



Gluten & Dairy Free
Meal Plan

EMBRACE THE POWER OF
HEALTHY EATING

Week 1

SUNDAY

- B** Blueberry Pancakes (make 1/2 batch and freeze second serving for Friday)
- L** Ground Turkey Spring Rolls
- D** Turmeric Chicken Soup With Coconut Milk

MONDAY

- B** Mushroom & Spinach Egg Muffins
- L** Lively Lox Salad
- D** Turmeric Chicken Soup With Coconut Milk

TUESDAY

- B** Chocolate Overnight Oats Recipe
- L** Lively Lox Salad
- D** Vegetable Sauce and Almond Flour Cutlets

WEDNESDAY

- B** Mushroom & Spinach Egg Muffins
- L** Chicken Caesar Salad
- D** Vegetable Sauce and Almond Flour Cutlets

THURSDAY

- B** Chocolate Overnight Oats Recipe
- L** Chicken Caesar Salad
- D** Filet Mignon w/ Sauteed Garlic Spinach

FRIDAY

- B** Blueberry Pancakes
- L** Dijon Mustard Roasted Root and Chicken Slaw
- D** Filet Mignon w/ Sauteed Garlic Spinach

SATURDAY

- B** Omelette with Apple Kale Salad
- L** Dijon Mustard Roasted Root and Chicken Slaw
- D** Shrimp Ceviche Tostadas

SHOPPING LIST

PRODUCE

- 2 red bell peppers
- 1 large carrot
- 1 knob ginger
- 2 yellow onions
- 1 red onion
- 1 russet potato
- 1 bundle fresh cilantro
- 1 portabella mushroom
- 7 cup (200 g) baby spinach
- 4 cup (237 g) mixed salad greens
- 1 head romaine lettuce
- 1/2 (34 g) kale, chopped
- 4 cups (340 g) broccoli slaw mix
- 1 cucumber
- 3 green onions/scallions
- 4 tomatoes
- 1 1/4 cup (185 g) cherry tomatoes
- 1 zucchini
- 1 large bulb garlic
- 2 beets
- 2 sweet potatoes
- 1 red chili pepper
- 1/2 cup (72 g) blueberries
- 1 1/4 cup (180 g) strawberries
- 1 avocado
- 1 lemon
- 1 lime
- 2 pears
- 1 red apple
- 1/2 cup (76 g) grapes
- 1/4 cup orange juice (or 1 orange to juice)

MEAT AND POULTRY

- 4 oz (115 g) ground turkey
- 10 oz (280 g) filet mignon
- 5 chicken drumsticks, skinless
- 4 chicken breasts, skinless and boneless
- 8 oz (225 g) thin sliced chicken breast
- 8 oz (227 g) salmon
- 8 oz (227 g) shrimp, peeled and deveined
- 9 eggs

GRAINS, BEANS, NUTS, LEGUMES

- 1 1/2 cups (360 g) almond milk
- Sesame seeds
- Sunflower seeds
- Tahini
- 3/4 cup (117 g) gluten free rolled oats
- 3 rice paper wraps
- Gluten free croutons
- 1/2 cup (61 g) corn meal
- 1 cup (100 g) almond flour
- 4 tostada shells
- Plant based protein powder
- 3 oz (85 g) chickpea pasta
- 1/3 cup (36 g) slivered almonds

MISCELLANEOUS

- Salt
- Pepper
- Ground turmeric
- Ground ginger
- Garlic powder
- 1 bay leaf
- Red pepper flakes
- Italian seasoning
- Dried thyme
- Caesar dressing (Primal Kitchen brand)
- 2 sheets nori (seaweed)
- Olive oil
- Avocado oil
- Sesame oil
- Honey
- Cocoa
- Apple cider vinegar
- Vanilla extract
- Dijon mustard
- Coconut aminos
- 1 can coconut milk
- Baking powder
- Baking soda

How to Meal Prep Week 1

- On Sunday, make a half-recipe of the Blueberry Pancakes. Divide it in half for two servings and freeze the second serving to be had for breakfast on Friday.
- On Sunday evening or Monday morning, cook the Mushroom and Spinach Egg Muffins and save half in the refrigerator for breakfast on Wednesday.
- On Monday and Wednesday evenings, prepare Chocolate Overnight Oats to be had the following day for breakfast.
- On Tuesday evening, cook two chicken breasts to be had for lunch on Wednesday and Thursday with Chicken Caesar Salad.
- On Thursday evening, cook a double batch of the Dijon Mustard Roasted Root and Chicken Slaw to be had for lunch on Friday and Saturday.
- Be sure to save half of the dinner meals from Sunday to Friday to have for dinner the following evening.

DAILY AVERAGES

Calories: 1,304

Carbohydrate: 111 grams, Protein: 83 grams, Fat: 62 grams

Week 2

SUNDAY

- B** Sweet Potato Egg Hash
- L** Ahi Tuna Steak w/ Roasted Asparagus & Quinoa
- D** Stuffed Peppers With Ground Beef

MONDAY

- B** Satiating Yogurt Bowl
- L** Curry Tofu Grain Bowl
- D** Stuffed Peppers With Ground Beef

TUESDAY

- B** Savory Oatmeal Bowl
- L** Curry Tofu Grain Bowl
- D** Artichoke Lemon Chicken Skillet

WEDNESDAY

- B** Satiating Yogurt Bowl
- L** Mediterranean Chicken Salad
- D** Artichoke Lemon Chicken Skillet

THURSDAY

- B** Savory Oatmeal Bowl
- L** Mediterranean Chicken Salad
- D** Slow Cooker Pulled Pork & Avocado Cucumber Salad (make 1/2 recipe)

FRIDAY

- B** Sweet Potato Egg Hash
- L** Avocado Fresh Rolls & Almond Dipping Sauce
- D** Slow Cooker Pulled Pork & Avocado Cucumber Salad

SATURDAY

- B** 3-Ingredient Waffles w/ Fresh Berries
- L** Avocado Fresh Rolls & Almond Dipping Sauce
- D** Easy Salmon Sheet Pan Dinner

SHOPPING LIST

PRODUCE

- 2 sweet potatoes
- 4 cups (85 g) baby spinach
- 2 cups (40 g) arugula
- 1 head romaine lettuce
- 2 1/2 cups (142 g) mixed salad greens
- 1 yellow onion
- 1 red onion
- 3 cloves garlic
- 3 red bell peppers
- 2 green bell peppers
- 1 cup (150 g) cherry tomatoes
- 2 radishes
- 1 bundle fresh parsley
- 1 bundle fresh mint
- 2 cucumbers
- 2 carrots
- 1 cup (227 g) fingerling potatoes
- 1 bundle asparagus
- 1 large jar marinated artichoke hearts
- 1 jar kalamata olives
- 2/3 cup (82 g) raspberries
- 1/4 cup (36 g) strawberries
- 2 lemons
- 1 lime
- 2 red apples
- 2 avocados
- 1 banana

MEAT AND POULTRY

- 9 eggs
- 4 chicken breasts
- 8 oz (227 g) ground beef
- 16 oz (454 g) pork tenderloin
- 5 oz (142 g) tuna steak
- 5 oz (142 g) salmon
- 6 oz (170 g) tofu

GRAINS, BEANS, NUTS, LEGUMES

- Sesame seeds
- Sunflower seeds
- Almond butter
- Sesame butter
- 3 cup (720 g) almond milk
- 1 1/2 cups (120 g) gluten free rolled oats
- 1/3 cup (33 g) white or brown rice
- 2 3/4 cup (468 g) quinoa
- 4 rice paper wraps
- 1/2 cup (68 g) oat flour
- Gluten free crackers (Mary's Gone brand)

MISCELLANEOUS

- Salt
- Pepper
- Cajun seasoning
- Paprika
- Garlic powder
- Curry powder
- Onion powder
- Dried oregano
- Dried dill
- Gluten Free BBQ sauce (Primal Kitchen brand)
- Cornstarch
- Olive oil
- Avocado oil
- Honey
- 1/3 cup (82 g) tomato sauce
- 1/2 cup (120 g) chicken broth
- Hot sauce
- Coconut aminos
- 1 1/2 cups (350 g) coconut milk or almond milk yogurt

How to Meal Prep Week 2

- Option to cook double the amount of sweet potatoes from the Sweet Potato Egg Hash recipe on Sunday and store the second serving in the freezer to be had with breakfast on Friday.
- On Sunday evening, prepare a double batch of the Curry Tofu Grain Bowl recipe to be had for lunch on Monday and Tuesday.
- Precook and shred two chicken breasts on Tuesday evening to be had with lunch on Wednesday and Thursday in the Mediterranean Chicken Salad.
- On Thursday morning, start the Slow Cooker Pulled Pork recipe (half recipe) to be had for dinner on Thursday and Friday.
- Be sure to save half of the dinner meals from Sunday to Friday to be had for dinner the following evening.

DAILY AVERAGES

Calories: 1,352

Carbohydrate: 126 grams, Protein: 79 grams, Fat: 63 grams

Week 3

SUNDAY

B Pumpkin Pancakes (freeze 1/2 recipe for Friday)

L Ground Turkey Spring Rolls

D Coconut Shrimp Curry with Peas

MONDAY

B Grape, Walnut, Banana Breakfast Bowl

L High Protein Bento Box

D Coconut Shrimp Curry with Peas

TUESDAY

B Satiating Yogurt Bowl

L High Protein Bento Box

D Zucchini Boats

WEDNESDAY

B Grape, Walnut, Banana Breakfast Bowl

L Dijon Mustard Roasted Root and Chicken Slaw

D Zucchini Boats

THURSDAY

B Satiating Yogurt Bowl

L Dijon Mustard Roasted Root and Chicken Slaw

D Filet Mignon w/ Sauteed Garlic Spinach

FRIDAY

B Pumpkin Pancakes

L Savory Tuna Bliss

D Filet Mignon w/ Sauteed Garlic Spinach

SATURDAY

B Omelette with Apple Kale Salad

L Savory Tuna Bliss

D Artichoke Lemon Chicken Skillet

SHOPPING LIST

PRODUCE

- 1 red bell pepper
- 1 carrot
- 1 package shredded carrots
- 1 knob ginger
- 1 shallot
- 1 red onion
- 4 cloves garlic
- 1/2 cup frozen peas
- 2 tomatoes
- 2 cucumbers
- 3 zucchinis
- 2 beets
- 2 sweet potatoes
- 4 cups (340 g) broccoli slaw
- 10 cups (300 g) baby spinach
- 1 cup (130 g) fingerling potatoes
- 1/2 cup (34 g) chopped kale
- 1 bundle fresh parsley
- 1 1/4 cup (186 g) cherry tomatoes
- 1 jar marinated artichoke hearts
- 2 bananas
- 1 1/4 cup (180 g) grapes
- 1 1/4 cup (180 g) strawberries
- 1/2 cup (62 g) raspberries
- 2 lemons
- 1 red apple
- 2 avocados

MEAT AND POULTRY

- 8 eggs
- 16 oz (456 g) ground turkey
- 1 chicken breast
- 4 oz (113 g) shrimp, peeled and deveined
- 6 oz (170 g) salmon
- 10 oz (284 g) canned tuna
- 8 oz (224 g) thin sliced chicken breast
- 10 oz (280 g) filet mignon

GRAINS, BEANS, NUTS, LEGUMES

- 1/2 cup (60 g) almond flour
- 1 1/4 cup (300 g) almond milk
- 1/2 cup (62 g) chopped walnuts
- 1/2 cup (72 g) whole almonds
- 1/3 cup (36 g) slivered almonds
- Plant based protein powder
- Sunflower seeds
- Almond butter
- Tahini
- Chia seeds
- 1 1/4 cup (212 g) quinoa
- 3 rice paper wraps

MISCELLANEOUS

- Salt
- Pepper
- Pumpkin pie spice
- Curry powder
- Chili powder
- Ground cinnamon
- Paprika
- Garlic powder
- Onion powder
- Dried Thyme
- 1/3 cup (82 g) canned pumpkin
- 1/4 cup (66 g) tomato paste
- 1 1/2 cups (350 g) coconut milk or almond milk yogurt
- Olive oil
- Avocado oil
- Coconut oil
- Honey
- Vanilla extract
- Dijon mustard
- Apple cider vinegar
- Avocado oil mayonnaise
- 1/4 cup (60 g) chicken broth
- Coconut aminos
- 1 can coconut milk
- Baking powder
- Cornstarch or Arrowroot starch

How to Meal Prep Week 3

- Freeze half of the Pumpkin Pancakes recipe to have for breakfast on Friday.
- Prepare the chia seed pudding from the Grape, Walnut, Banana Breakfast Bowl on Sunday and Tuesday evenings to have for breakfast the following day.
- Hard boil four eggs at the beginning of the week to have with lunch on Monday and Tuesday.
- On Tuesday evening, cook a double batch of the Dijon Mustard Roasted Root and Chicken Slaw to have for lunch on Wednesday and Thursday.
- Be sure to save half of the dinner meals from Sunday to Friday to have for dinner the following evening.

DAILY AVERAGES

Calories: 1,441

Carbohydrate: 99 grams, Protein: 86 grams, Fat: 83 grams

Week 4

SUNDAY

- B** Blueberry Pancakes (make 1/2 batch and freeze second serving for Friday)
- L** Avocado Fresh Rolls & Almond Dipping Sauce
- D** Turmeric Chicken Soup With Coconut Milk

MONDAY

- B** Mushroom & Spinach Egg Muffins
- L** Chicken Caesar Salad
- D** Turmeric Chicken Soup With Coconut Milk

TUESDAY

- B** Savory Oatmeal Bowl
- L** Chicken Caesar Salad
- D** Zucchini Boats

WEDNESDAY

- B** Mushroom & Spinach Egg Muffins
- L** High Protein Bento Box
- D** Zucchini Boats

THURSDAY

- B** Savory Oatmeal Bowl
- L** High Protein Bento Box
- D** Slow Cooker Pulled Pork & Avocado Cucumber Salad (make 1/2 recipe)

FRIDAY

- B** Blueberry Pancakes
- L** Lively Lox Salad
- D** Slow Cooker Pulled Pork & Avocado Cucumber Salad

SATURDAY

- B** Sweet Potato Egg Hash
- L** Lively Lox Salad
- D** Vegetable Sauce and Almond Flour Cutlets

SHOPPING LIST

PRODUCE

- 1 bulb garlic
- 1 carrot
- 3 cucumbers
- 2 red onions
- 1 yellow onion
- 1 bundle fresh cilantro
- 1 portabella mushroom
- 3 cups (60 g) baby spinach
- 1-2 heads romaine lettuce
- 1 2/3 cup (248 g) cherry tomatoes
- 2 tomatoes
- 1 red bell pepper
- 3 zucchinis
- 1 package shredded carrots
- 2 scallions/green onions
- 1 sweet potato
- 1 russet potato
- 1 cup (130 g) fingerling potatoes
- 1/2 cup (74 g) blueberries
- 1 lime
- 1 lemon
- 2 1/4 cup (324 g) strawberries
- 1 avocado
- 2 pears

MEAT AND POULTRY

- 15 eggs
- 5 chicken drumsticks, skinless
- 12 oz (342 g) ground turkey
- 3 chicken breasts
- 16 oz (454 g) pork tenderloin
- 14 oz (397 g) salmon

GRAINS, BEANS, NUTS, LEGUMES

- 3/4 cup (90 g) almond flour
- 3 3/4 cup (900 g) almond milk
- Almond butter
- 1/2 cup (72 g) almonds
- 2 rice paper wraps
- Gluten free croutons
- 1/2 cup (61 g) corn meal
- Sunflower seeds
- Sesame seeds
- 1 1/2 cup (120 g) rolled oats
- Baking powder
- Baking soda
- 1 1/2 oz (42 g) chickpea pasta

MISCELLANEOUS

- Salt
- Pepper
- Ground turmeric
- Ground ginger
- Garlic powder
- 1 bay leaf
- Paprika
- Onion powder
- Cajun seasoning
- Crushed red pepper flakes
- Italian seasoning
- 2 nori sheets (seaweed)
- Olive oil
- Avocado oil
- Sesame oil
- Honey
- Apple cider vinegar
- Hot sauce
- Coconut aminos
- 1 can coconut milk
- Caesar dressing (Primal Kitchen)
- BBQ sauce (Primal Kitchen - gluten free)

How to Meal Prep Week 4

- On Sunday, make a half-recipe of the Blueberry Pancakes. Divide it in half for two servings and freeze the second serving to have for breakfast on Friday.
- On Sunday evening or Monday morning, cook the Mushroom and Spinach Egg Muffins and save half in the refrigerator for breakfast on Wednesday.
- On Sunday evening, cook two chicken breasts to have with the Chicken Caesar Salad for lunch on Monday and Tuesday.
- On Tuesday evening, or earlier in the week, cook four hard-boiled eggs to have with lunch on Wednesday and Thursday.
- On Thursday morning, start the Slow Cooker Pulled Pork recipe (half recipe) to have for dinner on Thursday and Friday.
- Be sure to save half of the dinner meals from Sunday to Friday to have for dinner the following evening.

DAILY AVERAGES

Calories: 1,366

Carbohydrate: 106 grams, Protein: 89 grams, Fat: 69 grams