, one for Sunday evening and one for Monday evening.
- Sunday: Make crockpot butternut squash soup. Freeze in portions to be had on Wednesday and Thursday for lunch.
- Thursday morning: Marinate steak or lamb to be cooked that evening.
- Friday: Option to pre-bake sweet potatoes for Saturday evening, one per person.

# WEEK 4

## SUNDAY

- B** Scrambled eggs with spinach, mushroom, and onion
- L** Avocado on gluten free toast with cucumber, sprouts, smoked salmon red onion, dill, salt, and pepper.
- D** Sweet potato and black bean chili

## MONDAY

- B** Almond flour pumpkin muffin and berries of choice.
- L** Gluten free bread with avocado mayo, rotisserie chicken, sliced tomatoes, mixed greens. Apple on the side
- D** Left Overs From the Night Before

## TUESDAY

- B** Scrambled eggs with spinach, mushroom, and onion
- L** Gluten free bread with avocado mayo, rotisserie chicken, sliced tomatoes, mixed greens. Apple on the side
- D** Chicken fajitas (use pre-mixed fajita seasoning)

## WEDNESDAY

- B** Almond flour pumpkin muffin and berries of choice.
- L** Snap peas and carrots with hummus and kalamata olives. Side of mixed nuts
- D** Left Overs From the Night Before

## THURSDAY

- B** Two hard boiled eggs with an apple and almond butter
- L** Snap peas and carrots with hummus and kalamata olives. Side of mixed nuts
- D** Honey garlic shrimp. Serve with cooked brown rice and steamed broccoli

## FRIDAY

- B** Oatmeal with berries and sunflower seeds
- L** Coconut milk yogurt with berries, mixed nuts, and honey
- D** Left Overs From the Night Before

## SATURDAY

- B** Two hard boiled eggs with an apple and almond butter
- L** Coconut yogurt with berries, mixed nuts, and honey
- D** Vegetable pasta

## GROCERY LIST

### PRODUCE

- Baby spinach
- Avocados
- Cucumbers
- Sprouts
- Red onion
- Dill
- Sweet potatoes
- Onions
- Garlic
- Limes
- Cilantro
- Berries of choice
- Yellow squash
- Tomatoes
- Mixed greens
- Apples
- Bell pepper
- Snap peas
- Baby carrots
- Kalamata olives
- Garlic (can buy pre-minced)
- Green onion
- Broccoli
- Mushroom
- Zucchini

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Smoked salmon
- Rotisserie chicken
- Boneless skinless chick breasts
- Frozen shrimp (peeled and deveined)
- Coconut milk yogurt

### GRAINS, BEANS, NUTS, LEGUMES

- Canned black beans
- Canned diced tomatoes (two nights)
- Gluten free bread
- Gluten free fajita wraps
- Oatmeal (gluten free)
- Hummus
- Dry roasted mixed nuts
- Almond butter
- Brown rice
- Sunflower seeds
- Chickpea or lentil pasta

### MISCELLANEOUS

- Sea salt
- Black pepper
- Olive oil
- Chili powder
- Cumin
- Ground chipotle
- Canned diced tomatoes
- Avocado mayo
- Pico de gallo
- Pumpkin puree
- Almond flour
- Baking powder
- Baking soda
- Unsweetened apple sauce
- Coconut cream
- Vanilla extract
- Pumpkin pie spice
- Oregano

### OPTIONAL SNACKS

- Bare Apple Chips
- Simple Mills Crackers
- Suzie's Thin Cakes
- LesserEvil Popcorn



# HOW TO MEAL PREP WEEK 4

- Make almond flour muffins to be had on Monday and Wednesday for breakfast
- Separate rotisserie chicken meat for Monday and Tuesday lunch.