



# Meal Plan Gluten and Dairy Free

SET AN INTENTION TO  
FOCUS ON YOUR HEALTH  
THIS MONTH WITH GUT  
FRIENDLY, NUTRIENT DENSE  
FOOD CHOICES.

# WEEK 1

## SUNDAY

- B** Scrambled eggs with chopped onion, black beans, and spinach
- L** Tuna wrap with avocado mayo, sliced red onion, and arugula. Serve with a peach.
- D** Vegetarian fajitas

## MONDAY

- B** Overnight oats (use coconut milk yogurt and add 1 tbsp nut butter to recipe). Top with berries
- L** Baked chicken over arugula, sunflower seeds, pickled beets, and shredded carrot. Tahini, olive oil, apple cider vinegar and lemon for dressing.
- D** Left overs from the night before

## TUESDAY

- B** Scrambled eggs with chopped onion, black beans, and spinach
- L** Baked chicken over arugula, sunflower seeds, pickled beets, and shredded carrot. Tahini, olive oil, apple cider vinegar and lemon for dressing.
- D** Steak kabobs

## WEDNESDAY

- B** Overnight oats (use coconut milk yogurt and add 1 tbsp nut butter to recipe). Top with berries
- L** Mixed greens salad with sliced red onion, sliced peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar
- D** Left overs from the night before

## THURSDAY

- B** One fried egg over one gluten free toast with smoked salmon and sprouts
- L** Mixed greens salad with sliced red onion, sliced peaches, hard boiled egg, sliced almonds, olive oil, apple cider vinegar
- D** Teriyaki chicken stir fry (use olive or avocado oil instead of vegetable oil)

## FRIDAY

- B** Coconut milk yogurt with mixed berries
- L** Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil, lemon, salt, pepper.
- D** Left overs from the night before

## SATURDAY

- B** One fried egg over one gluten free toast with smoked salmon and sprouts
- L** Arugula salad with hummus, snap peas, sunflower seeds, sprouts, berries, olive oil, lemon, salt, pepper.
- D** Lemon butter baked fish, cook with broccoli on the same dish. Serve with baked sweet potato. Use extra oil instead of butter.

## GROCERY LIST

### PRODUCE

- White onions
- Red onion
- Arugula
- Baby spinach
- Mixed greens
- Peaches
- Bell peppers (color of choice)
- Cauliflower
- 1 portobello mushroom
- Avocados
- Cilantro
- Rosemary
- Mixed berries
- Pickled beets
- Shredded carrot
- Lemon
- Lime
- Garlic
- Sprouts or microgreens
- Broccoli
- Asparagus
- Ginger
- Snap peas
- Sweet potatoes

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Canned tuna
- Chicken breasts
- Smoked salmon
- White fish (cod, haddock - can buy frozen)
- Coconut milk yogurt
- Dairy free milk of choice

### GRAINS, BEANS, NUTS, LEGUMES

- Gluten free wrap
- Gluten free bread
- Corn tortillas
- Refried beans
- Black beans
- Hummus
- Almond butter
- Rolled oats (gluten free)
- Chia seeds
- Sunflower seeds
- Sliced almonds
- Sesame seeds

### MISCELLANEOUS

- Avocado mayo
- Olive oil
- Toasted sesame oil
- Chili powder
- Cumin
- Smoked paprika
- Garlic powder
- Onion powder
- Salt
- Pepper
- Tamari or coconut aminos
- Worcestershire sauce
- Dijon mustard
- Maple syrup
- Vanilla extract
- Tahini
- Apple cider vinegar
- Balsamic vinegar
- Honey
- Corn starch

### OPTIONAL SNACKS

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

# HOW TO MEAL PREP WEEK 1

- Prepare overnight oats on Sunday and Tuesday evening to be had on Monday and Wednesday for breakfast.
- Pre-bake chicken to be had for lunches on Monday and Tuesday.
- Hard boil eggs for the week (4 for each person).
- Thaw fish in the refrigerator on Friday night to be had on Saturday for dinner.
- Pre cook sweet potatoes on Friday night to be had on Saturday for dinner.
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.

# WEEK 2

## SUNDAY

- B** Omelette with sliced mushrooms, spinach, and green onion
- L** Chicken salad (canned chicken with avocado mayo, salt, and pepper) with gluten free crackers and sliced cucumbers
- D** Rice bowl with black beans, chopped tomato, canned corn, chopped parsley, avocado, and lemon juice

## MONDAY

- B** Coconut milk yogurt with berries and sliced almonds
- L** Baby spinach salad with sliced strawberries, chopped walnuts, hemp hearts, smoked salmon balsamic vinegar, olive oil, salt
- D** Left overs from the night before

## TUESDAY

- B** Omelette with sliced mushrooms, spinach, and green onion
- L** Baby spinach salad with sliced strawberries, chopped walnuts, hemp hearts, smoked salmon balsamic vinegar, olive oil, salt
- D** Beef chili (use premixed chili spices instead of recipe spices)

## WEDNESDAY

- B** Coconut milk yogurt with berries and sliced almonds
- L** Mixed greens salad with, shredded carrots, kalamata olives, cucumber, chopped artichoke, hard boiled egg, olive oil, salt, pepper
- D** Left overs from the night before

## THURSDAY

- B** Paleo almond coconut muffins with almond butter and mixed berries
- L** Mixed greens salad with, shredded carrots, kalamata olives, cucumber, chopped artichoke, hard boiled egg, olive oil, salt, pepper
- D** Slow cooker balsamic tomato basil chicken. Serve over brown rice

## FRIDAY

- B** Scrambled eggs with onion, chopped tomatoes, and kalamata olives
- L** Sliced apple with nut butter and coconut milk yogurt with sunflower seeds.
- D** Left overs from the night before

## SATURDAY

- B** Paleo almond coconut muffins with almond butter and mixed berries
- L** Sliced apple with nut butter along with coconut milk yogurt with sunflower seeds.
- D** Easy Shrimp Scampi (use extra oil instead of butter and nutritional yeast instead of parmesan)

## GROCERY LIST

### PRODUCE

- Mushrooms
- Green onion
- Cucumber
- Parsley
- Avocado
- Lemon
- Blueberries or blackberries
- Strawberries
- Baby spinach
- Yellow onion
- Spiraled zucchini (or gluten free noodles)
- Garlic
- Mixed greens salad
- shredded carrots
- Kalamata olives
- Bananas
- Cherry tomatoes (2 dinner meals)
- Vine ripe tomato
- Basil
- Apples
- Shallot
- Parsley

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Canned chicken
- Ground beef
- Chicken breasts
- Shrimp (can buy frozen for Saturday)
- Coconut milk yogurt
- Smoked salmon
- Nutritional yeast

### GRAINS, BEANS, NUTS, LEGUMES

- Brown rice
- Black beans
- Pinto beans
- Kidney beans
- Canned corn
- Gluten free crackers
- Sliced almonds
- Chopped walnuts
- Sunflower seeds
- Almond or other nut butter

### MISCELLANEOUS

- Avocado mayo
- Salt
- Pepper
- Olive oil
- Balsamic vinegar
- Tomato sauce and paste
- Diced tomatoes
- Jarred artichoke
- White wine
- Chicken stock
- Pre-mixed chili spices
- Ground allspice, ginger, cloves (or pumpkin pie spice)
- Ground cinnamon
- Maple syrup
- Beef broth
- Coconut oil
- Almond flour
- Vanilla extract
- Baking soda
- Unsweetened shredded coconut
- Raisins
- Paleo chocolate chips
- Hemp hearts

### OPTIONAL SNACKS

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

# HOW TO MEAL PREP WEEK 2

- Option to make paleo almond muffins ahead of time and store in the freezer (to be had on Thursday and Saturday morning).
- Option to pre-cook chili for Tuesday and Wednesday dinner and store in the freezer.
- Hard boil eggs (4 per person).
- Keep in mind all dinner meals (except for Saturday night) should be doubled to allow for left overs the following night.



# WEEK 3

## SUNDAY

- B** Scrambled eggs with arugula, tomatoes, and olives. Pear on the side
- L** Smoothie: coconut milk, protein powder, berries, chia, mixed greens
- D** Blackened cod & beans (recipe calls for chicken but use cod instead)

## MONDAY

- B** Toasted coconut chia pudding
- L** Smoked salmon over leafy greens, avocado, red onion, olive oil, salt, and pepper. Serve with grapes
- D** Left overs from the night before

## TUESDAY

- B** Oatmeal with coconut milk and berries
- L** Eggs salad using avocado mayo on sprouted grain wrap with mixed greens, tomato, and cucumber
- D** Mediterranean quinoa salad. (omit feta cheese)

## WEDNESDAY

- B** Tasted coconut chia pudding
- L** Smoked salmon over leafy greens, avocado, red onion, olive oil, salt, and pepper. Serve with grapes
- D** Left overs from the night before

## THURSDAY

- B** Oatmeal with coconut milk and berries
- L** Mixed greens salad topped with two hard boiled eggs, almonds, sliced grapes, olive oil, salt, and pepper
- D** Coconut curry shrimp with green beans

## FRIDAY

- B** Two hard boiled eggs with smoked salmon and a pear
- L** Sprouted grain wrap, tuna with avocado mayo, tomatoes, and mixed greens. Serve with an apple
- D** Left overs from the night before

## SATURDAY

- B** Scrambled eggs with black beans, salsa, and avocado
- L** Hummus with snap peas, carrots, gluten free crackers and side of grapes
- D** Pea and farro stir-fry (use brown rice instead of farro)

## GROCERY LIST

### PRODUCE

- Arugula
- Kalamata olives
- Berries of choice
- Frozen corn
- Canned black beans
- Mixed greens
- Red onion
- Yellow onion
- Avocado
- Tomatoes
- Lime
- Mango or pineapple
- Red bell pepper
- Parsley
- Green beans
- Shallots
- Garlic
- Apple
- Grapes
- Baby carrots
- Pears
- Frozen peas

### FISH, EGGS, DAIRY SUBSTITUTES

- Eggs (get two dozen)
- Cod
- Smoked salmon
- Canned tuna
- Shrimp
- Dairy free yogurt
- Almond milk
- Canned coconut milk (smoothies, oatmeal, chia pudding, and curry)

### GRAINS, BEANS, NUTS, LEGUMES

- Gluten free wrap
- Chia seeds
- Quinoa
- Oatmeal (gluten free)
- Brown rice
- Gluten free crackers
- Hummus
- Almonds

### MISCELLANEOUS

- Avocado mayo
- Salsa
- Curry powder
- Paprika
- Basil
- Olive oil (or avocado)
- Tapioca starch
- Red wine vinegar
- Sea Salt and pepper
- Oregano
- Protein powder
- Maple syrup
- Vanilla extract
- Unsweetened coconut flakes

### OPTIONAL SNACKS

- Bare apple chips
- Seaweed snacks
- Macadamia nuts
- Simple mills crackers

# HOW TO MEAL PREP WEEK 3

- Pre chop tomatoes and red onion.
- Make servings (for each person) of the chia seed pudding for Monday and Wednesday
- Hard boil eggs (each person will need six for the week).
- Cook the Mediterranean quinoa dish which will be had for dinner on Tuesday and Wednesday.
- Cook the brown rice to pair with dinner on Thursday and Friday.

# WEEK 4

## SUNDAY

- B** Pumpkin bread (substitute with coconut flour) with almond butter
- L** Tuna salad (using avocado mayo) over mixed greens, carrots, sliced grapes, and onion
- D** Baked fish with red sauce served over brown rice

## MONDAY

- B** Pumpkin bread with almond butter
- L** Grilled chicken over arugula, olives, tomatoes, olive oil, salt, and pepper
- D** Left overs from the night before

## TUESDAY

- B** Two (or three) hard boiled eggs with cantaloupe
- L** Rice crackers with hummus, olives, cucumbers and carrots
- D** Roasted red pepper and asparagus quinoa with chicken

## WEDNESDAY

- B** Overnight oats with berries
- L** Grilled (or canned) chicken over arugula, avocado, olives, tomatoes, olive oil
- D** Left overs from the night before

## THURSDAY

- B** Two hard boiled eggs with cantaloupe
- L** Non dairy yogurt with pumpkin seeds and berries
- D** Ground turkey skillet with pesto

## FRIDAY

- B** Overnight oats with berries
- L** Mashed Avocado with hemp seeds for dipping with carrots, snap peas, and rice crackers
- D** Left overs from the night before

## SATURDAY

- B** Fried eggs with avocado, arugula and berries on the side
- L** Organic quinoa cakes (or rice cakes) with almond butter, sliced apple, and hemp seeds. Option to add protein shake.
- D** Beef stir fry over brown rice

## GROCERY LIST

### PRODUCE

- Mixed greens
- Yellow onion
- Canned pumpkin
- Asparagus
- Minced garlic
- Jarred roasted red peppers
- Berries of choice
- Arugula
- Kalamata olives
- Tomatoes
- Cantaloupe
- Canned diced tomatoes
- Lemons
- Fresh basil
- Baby carrots
- Zucchini
- Grape tomatoes
- Avocado
- Snap peas
- Grapes
- Baby corn
- Green onions
- Cucumbers

### MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Canned tuna
- Chicken breast (extra)
- Milk of choice (use in overnight oats)
- Cod
- Ground turkey
- Flank beef
- Non dairy milk of choice (use in overnight oats)
- Full fat non dairy Greek yogurt (such as Kite Hill or Forager)

### GRAINS, BEANS, NUTS, LEGUMES

- Almond butter
- Rice crackers
- Brown rice
- Oatmeal (gluten free)
- Quinoa
- Chia seeds
- Pumpkin seeds
- Hummus
- Hemp seeds

### MISCELLANEOUS

- Coconut flour
- Coconut oil (or use avocado oil)
- Avocado or olive oil
- Sesame oil (or use avocado oil)
- Honey or maple syrup
- Pumpkin spice blend
- Protein powder (optional)
- Pesto (dairy free)
- Avocado mayo
- Cinnamon
- Baking soda
- Vanilla extract
- Sesame seeds
- Soy sauce
- Quinoa cakes or rice cakes

### OPTIONAL SNACKS

- Made in Nature Dried Fruit Chips
- Mary's Gone
- Now Unsalted Dry Roasted Soy Beans



# HOW TO MEAL PREP WEEK 4

- Make the pumpkin bread to be had on Sunday and Monday for breakfast.
- Hard boil eggs (each person will need four).
- Pre-slice onion and cantaloupe.
- Cook brown rice for Sunday and Monday dinner. You will also need brown rice cooked for Saturday which you can do later in the week or leave in the freezer.
- Cook quinoa for Tuesday and Wednesday night.
- Make overnight oats recipe to be had on Wednesday and Friday.
- Precook chicken breast for Monday and Wednesday lunch