



Meal Plan Gluten and Dairy Free

WE ONLY GET ONE BODY.
SHOW IT LOVE AND SEE THE
MAGIC IN HOW IT RETURNS
THE FAVOR.

WEEK 1

SUNDAY

- B** Cooked oatmeal with chopped apples, cinnamon, pecans, ground flaxseed, and full fat coconut milk
- L** Canned organic chicken with avocado mayo over arugula, cucumber and hemp seeds
- D** Pumpkin, mushroom, and spinach pasta (use chickpea or lentil pasta and coconut cream instead of heavy cream)

MONDAY

- B** Sliced avocado on gluten free toast with hemp seeds, sprouts, and sesame seeds
- L** Two hard boiled eggs with an apple and nut butter
- D** Left overs from the night before

TUESDAY

- B** Pumpkin smoothie (omit stevia)
- L** Non dairy yogurt with sliced almonds, berries and chia seeds
- D** Turkey meat balls (use pre-made tomato sauce, serve over cauliflower rice)

WEDNESDAY

- B** Sliced avocado on gluten free toast with hemp seeds, sprouts, and sesame seeds
- L** Mixed greens with nutritional yeast, hempseeds, avocado, smoked salmon, and olive oil
- D** Left overs from the night before

THURSDAY

- B** Pumpkin smoothie (omit stevia)
- L** Two hard boiled eggs with an apple and nut butter
- D** Chicken, potato, and green bean sheet pan dinner

FRIDAY

- B** Cooked oatmeal with chopped apples, cinnamon, pecans, ground flaxseed, and full fat coconut milk.
- L** Mixed greens with nutritional yeast, hempseeds, avocado, smoked salmon, and olive oil
- D** Left overs from the night before

SATURDAY

- B** Scrambled eggs with chopped broccoli and chicken sausage
- L** Tabouli with gluten free crackers, olives, and walnuts
- D** Grilled steak kabobs (can also cook in the oven at 400 degrees for 8-10 minutes)

GROCERY LIST

PRODUCE

- Apples
- Arugula
- Cucumber
- Yellow onion
- White mushrooms
- Garlic, mined
- Baby spinach
- Avocado
- Broccoli sprouts (or other sprouts)
- Apple
- Berries
- Red onion
- Frozen cauliflower rice
- Fresh basil
- Mixed greens
- Green beans
- Red potatoes
- Broccoli
- Tabouli
- Olives
- Mushrooms
- Red, yellow, orange bell peppers

MEAT, FISH, DAIRY ALTERNATIVES

- Canned organic chicken
- Eggs
- Ground turkey
- Smoked salmon
- Chicken breast
- Chicken sausage
- Top sirloin
- Non dairy yogurt
- Non dairy milk
- Nutritional yeast

GRAINS, BEANS, NUTS, LEGUMES

- Oatmeal (gluten free)
- Pecans
- Ground flaxseed
- Hemp seeds
- Chickpea or lentil pasta
- Gluten free bread
- Sesame seeds
- Nut butter
- Sliced almonds
- Walnuts
- Chia seeds
- Coconut flour
- Gluten free crackers

MISCELLANEOUS

- Cinnamon
- Canned coconut milk
- Avocado mayo
- Olive oil
- Dijon mustard
- Italian seasoning
- Pumpkin puree
- Sea salt or pink Himalayan salt
- Pepper
- Pumpkin spice seasoning
- Maple syrup
- Tomato sauce
- Cumin
- Garlic powder
- Cayenne pepper
- Rosemary
- Onion powder
- Balsamic vinegar
- Worcestershire sauce
- Soy sauce (gluten free or coconut aminos)
- Skewers

OPTIONAL SNACKS

- Now Unsalted Dry Roasted Soy Beans
- Bare Apple, Banana, and Coconut Chips
- Siete Tortilla Chips

HOW TO MEAL PREP WEEK 1

- Hard boil four eggs per person for egg salad.
- Option to make and freeze meatballs for Tuesday and Wednesday dinner.
- Option to marinate steak and leave in the freezer to be taken out Saturday morning for kabobs at dinner.

WEEK 2

SUNDAY

- B** Paleo apple cinnamon pancakes
- L** Hard boiled eggs over mixed greens, shredded carrots, cucumber, nutritional yeast, olive oil, salt, and pepper.
- D** Parmesan crusted steak sheet pan recipe (use nutritional yeast instead of parmesan)

MONDAY

- B** Two hard boiled eggs with a side of berries
- L** Wrap with sliced chicken breast, avocado, and sliced purple cabbage. Apple on the side.
- D** Left overs from the night before

TUESDAY

- B** Anti-inflammatory berry smoothie
- L** Canned wild caught salmon mixed with avocado mayo over watercress, shredded carrots, and cucumbers.
- D** Ground turkey teriyaki stir fry (omit brown sugar and serve over brown rice)

WEDNESDAY

- B** Two hard boiled eggs with a side of berries
- L** Wrap with sliced chicken breast, avocado, and sliced purple cabbage. Apple on the side.
- D** Left overs from the night before

THURSDAY

- B** Anti-inflammatory berry smoothie
- L** Canned wild caught salmon mixed with avocado mayo over watercress, shredded carrots, and cucumbers.
- D** Slow cooker beef stew (omit flour)

FRIDAY

- B** Paleo apple cinnamon pancakes
- L** Hard boiled eggs over mixed greens, shredded carrots, cucumber, nutritional yeast, olive oil, salt, and pepper.
- D** Left overs from the night before

SATURDAY

- B** Turkey breakfast skillet
- L** Full fat dairy free Greek yogurt with cacao nibs, chopped walnuts, and berries
- D** Chicken Mole Enchiladas (omit feta)

GROCERY LIST

PRODUCE

- Bananas
- Apples
- Shredded carrots
- Cucumber
- Red potatoes
- Asparagus
- Garlic
- Berries of choice (many - freeze half or buy frozen)
- Avocado
- Purple cabbage (sliced)
- Mixed greens
- Watercress
- Broccoli (buy pre-cut)
- Onions
- Golden potatoes
- Celery
- Carrots
- Mushrooms
- Sweet potato
- Green pepper
- Red onion

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Flank steak
- Chicken breast
- Canned (or pouch) wild caught salmon
- Ground turkey (for a dinner and breakfast meal)
- Beef stew meat
- Canned organic chicken (or buy rotisserie chicken for dinner on Saturday)
- Nutritional yeast
- Non dairy milk
- Full fat non dairy Greek yogurt

GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Gluten free wrap
- Chopped walnuts
- Brown rice
- Almond flour

MISCELLANEOUS

- Cinnamon
- Vanilla extract
- Coconut oil
- Baking soda and powder
- Olive oil
- Sea salt or pink Himalayan salt
- Black pepper
- Dried parsley
- Dried basil
- Oregano
- Onion powder
- Cayenne
- Maca powder (optional)
- Italian seasoning
- Arrowroot flour
- Avocado mayo
- Ginger
- Honey
- Sesame oil
- Corn starch (optional)
- Soy sauce (gluten free or coconut aminos)
- Beef broth
- Tomato paste
- Worcestershire sauce
- Cacao nibs
- Mole sauce (for enchiladas)
- Chicken broth
- Unsweetened apple sauce

OPTIONAL SNACKS

- Simple Mills Almond Flour Crackers
- Quinoa Cakes

HOW TO MEAL PREP WEEK 2

- Make paleo cinnamon pancakes and freeze extra for Friday (could also make double and freeze some for two weeks from now).
- Hard boil eight eggs per person.
- Precut cumpers for salads and shred purple cabbage.
- Thursday morning prep and start the slow cooker beef stew.
- Option to precook at freeze the ground turkey stir fry for Tuesday and Wednesday night.

WEEK 3

SUNDAY

- B** Almond flour pancakes topped with sliced peaches (make extra to freeze for Friday)
- L** Egg salad with avocado mayo on gluten free bread with arugula and a side of grapes
- D** Chicken stir-fry

MONDAY

- B** Egg muffins (freeze some for Wednesday)
- L** Salad with clementine slices, cashews, purple cabbage, hempseeds, and peanut dressing over watercress.
- D** Left overs from the night before

TUESDAY

- B** Oatmeal with nondairy milk, chopped peaches, pecans, blueberries, and almond butter
- L** Egg salad with avocado mayo on gluten free bread with arugula and a side of grapes
- D** Seared salmon over 50/50 spaghetti (use pre-made pesto)

WEDNESDAY

- B** Egg muffins (freeze some for Wednesday)
- L** Salad with clementine slices, cashews, purple cabbage, hempseeds, and peanut dressing over watercress.
- D** Left overs from the night before

THURSDAY

- B** Oatmeal with nondairy milk, chopped peaches, pecans, blueberries, and almond butter
- L** Quinoa bowl with avocado, pumpkin seeds, shredded carrots, nutritional yeast, olive oil, oregano, salt, and pepper
- D** Crockpot chicken fajitas

FRIDAY

- B** Almond flour pancakes topped with sliced peaches
- L** Tuna salad with mashed avocado, gluten free crackers, carrots, and sliced cucumbers
- D** Left overs from the night before

SATURDAY

- B** Lemon cookie Be Well smoothie
- L** Quinoa bowl with avocado, pumpkin seeds, shredded carrots, nutritional yeast, olive oil, oregano, salt, and pepper
- D** Beef tacos

GROCERY LIST

PRODUCE

- Arugula
- Grapes
- Zucchini
- Broccoli
- Carrots
- Mushrooms
- Red bell peppers
- Green bell peppers
- Minced garlic
- Ginger
- Onions
- Baby Spinach
- Lemon
- Mixed greens
- Clementines
- Purple cabbage
- Watercress
- Peaches
- Blueberries
- Cherry tomatoes
- Thyme
- Zucchini noodles
- Avocado
- Shredded carrots
- Cucumbers

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Chicken thighs
- Wild caught salmon
- Chicken breast
- Canned tuna
- Almond milk
- Dairy free sour cream (optional)

GRAINS, BEANS, NUTS, LEGUMES

- Blanched almond flour
- Baking
- Gluten free bread
- Ghee (if tolerated - otherwise use oil)
- Cashews
- Hemp seeds
- Oatmeal
- Pecans
- Almond butter
- Gluten free pasta
- Quinoa
- Pumpkin seeds
- Tortillas for fajitas
- Gluten free crackers
- Chia seeds

MISCELLANEOUS

- Blanched almond flour
- Baking powder
- Sea salt
- Pure maple syrup
- Vanilla extract
- Olive oil
- Avocado mayo
- Chicken broth
- Soy sauce (or coconut aminos)
- Canned green chilis
- Honey
- Cornstarch (optional for stir fry)
- Coconut oil
- Peanut dressing
- Pesto (dairy free)
- Oregano
- Sea salt and pepper
- Canned diced tomatoes
- Chili powder
- Cumin
- Garlic powder
- Ground coriander
- Salsa
- Vanilla protein powder

OPTIONAL SNACKS

- Lesser Evil Popcorn
- Made in Nature Dried Fruit Chips

HOW TO MEAL PREP WEEK 3

- Make almond flour pancakes and freeze extra for Friday (and possibly for two weeks from now).
- Hard boil four eggs per person for egg salad.
- Make egg muffin tins and freeze for Monday and Wednesday (can also make extra to freeze for two weeks from now).
- Make quinoa and freeze for quinoa bowls on Thursday and Saturday.
- Chop purple cabbage.

WEEK 4

SUNDAY

- B** Apple muffins, spread with almond butter
- L** Chicken salad over watercress and cucumbers (make extra for tomorrow)
- D** Beef stir fry over brown rice

MONDAY

- B** Anti-inflammatory cherry spinach smoothie (use canned coconut milk instead of kefir)
- L** Chicken salad over watercress and cucumbers
- D** Left overs from the night before

TUESDAY

- B** Two hard boiled eggs cucumbers and an apple on the side
- L** Cacao overnight oats (add hemp seeds and serve with berries)
- D** Quinoa bowls with roasted sweet potatoes, shredded carrots, arugula, black beans, and olive oil

WEDNESDAY

- B** Anti-inflammatory cherry spinach smoothie (use canned coconut milk instead of kefir)
- L** Watercress and arugula salad topped with salmon salad (salmon from poach mixed with avocado mayo), avocado, and hemp seeds
- D** Left overs from the night before

THURSDAY

- B** Two hard boiled eggs cucumbers and an apple on the side
- L** Cacao overnight oats (add hemp seeds and serve with berries)
- D** Slow cooker Mediterranean chicken and chickpea soup

FRIDAY

- B** Apple muffins, spread with almond butter
- L** Watercress and arugula salad topped with salmon salad (salmon from poach mixed with avocado mayo), avocado, and hemp seeds
- D** Left overs from the night before

SATURDAY

- B** Non dairy Greek yogurt with berries and chia seeds
- L** Turkey burger patty over arugula with nutritional yeast, shredded carrots, and kalamata olives
- D** Shrimp with asparagus served with a baked sweet potato

GROCERY LIST

PRODUCE

- Apples
- Cucumbers
- Watercress
- Celery
- Minced garlic
- Carrots
- Asparagus
- Red bell pepper
- Yellow bell pepper
- Snap peas
- Frozen cherries
- Baby spinach
- Parsley
- Asparagus
- Avocados
- Ginger
- Berries of choice
- Sweet potatoes
- Shredded carrots
- Arugula
- Onions
- Canned diced tomatoes (fire roasted)
- Canned artichoke hearts
- Pitted kalamata olives
- Lemon

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Organic canned chicken breast
- Chicken thighs
- Steak
- Ground turkey
- Shrimp
- Non dairy plain Greek yogurt
- Almond milk
- Packets of salmon (or canned)
- Ghee (if tolerated, otherwise use oil)

GRAINS, BEANS, NUTS, LEGUMES

- Oat flour gluten free (or blend quick oats)
- Almond butter
- Chia seeds
- Sesame seeds
- Oatmeal (gluten free)
- Hemp seeds
- Quinoa
- Black beans
- Chickpeas (canned or dried)

MISCELLANEOUS

- Apple sauce
- Coconut oil
- Maple syrup
- Coconut flour
- Baking powder
- Cinnamon
- Sea salt
- Raisins
- Cacao powder
- Avocado mayo
- Bay leaf
- Canned coconut milk
- Black pepper
- Relish
- Olive oil
- Coconut aminos
- Honey
- Sesame oil
- Cornstarch (optional)
- Tomato paste
- Cumin
- Paprika
- Cayenne pepper
- Nutritional yeast

OPTIONAL SNACKS

- Simple Mills Almond Flour Crackers
- Quinoa Cakes

HOW TO MEAL PREP WEEK 4

- Make apple muffins and freeze extra for Friday.
- Hard boil eight eggs per person (to be used in chicken salad for Sunday and Monday and for breakfast on Tuesday and Thursday).
- Cook quinoa for bowls on Tuesday and Wednesday night.
- Monday and Wednesday night mix overnight oats and store in the refrigerator for Tuesday and Thursday.
- Thursday morning start slow cooker.
- Friday evening cook sweet potatoes to be had on Saturday.