



# Meal Plan Gluten and Dairy Free

SUMMER LOVE, HERE WE  
COME! LET'S FEEL GOOD  
WITH A DIET THAT BOOSTS  
OUR ENERGY AND CLEARS  
OUR MIND.



# WEEK 1

## SUNDAY

- B** Mango turmeric coconut smoothie (add 1 tbsp ground flaxseed)
- L** Turkey burger patty (no bun) over baby spinach, avocado, and cherry tomatoes (make double patties and freeze half for Sunday)
- D** Honey garlic shrimp over brown rice

## MONDAY

- B** Scrambled eggs with baby spinach and mushrooms
- L** Rice cake with almond butter and berries with a protein shake
- D** Left overs from the night before

## TUESDAY

- B** Gluten free toast with avocado, smoked salmon, and arugula
- L** Mixed greens salad with peaches, sunflower seeds, hemp seeds, basil, cherry tomatoes, and balsamic vinegar, olive oil
- D** Steak tips with red potatoes and Brussel sprouts

## WEDNESDAY

- B** Scrambled eggs with baby spinach and mushrooms
- L** Rice cake with almond butter and berries with a protein shake
- D** Left overs from the night before

## THURSDAY

- B** Mango turmeric coconut smoothie (add 1 tbsp ground flaxseed)
- L** Mixed greens salad with peaches, sunflower seeds, hemp seeds, basil, cherry tomatoes, and balsamic vinegar, olive oil
- D** Slow cooker sausage and white bean soup

## FRIDAY

- B** Gluten free toast with avocado, smoked salmon, and arugula
- L** Overnight oats with cacao and berries and hemp seeds (make extra for tomorrow)
- D** Left overs from the night before

## SATURDAY

- B** Overnight oats with cacao and berries and hemp seeds
- L** Egg salad (with avocado mayo or mashed avocado and dill) on gluten free toast with cherry tomatoes.
- D** Chicken, bean, and corn quesadilla (use grain free tortillas and nutritional yeast instead of cheese)

## GROCERY LIST

### PRODUCE

- Frozen mango
- Limes
- Heirloom tomatoes
- Cherry tomatoes
- Peaches
- Baby Spinach
- Broccoli
- Zucchini
- Berries
- Avocado
- Canned diced tomatoes
- Mixed greens
- Arugula
- Red potatoes
- Brussels sprouts
- Minced garlic
- Onion
- Carrots
- Celery
- Thyme, fresh
- Kale
- Sun-dried tomatoes
- Cilantro
- Mushrooms

### MEAT, FISH, DAIRY ALTERNATIVES

- Shrimp, peeled
- Eggs
- Smoked salmon
- Steak tips
- Sausage
- Ground turkey
- Full fat coconut milk
- Non dairy milk

### GRAINS, BEANS, NUTS, LEGUMES

- Rice cakes
- Brown rice
- Gluten free bread
- Sunflower seeds
- Hemp seeds
- Ground flaxseed
- Canned white beans
- Old fashioned oats
- Pecans
- Almond Butter
- Canned white beans
- Canned black beans
- Canned or frozen corn
- Old fashioned oats
- Grain free tortillas
- Nutritional yeast

### MISCELLANEOUS

- Turmeric
- Black pepper
- Salt
- Honey
- Olive oil
- Balsamic vinegar
- Avocado oil
- Soy sauce (gluten free) or coconut aminos
- Onion powder
- Worcestershire sauce
- Garlic powder
- Protein powder
- Bay leaves
- Chicken broth
- Cacao powder
- Vanilla extract
- Avocado mayo
- Cumin, dried
- Oregano, dried

### OPTIONAL SNACKS

- Lesser Evil Popcorn
- Made in Nature Dried Fruit Chips
- Kind Granola Bars

# HOW TO MEAL PREP WEEK 1

- Chop the broccoli, Brussels sprouts, onions, carrots, and celery. Onions, carrots, and celery can be stored together.
- Option to hard boil eggs for the egg salad sandwiches to be had on Saturday.
- On Wednesday evening load the crockpot with the sausage and white bean soup ingredients to be started on Thursday morning. (Could make a double batch and freeze to be had again in two weeks)
- On Thursday evening mix together the overnight oat ingredients to be had on Friday and Saturday.
- On Thursday or Friday evening bake chicken breast for the quesadillas to be had on Saturday.

# WEEK 2

## SUNDAY

- B** Blueberry almond flour muffin and a side of kiwi
- L** Pasta salad with chickpea pasta, pesto, avocado, chopped red pepper, and spinach (double batch)
- D** Quinoa bowl with shredded rotisserie chicken, corn salsa, canned black beans, and chopped red onion.

## MONDAY

- B** Scrambled eggs with spinach, kalamata olives, and onions
- L** Pasta salad with chickpea pasta, pesto, avocado, chopped red pepper, and spinach
- D** Left overs from the night before

## TUESDAY

- B** Peach, honey, and cinnamon overnight oats
- L** Grain free wrap with spinach, avocado, red onion, and salmon salad (salmon from a pouch with avocado mayo)
- D** Pea and farro stir fry (use brown rice instead of farro)

## WEDNESDAY

- B** Full fat plain non dairy greek yogurt with berries and chia seeds
- L** Two hard boiled eggs over mixed greens with peaches, red onion, and chia seeds.
- D** Left overs from the night before

## THURSDAY

- B** Peach, honey, and cinnamon overnight oats
- L** Gluten free wrap with spinach, avocado, red onion, and salmon salad (salmon from a pouch with avocado mayo)
- D** Slow cooker honey garlic chicken dinner

## FRIDAY

- B** Full fat plain non dairy greek yogurt with berries and chia seeds
- L** Two hard boiled eggs over mixed greens with peaches, red onion, and chia seeds.
- D** Left overs from the night before

## SATURDAY

- B** Blueberry almond flour muffin and a side of kiwi
- L** Mixed green salad with sliced strawberries, sliced almonds, sunflower seeds, and balsamic vinaigrette
- D** Tilapia (or other white fish) with broccoli and tomatoes over rice

## GROCERY LIST

### PRODUCE

- Mixed greens
- Lemon
- Avocado
- Red bell pepper
- Spinach
- Cilantro
- Avocado
- Kiwi
- Peach
- Spinach
- Red onion
- Cherry tomatoes
- Broccoli
- Sweet onion
- Garlic, minced
- Pea, fresh or frozen
- Basil, fresh
- Mixed berries
- Blueberries
- Strawberries
- Red potatoes
- Baby carrots
- Green beans
- Parsley
- Kalamata olives

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Rotisserie chicken
- Salmon pouch, wild caught
- Eggs
- Chicken thighs
- Tilapia
- Non dairy Greek yogurt
- Non dairy milk

### GRAINS, BEANS, NUTS, LEGUMES

- Almond flour
- Chickpea pasta
- Grain free tortilla wraps
- Canned black beans
- Quinoa
- Chia seeds
- Pumpkin seeds
- Sliced almonds
- Sunflower seeds
- Brown rice
- Rolled oats (gluten free)

### MISCELLANEOUS

- Baking soda
- Honey
- Olive oil
- Vanilla extract
- Corn salsa
- Cinnamon
- Avocado mayo
- Balsamic vinaigrette
- Rice vinegar
- Pesto (gluten free)
- Soy sauce (gluten free) or coconut aminos
- Ketchup
- Paprika
- Basil, dried
- Oregano, dried
- Red pepper flakes

### OPTIONAL SNACKS

- Lesser Evil Popcorn
- Made in Nature Dried Fruit Chips
- Kind Granola Bars

# HOW TO MEAL PREP WEEK 2

- Make the blueberry muffins to be had on Sunday and Saturday for breakfast (freeze remaining for Saturday).
- Make the peach overnight oats to be had on Tuesday and Thursday for breakfast.
- Make the pasta salad to be had on Sunday and Monday for lunch.
- Pre-slice the onions and extra peaches to add to salads.
- Hard boil eggs (4 for each person).
- On Wednesday night or Thursday morning remember to load the slow cooker for Thursdays dinner.

# WEEK 3

## SUNDAY

- B** Smoothie with canned coconut milk, frozen pineapple, frozen mango, spinach, and protein powder, water
- L** Turkey burger patty (no bun) over baby spinach, avocado, and cherry tomatoes (make double patties and freeze half for Sunday)
- D** No cook pesto zucchini noodles, top with grilled chicken.

## MONDAY

- B** Scrambled eggs with fresh basil, cherry tomatoes, and a side of watermelon
- L** Mediterranean salad pita pocket
- D** Left overs from the night before

## TUESDAY

- B** Coconut milk yogurt with cinnamon, sliced pear, and grain free granola
- L** Baby spinach salad with strawberries, sliced almonds, hemp seeds, olive oil, balsamic vinegar, and oregano.
- D** 20 minute skillet blackened shrimp fajitas (serve over quinoa)

## WEDNESDAY

- B** Scrambled eggs with fresh basil, cherry tomatoes, and side of watermelon
- L** Mediterranean salad pita pocket
- D** Left overs from the night before

## THURSDAY

- B** Coconut milk yogurt with cinnamon, sliced pear, and granola
- L** Baby spinach salad with strawberries, sliced almonds, hemp seeds, olive oil, balsamic vinegar, and oregano.
- D** Cauliflower fried rice bowl

## FRIDAY

- B** Gluten free toast with avocado, smoked salmon (or an egg), microgreens or sprouts, and a side of berries
- L** Strawberry green be well smoothie
- D** Left overs from the night before

## SATURDAY

- B** Gluten free toast with avocado, smoked salmon (or an egg), microgreens or sprouts, and a side of berries
- L** Mediterranean plate: turkey burger over quinoa, kalamata olives, cucumbers, cherry tomatoes, and balsamic vinegar.
- D** Greek chicken gyro (use dairy free sour cream instead of Tzatziki)

## GROCERY LIST

### PRODUCE

- Frozen mango
- Frozen pineapple
- Baby Spinach
- Avocado
- Cherry tomatoes
- Precut zucchini noodles
- Fresh basil
- Watermelon
- Romaine lettuce
- Cucumbers
- Heirloom tomatoes
- Lemon
- Minced garlic
- Red onion
- Red (2), green, and yellow bell peppers
- Kalamata olives
- Fresh dill
- Pear
- Strawberries
- Onion
- Frozen cauliflower rice
- Frozen peas
- Shredded carrots
- Green onions
- Microgreens (or sprouts)
- Berries of choice

### MEAT, FISH, DAIRY ALTERNATIVES

- Ground turkey
- Eggs
- Frozen shrimp(peeled and deveined - to be used on Tuesday)
- Chicken breast
- Chicken tenderloins
- Smoked Salmon
- Coconut milk yogurt
- Dairy free sour cream
- Nut milk

### GRAINS, BEANS, NUTS, LEGUMES

- Canned chickpeas
- Gluten free pita or wraps (3 meals)
- Grain free granola
- Sliced almonds
- Hemp seeds
- Gluten free bread
- Chia seeds
- Quinoa
- Almond Butter
- Canned white beans
- Canned black beans
- Canned or frozen corn
- Old fashioned oats
- Nutritional yeast

### MISCELLANEOUS

- Vanilla protein powder
- Canned coconut milk
- Olive oil
- Red wine vinegar
- Dried Italian seasoning
- Sea salt
- Black pepper
- Pesto (dairy free)
- Cinnamon
- Balsamic vinegar
- Thyme
- Oregano
- Chili powder
- Paprika
- Onion powder
- Cumin
- Garlic powder
- Tamari
- Coconut aminos
- Avocado oil
- MCT oil (or use coconut oil)

### OPTIONAL SNACKS

- Lesser Evil Popcorn
- Made in Nature Dried Fruit Chips
- Kind Granola Bars

# HOW TO MEAL PREP WEEK 3

- Cook turkey burger patties for Sunday lunch and freeze extra for lunch on Saturday
- Cut watermelon
- Dice red onion, 1 red bell pepper, cucumber, and 1 tomato
- Slice remaining bell peppers
- Slice strawberries
- Option to cook and freeze chicken tenderloins for Saturday

# WEEK 4

## SUNDAY

- B** Green smoothie: Kiwi, green apple, baby spinach, protein powder, avocado, non dairy milk
- L** Pasta salad using chickpea pasta, olive oil, salt, oregano, fresh basil, cherry tomatoes, blue berries, and sunflower seeds
- D** Fish tacos (use avocado oil instead of vegetable oil)

## MONDAY

- B** Blueberry almond flour muffins
- L** Pasta salad using chickpea pasta, olive oil, salt, oregano, fresh basil, cherry tomatoes, and sunflower seeds
- D** Left overs from the night before

## TUESDAY

- B** Fab four chia seed pudding topped with berries
- L** Mixed greens topped with cantaloupe, prosciutto, sunflower seeds, olive oil, and balsamic vinegar
- D** Black bean stuffed sweet potatoes

## WEDNESDAY

- B** Blueberry almond flour muffins
- L** Chicken salad stuffed avocados (omit greek yogurt)
- D** Left overs from the night before

## THURSDAY

- B** Fab four chia seed pudding topped with berries
- L** Mixed greens topped with cantaloupe, prosciutto, sunflower seeds, olive oil, and balsamic vinaigrette
- D** Slow cooker summer beef stew

## FRIDAY

- B** Oatmeal with canned coconut milk, nut butter, and berries
- L** Chicken salad stuffed avocados
- D** Left overs from the night before

## SATURDAY

- B** Egg scramble with baby spinach, and tomatoes, with cantaloupe
- L** Green smoothie: Kiwi, green apple, baby spinach, protein powder, canned coconut milk.
- D** Steak kabobs (use avocado oil instead of olive oil. Could cook in the oven at 375 degrees)

## GROCERY LIST

### PRODUCE

- Kiwis
- Green apples
- Baby spinach
- Avocados
- Fresh basil
- Cherry tomatoes
- Limes
- Lemon
- Minced garlic
- Romaine lettuce
- Pico de Gallo (salsa)
- Avocado
- Blueberries (fresh or frozen)
- Mixed greens
- Cantaloupe
- Sweet potatoes
- Red onion
- Parsley
- Shallot
- Zucchini
- Yellow bell peppers
- Red bell peppers
- Fresh basil
- Berries of choice
- Cherry tomatoes
- Mushrooms

### MEAT, FISH, DAIRY ALTERNATIVES

- Mahi-mahi filets
- Eggs
- Prosciutto
- Rotisserie chicken (or canned organic chicken)
- Stew beef
- Non dairy milk

### GRAINS, BEANS, NUTS, LEGUMES

- Chickpea pasta
- Sunflower seeds
- Corn tortillas
- Almond flour
- Sirloin steak
- Canned black beans
- Oatmeal
- Chia seeds
- Nut butter or choice

### MISCELLANEOUS

- Protein powder
- Olive oil
- Sea salt
- Oregano
- Avocado oil
- Dry white wine
- Baking soda
- Honey
- Vanilla extract
- Soy sauce (gluten free)
- Red wine vinegar
- Dijon mustard
- Balsamic vinegar
- Black pepper
- Garlic powder
- Onion Powder
- Cumin
- Chili powder
- Bay leaves
- Tomato paste
- Beef broth
- Canned coconut milk
- Worcestershire sauce
- Avocado mayo

### OPTIONAL SNACKS

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



# HOW TO MEAL PREP WEEK 4

- Make the blueberry muffins to be had on Monday and Wednesday (could make double to freeze for two weeks from now).
- Make pasta salad for Sunday and Monday lunch.
- Make chia seed pudding for Tuesday and Thursday breakfast.
- Chop cantaloupe and bell peppers (large pieces).
- Start slow cooker on Thursday morning for dinner.
- On Tuesday night or Wednesday morning make chicken salad (lunch for Wednesday and Friday).