



# Meal Plan Gluten and Dairy Free

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



# 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.

# 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 cannellini 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 steak 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.

# 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.