

Hypoallergenic Meal Plan

Dairy-free, Egg-free, Nightshade free

This meal plan is designed to provide you with as many options as possible. For practical reasons, you may choose to stray from these suggestions and make big dinners at night so that you'll have leftovers for your next day's lunch. Similarly, if you have a favourite meal, you can eat it more than once a week. Mix and match the meals to suit you best.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Detox Fruit Smoothie	Detox Mocha Smoothie	Dr Kevin Special	Dr Yates Cinnamon Special	Healthy Chocolate Smoothie	Lemon Raspberry Smoothie	Strawberry & Nut Butter Smoothie
Lunch	Meat & Salad	Creamy Avo Pasta	Mushroom Cap Burger	Creamy Broccoli Soup	Roasted Garlic & Zucchini Bisque	Caesar Salad	Egg Drop Soup
Dinner	Teriyaki Pork Chops with Roasted Brussel Sprouts	Turkey Lettuce Wraps (omit bell peppers)	Beef Stew	Lemon Rosemary Baked Salmon w Asparagus	Mustard Glazed Chicken Thighs with Green Beans	Beef & Broccoli over Cauli Rice	Vegan Lasagna
Snack Option	Raw Veggies & Dip (no peppers)	Apple & Nut Butter	Kale Chips	Okra Fries (no cayenne pepper)	Berries on a log	Salted Avocado	Homemade Granola (see breakfast recipes)

Vegetarian Meal Plan

Meat-free with little to no animal products

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Detox Fruit Smoothie	Detox Mocha Smoothie	Dr Kevin Special	Dr Yates Cinnamon Special	Healthy Chocolate Smoothie	Lemon Raspberry Smoothie	Strawberry & Nut Butter Smoothie
Lunch	Creamy Avo Pasta	Creamy Broccoli Soup	Roasted Garlic & Zucchini Bisque	Casear Salad	Egg Drop Soup	Keto Collard Wraps	Vegan Tabouleh (see snacks)
Dinner	Eggplant Parmesan	Cauliflower Coconut Stew	Red Vegetarian Curry	Vegan Lasagna	Vegan Taco Skillet	Snap Pea Stirfry	Pesto Chicken Cucumber Rolls
Snack Option	Raw Veggies & Dip	Apple & Nut Butter	Kale Chips	Okra Fries	Berries on a log	Cauliflower Cheese Tots	Homemade Granola (see breakfast recipes)

On-the-Go Meal Plan

All meals in 30 minutes or less

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Detox Fruit Smoothie	Detox Mocha Smoothie	Dr Kevin Special	Dr Yates Cinnamon Special	Healthy Chocolate Smoothie	Lemon Raspberry Smoothie	Strawberry & Nut Butter Smoothie
Lunch	Meat & Salad	Creamy Avo Pasta	Mushroom Cap Burger	Caesar Salad	Egg Drop Soup	Keto Collard Wraps	Caprese Noodle Salad
Dinner	Turkey Lettuce Wraps	Cajun Chicken Pasta	Lemon Rosemary Baked Salmon w Asparagus	Stuffed Ground Beef Bell Peppers	Beef & Broccoli over Cauli Rice	Vegan Taco Skillet	Mediterranean Tuna Pasta
Snack Option	Raw Veggies & Dip	Apple & Nut Butter	Kale Chips	Okra Fries	Hard Boiled Egg	Homemade Granola (see breakfast recipes)	Salted Avocado