Meal Plan
Gluten and Dairy Free

GIVE YOUR GUT A BREAK AND FOCUS ON NUTRIENT DENSE FOODS.

Week 1

SUNDAY

B Two hard boiled eggs with avocado spread on gluten free toast

L Microwave pesto quesadilla (omit cheese and use 1-2 tbsp nutritional yeast per quesadilla)

D Five-spice chicken sheet pan dinner

MONDAY

B Oatmeal with dried goji berries, chopped walnuts, and coconut milk

L Baby spinach salad with shredded rotisserie chicken, cherry tomatoes, chopped walnuts, olive oil, lemon, salt, and pepper

D Left overs from the night before

TUESDAY

B Two hard boiled eggs with avocado spread on gluten free toast

L Baby spinach salad with shredded rotisserie chicken, cherry tomatoes, chopped walnuts, olive oil, lemon, salt, and pepper

D Taco bowl (Use premixed taco seasoning for the ground beef. Top with avocado, canned corn and black beans, and cilantro)

WEDNESDAY

B Oatmeal with dried goji berries, chopped walnuts, and coconut milk

L Chopped hard boiled egg mixed with avocado mayo and dill over arugula, chopped cucumbers, and shredded carrots.

D Left overs from the night before

THURSDAY

B Full fat dairy free yogurt with sliced almonds, flaxseed, and blueberries

L Chopped hard boiled egg mixed with avocado mayo and dill over arugula, chopped cucumbers, and shredded carrots.

D Slow cooker pot roast - Serve with steamed broccoli and baby carrots

FRIDAY

B Gluten free toast with almond butter and sliced apple

L Quinoa topped with shredded carrots, chopped walnuts, cherry tomatoes, avocado, salt, and pepper.

D Left overs from the night before

SATURDAY

B Full fat dairy free yogurt with sliced almonds, flaxseed, and blueberries

L Quinoa topped with shredded carrots, chopped walnuts, cherry tomatoes, avocado, salt, and pepper.

D Lemon butter fish - Serve with baked sweet potato and arugula with olive oil, salt, and pepper. (Use olive oil instead of butter)

SHOPPING LIST

PRODUCE

- Head of cabbage
- Large carrots
- Baby carrots
- Garlic
- Green onions
- Cilantro
- Broccoli
- Lemon
- Basil or parsley (optional to top fish)
- Shredded carrots
- Cherry tomatoes
- Avocados
- Baby spinach
- Arugula
- Cucumber
- Fresh dill
- Blueberries
- Cherry tomatoes
- Red bell pepper

MEAT, FISH, DAIRY ALTERNATIVES

- Bone in skin on chicken thighs
- Ground beef or bison (grass fed)
- Pork roast
- Frozen cod or halibut (thaw for Saturday dinner)
- Eggs
- Cooked rotisserie chicken
- Dairy free full fat yogurt

GRAINS, BEANS, NUTS, LEGUMES

- White or brown rice
- Canned black beans
- Canned corn
- Gluten free tortillas
- Quinoa
- Sliced almonds
- Gluten free bread
- Oatmeal
- Walnuts
- Chia seeds
- Almond butter

MISCELLANEOUS

- Red pepper flakes (optional)
- Honey
- Olive oil
- Soy sauce
- Pesto
- Mayo (avocado oil mayo is best)
- Dried goji berries
- Coconut milk
- Vegetable or chicken broth
- Balsamic vinegar
- Nutritional yeast
- Cornstarch
- Salt (preferably sea salt)
- Paprika
- Garlic powder
- Onion powder
- Black pepper
- Cinnamon, fennel, ground cloves, anise, white pepper (or substitute with allspice)
- Taco seasoning(Siete)

OPTIONAL SNACKS

- Raw mixed nuts
- Simple Mills crackers
- Thunderbird bars

How to Meal Prep Week 1

- Keep in mind all dinner batches should be doubled to allow for left overs the following night.
- Shred rotisserie chicken ahead of time for pasta salad.
- Hard boil eggs for the week (8 for each person).
- Option to precook ground beef and rice to be had for Tuesday and Wednesday dinner (can be frozen).
- Option to precook quinoa for lunch on Friday and Saturday.
- Start crockpot meal on Thursday morning for dinner that night and Friday.

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Week 2

SUNDAY

B Oatmeal breakfast muffins (save some for Tuesday!)

L Canned tuna (or salmon) mixed with avocado mayo, salt, and pepper. Serve over gluten free toast and sprouts with an apple

D Chicken stir fry

MONDAY

B Scrambled eggs with halved cherry tomatoes topped with sprouts

L Rice cakes with nut butter and shredded unsweetened coconut served with an apple

D Left overs from the night before

TUESDAY

B Oatmeal breakfast muffins

L Rice cakes with nut butter and shredded unsweetened coconut served with an apple

D White bean chili

WEDNESDAY

B Scrambled eggs with halved cherry tomatoes topped with sprouts

L Mixed greens salad with smoked salmon, red onion, avocado, chopped pecans, cherry tomatoes, olive oil, salt, and pepper.

D Left overs from the night before

THURSDAY

B Hard boiled eggs and side of gluten free toast with nut butter

L Mixed greens salad with smoked salmon, red onion, avocado, chopped pecans, cherry tomatoes, olive oil, salt, and pepper.

D Slow cooker maple pork tenderloin - Serve with steamed carrots and cauliflower

FRIDAY

B Dairy free full fat yogurt with berries, chia seeds, and sliced almonds

L Hummus plate with snap peas, sliced cucumbers, baby carrots, marinated olives, and mixed nuts

D Left overs from the night before

SATURDAY

B Hard boiled eggs and side of sprouted grain toast with nut butter

L Hummus plate with snap peas, sliced cucumbers, baby carrots, marinated olives, and mixed nuts

D Garlic butter baked salmon (use olive or avocado oil instead of butter)

SHOPPING LIST

PRODUCE

- Broccoli
- Cauliflower
- Yellow bell pepper
- Red bell pepper
- Baby carrots
- Ginger
- Garlic
- Yellow onions
- Lime
- Lemon
- Cucumber
- Marinated olives
- Avocado
- Berries of choice
- Shallot
- Red onion
- Fingerling potatoes
- Parsley
- Asparagus
- Sprouts
- Apples
- Snap peas
- Baby carrots (for lunch and dinner recipes)
- Mixed greens
- Cherry tomatoes

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Boneless, skinless chicken breast
- Lean pork tenderloin
- Skinless salmon fillets
- Canned tuna
- Smoked salmon
- Dairy free milk
- Dairy free full fat yogurt

GRAINS, BEANS, NUTS, LEGUMES

- Rolled oats (gluten free)
- Oat flour
- Flax meal (or ground flaxseed)
- Chia seeds
- Gluten free bread
- Rice cakes
- Nut butter
- Canned cannelli beans
- Canned navy beans
- Canned chickpeas
- Canned diced green chiles
- Hummus
- Chopped pecans
- Raw mixed nuts

MISCELLANEOUS

- Baking powder
- Ground cinnamon
- Salt (preferably sea salt)
- Ground black pepper
- Unsweetened apple sauce
- Maple syrup
- Egg
- Vanilla extract
- Corn starch
- Chicken broth (for two dinner recipes)
- Vegetable broth
- Honey
- Crushed red pepper flakes (optional)
- Dried oregano
- Ground cumin
- Ground cloves
- Ground cayenne pepper (optional)
- Olive oil
- Toasted sesame oil
- Whole grain mustard
- Unsweetened shredded coconut
- Soy sauce

OPTIONAL SNACKS

- Navitas Superfood Power Snacks
- Paleo Valley Beef Sticks
- Simple Mills Garlic and Herb Crackers

How to Meal Prep Week 2

- Keep in mind all dinner batches should be doubled to allow for left overs the following night.

- Make oatmeal breakfast muffins and save half for Tuesday (option to make double batch to be had in week four).

- Option to make white bean chili and freeze for Tuesday and Wednesday dinner.

- Hard boil eggs (4 for each person).

- Start crockpot meal on Thursday morning to be had on Thursday and Friday for dinner.

Week 3

SUNDAY

B Scrambled eggs with sliced mushrooms, non-dairy cheese, and spinach with a side of avocado

L Cherry vanilla smoothie with a side of mixed nuts (substitute with spinach instead of kale)

D Turkey Meatballs with Spaghetti Squash

MONDAY

B Cacao keto smoothie

L Pasta (chickpea or lentil) with olive oil, dried oregano, slices of rotisserie chicken, and arugula.

D Left overs from the night before

TUESDAY

B Oatmeal with nut butter, chia seeds, and chopped dates

L Hummus with gluten free crackers, cucumbers, and two dates. Kombucha on the side

D Cauliflower rice bowls (use flank streak instead of chicken)

WEDNESDAY

B Two hard boiled eggs, avocado, and side of berries

L Pasta (chickpea or lentil) with olive oil, dried oregano, slices of rotisserie chicken, and arugula.

D Left overs from the night before

THURSDAY

B Cacao keto smoothie

L Hummus with gluten free crackers, cucumbers, and two dates. Kombucha on the side

D Slow cooker 2-Ingredient pulled BBQ chicken (serve over baked sweet potato)

FRIDAY

B Oatmeal with nut butter, chia seeds, and chopped dates

L Mixed green salad with shelled edamame, canned corn, red onion, sesame seeds, olive oil, and lemon

D Left overs from the night before

SATURDAY

B Almond flour pancakes (add in blueberries and freeze half for breakfast on the 26th)

L Canned chicken or chopped chicken breast with avocado mayo, dill, & cucumbers on mixed greens with avocado

D Lemon dill roasted salmon (option to serve over rice)

SHOPPING LIST

PRODUCE

- White cap mushrooms
- Spinach
- Avocados
- Frozen dark cherries
- Bananas
- Spaghetti squash
- Arugula
- Dates
- Cucumbers
- Frozen cauliflower rice
- Frozen peas
- Frozen shredded carrots (or fresh)
- Green onion
- Berries
- Sweet potatoes
- Shelled edamame
- Red onion
- Lemon
- Blue berries
- Arugula
- Mache leaves (or spinach)

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Non-dairy cheese
- Ground turkey
- Rotisserie chicken
- Chicken breasts
- Flank steak
- Non-dairy milk
- Canned organic chicken
- Wild caught salmon fillets

GRAINS, BEANS, NUTS, LEGUMES

- Flaxseed (ground)
- Chia seeds
- Nut butter
- Pasta (chickpea or lentil)
- Oatmeal
- Hummus
- Gluten free crackers
- Sesame seeds
- Brown rice (optional)

MISCELLANEOUS

- Coconut milk (full fat)
- Vanilla extract
- Almond flour
- Red pepper flakes
- Dried oregano
- Onion flakes (or onion powder)
- Garlic powder
- Fresh dill
- Salt
- Pepper
- Cinnamon
- Cacao powder
- Coconut oil
- Olive oil
- Tamari and/or coconut aminos
- Avocado oil
- Barbecue sauce (primal kitchen)
- Canned corn
- Pure maple syrup
- Baking soda
- Avocado mayo

OPTIONAL SNACKS

- Simple Mills Crackers
- Pink Himalayan Paleo Puffs
- Made in Nature Figgy Pops

How to Meal Prep Week 3

- Keep in mind all dinner batches should be doubled to allow for left overs the following night.
- Boil pasta and cut rotisserie chicken ahead of time for pasta salad.
- Hard boil eggs for the week (2 for each person).
- Precut cucumber and soak in water.
- Pre-bake sweet potatoes on Wednesday night to be had for dinner on Thursday and Friday.
- Start crockpot meal on Thursday morning for dinner that night and Friday.

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Week 4

SUNDAY

B Coconut almond muffins (freeze half for breakfast on Saturday)

L Gluten free toast with sliced avocado, fried egg, and sprouts

D Chicken in green onion sauce (serve over steamed broccoli)

MONDAY

B Apple pie overnight oats

L Rice cakes with nut butter, sliced banana, and protein shake

D Left overs from the night before

TUESDAY

B Non dairy yogurt with berries, chia seeds, and sliced almonds

L Mixed greens salad with smoked salmon, red onion, avocado, and cherry tomatoes

D Turkey taco bowls

WEDNESDAY

B Two hard boiled eggs with a side of berries

L Rice cakes with nut butter, sliced banana, and protein shake

D Left overs from the night before

THURSDAY

B Apple pie overnight oats

L Mixed greens salad with smoked salmon, red onion, avocado, and cherry tomatoes

D Crockpot or instant pot chuck roast

FRIDAY

B Non dairy yogurt with berries, chia seeds, and sliced almonds

L Gluten free bread with sliced chicken breast or canned chicken, pecans, cucumbers, mixed greens, red onion, honey mustard

D Left overs from the night before

SATURDAY

B Coconut almond muffins

L Gluten free bread with sliced chicken breast or canned chicken, walnuts, cucumbers, mixed greens, red onion, honey mustard

D Shrimp Fried Rice

SHOPPING LIST

PRODUCE

- Bananas
- Avocado
- Sprouts
- Green onion
- Steamed broccoli
- Apple
- Cucumbers
- Berries of choice
- Mixed greens
- Red onion
- Cherry or grape tomatoes
- Bell pepper
- Cilantro
- Lime
- Yellow onions
- Garlic
- Carrots
- White potatoes
- Cauliflower or cauliflower rice
- Green beans
- Frozen peas

MEAT, FISH, DAIRY ALTERNATIVES

- Eggs
- Skinless chicken breast
- Non- dairy sour cream Non dairy yogurt
- Non-dairy milk
- Smoked salmon
- Ground turkey
- Chuck roast
- Canned organic chicken
- Shrimp (frozen - thaw on Friday)

GRAINS, BEANS, NUTS, LEGUMES

- Almond flour
- Chopped walnuts
- Gluten free bread
- Rolled oats
- Chia seeds
- Rice cakes
- Chopped pecans
- Sliced almonds
- Nut butter
- Rice (brown or white)
- Canned black beans

MISCELLANEOUS

- Coconut oil
- Avocado oil
- Organic butter or ghee
- Ground cinnamon
- Vanilla extract
- Baking soda
- All spice
- Ground cloves
- Ground ginger
- Sea salt
- Shredded unsweetened coconut
- Paleo chocolate chips
- Raisins
- Coconut aminos
- Honey
- Maple syrup (optional - can also use honey)
- Paprika
- Chili powder
- Cumin
- Garlic powder
- Basil
- Oregano
- Thyme
- Rosemary
- Beef broth
- Honey mustard salad dressing

OPTIONAL SNACKS

- Garden of Eatin Corn chips
- Chocolate Covered Cashews
- Mary's Gone Crackers

How to Meal Prep Week 4

- 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 (option to make double batch to be had in week four).
- Make two apple pie overnight oats for Monday and Thursday morning.
- Start crockpot meal on Thursday morning to be had on Thursday and Friday for dinner.
- Option to cook rice ahead of time for Tuesday and Wednesday dinner.