

7-Day Gluten Free Dairy Free Meal Plan #3

DAY 1: _____

Breakfast: Healthy Breakfast Bars
Lunch: Gluten Free Sesame Noodles
Dinner: Almond Chicken + Potato Salad
Snack: Salted Caramel Chia Oat Bites

DAY 2: _____

Breakfast: Banana Sunflower Seed
Granola + bacon + fruit
Lunch: Salmon Nicoise Salad
Dinner: Egg Roll in a Bowl
Snack: Dairy Free PB&J Smoothie

DAY 3: _____

Breakfast: Paleo Blueberry Muffins
Lunch: Arugula Salad and Lemon
Rosemary Chickpeas
Dinner: GF DF Chicken Pot Pie
Snacks: Chocolate Orange Almond Bites

DAY 4: _____

Breakfast: Mini French Toast Cups
Lunch: Mexican Nourish Bowl
Dinner: Instant Pot Meatloaf +
Ratatouille
Snacks: Tropical Chia Pudding

DAY 5: _____

Breakfast: Sweet Potato Sausage Hash
Lunch: Easy Shrimp Ceviche
Dinner: Coconut Tomato Curry
Snack: Spiced Lemon Roasted
Chickpeas

DAY 6: _____

Breakfast: Baked Avocado Eggs
Lunch: White Bean Tuna Salad
Dinner: GF and DF Slow Cooker Butter
Chicken
Snack: Pizza Hummus + veggies

DAY 7: _____

Breakfast: Vegan GF Blueberry Muffins
Lunch: Creamy Mushroom Soup
Dinner: Shrimp and Sausage Sheetpan
Dinner
Snack: Orange Poppyseed Protein Bites



Shopping List for Meal

Plan #3

Pantry Staples & Baking

- ☐ 1-3/4 cup almond meal
- ☐ 3 cups gluten-free flour
- ☐ 1/3 cup dates firmly packed, chopped
- ☐ 1 cup coconut oil
- ☐ 3/4 cup avocado oil, vegetable oil, or mild olive oil
- ☐ 1/4 cup dairy free dark chocolate chips
- ☐ 1 cup maple syrup
- ☐ 3 cups chicken broth
- ☐ 3 Tbsp arrowroot powder or other thickener such as cornstarch
- ☐ 2 tablespoons brown sugar substitute (or regular brown sugar if you don't need sugar free)
- ☐ 1/4 cup brown sugar
- ☐ 3/4 cups coconut flour
- ☐ 1/4 cup granulated erythritol sweetener
- ☐ 1/3 cup cocoa powder, Dutch processed
- ☐ 1 cup allergy friendly chocolate chunks or chocolate chips
- ☐ 1/2 teaspoon xanthan gum
- ☐ Baking powder
- ☐ Baking soda
- ☐ 1/2 cup granulated cane sugar
- ☐ Olive oil
- ☐ Stevia drops
- ☐ Vanilla extract
- ☐ 2 tablespoons beef tallow or cooking fat of choice

Dairy, non-dairy, & eggs

- ☐ 18 eggs
- ☐ 6 cups unsweetened non-dairy milk alternative
- ☐ 5 ounces dairy free yogurt

Grains, Breads, Pastas

- ☐ 2-1/2 cups brown rice
- ☐ 2 cups gluten free old fashioned oats
- ☐ 1 1/2 cup gluten free quick cooking oats
- ☐ 1-1/2 cup dry quinoa

Nuts & Seeds

- ☐ 3 Tablespoons sesame seeds
- ☐ 1-2/3 cup cashews
- ☐ 1 cup almonds
- ☐ 1/2 cup chia seeds
- ☐ 1/4 cup roasted sunflower seeds
- ☐ 1-1/4 cup walnuts
- ☐ 1 cup unsweetened coconut flakes
- ☐ 1/4 cup flax seeds
- ☐ 1/2 cup flaxseed meal
- ☐ 3 Tablespoons ground golden flax seed
- ☐ 2 teaspoons poppy seeds
- ☐ 2 Tablespoon hemp hearts
- ☐ 5-6 cacao beans (chopped small)

Meats, poultry, & seafood

- ☐ 4 chicken breast halves (4 small or 2 large)
- ☐ 1 pound chicken breasts
- ☐ 1-3/4 pounds chicken tenders
- ☐ 1-1/2 pounds chicken drumsticks (about 6 drumsticks)
- ☐ 1 to 1-1/2 pounds wild salmon filets
- ☐ 2-1/2 pounds ground beef
- ☐ 1 pound ground pork
- ☐ 12 ounces small cooked and deveined shrimp
- ☐ 1/2 pound large peeled and deveined shrimp 16-25 count shrimp
- ☐ 4 4-ounce cod fillets
- ☐ 4 strips bacon
- ☐ 1-1/2 Pounds Boneless steak (sirloin or ribeye)
- ☐ 8 ounces fully cooked chicken sausage

Condiments

- ☐ 6 Tablespoons sesame oil
- ☐ 2 Tablespoons coconut aminos
- ☐ 1 Tablespoon apple cider vinegar
- ☐ 1/2 teaspoon sriracha (optional)
- ☐ 1 tbsp mustard (optional)
- ☐ 1/2 cup dill pickles, chopped
- ☐ 3 tsp Dijon mustard
- ☐ 1/3 cup gluten free tamari, soy sauce, or coconut aminos for soy free
- ☐ 1 tablespoon rice wine vinegar
- ☐ 1/2 cup vegan mayo
- ☐ Tabasco or other hot sauce

Canned & packaged foods

- ☐ 1/2 cup applesauce
- ☐ 3/4 cup creamy peanut butter or SunButter
- ☐ 1-1/4 cup dairy free vanilla protein powder
- ☐ 2 rice ramen noodle cakes
- ☐ 3/4 cup baked banana chips
- ☐ 1/2 cup kalamata olives
- ☐ 2 Tablespoons white wine (or broth)
- ☐ 1/3 cup beef broth
- ☐ 4 cups vegetable broth
- ☐ 1/2 cup chicken broth
- ☐ 2 (14.5 ounces) cans diced fire-roasted tomatoes
- ☐ 2 (14 ounces) cans unsweetened coconut milk
- ☐ 1 can light coconut milk
- ☐ 5 cans (12 oz) chickpeas/garbanzo beans
- ☐ 2 cans Olive Oil Mediterranean Tuna
- ☐ 2 cups cannellini beans
- ☐ large jar marinated artichoke hearts
- ☐ 1 tablespoon capers
- ☐ 3/4 cup tomato paste
- ☐ 1/2 cup dry white wine

Fruit

- ☐ 10 medium bananas
- ☐ 2 limes
- ☐ 3/4 cup lemon juice
- ☐ 3 lemons
- ☐ 1 orange
- ☐ 1 kiwi
- ☐ 4 medium strawberries
- ☐ 2 small apples
- ☐ 1-1/2 cup fresh blueberries
- ☐ 1/2 cup fresh raspberries
- ☐ 1/3 cup frozen blackberries

Seasonings & Spices

- ☐ 5-1/2 teaspoons ground cinnamon
- ☐ 4-1/4 teaspoons garlic powder
- ☐ 1 teaspoon onion powder
- ☐ 2 teaspoons chili powder
- ☐ 3 teaspoons dried oregano
- ☐ 1/2-1 teaspoon cayenne pepper
- ☐ 1 cup nutritional yeast
- ☐ 1/2 tablespoon Chinese 5 spice
- ☐ 5 teaspoons ground ginger
- ☐ 2 Tablespoons crushed red pepper flakes
- ☐ 1-1/2 teaspoons Tajin seasoning
- ☐ 4 teaspoons medium curry powder
- ☐ 2-1/2 teaspoon turmeric powder
- ☐ 1 teaspoon dried dill
- ☐ 1/4 teaspoon ground coriander
- ☐ 1/4 teaspoon ground mustard
- ☐ 3-3/4 teaspoons dried basil
- ☐ 1/4 tsp Italian seasoning
- ☐ 1/2 tsp smoked paprika
- ☐ Paprika
- ☐ Salt
- ☐ Black pepper
- ☐ Olive oil
- ☐ Dash allspice
- ☐ Pinch of nutmeg

Vegetables & Fresh Herbs

- ☐ 1 red beet
- ☐ 1-2 bunches cilantro
- ☐ 2-3 cups flat-leaf parsley
- ☐ 1/2 cup fresh mint leaves
- ☐ Fresh basil
- ☐ 6 stalks celery
- ☐ 3 bell peppers
- ☐ 8 green onions
- ☐ 20 cloves garlic
- ☐ 2-inch piece of fresh ginger root
- ☐ 1 Tablespoon Ginger paste
- ☐ 1 head cauliflower
- ☐ 1-1/2 cups chopped broccoli
- ☐ Radishes, chopped (optional)
- ☐ 8 ounces red baby potatoes
- ☐ 3/4 pound fingerling potatoes
- ☐ 2 medium-large sweet potatoes (4 cups cubed)
- ☐ 8 ounces green beans
- ☐ 4 cups mixed spring greens
- ☐ 5-1/2 cups chopped tomatoes
- ☐ 2 cups cherry tomatoes
- ☐ 7 medium onions
- ☐ 1 red onion
- ☐ 9 cups shredded cabbage
- ☐ 1-1/2 cups shredded carrot
- ☐ 3 cups chopped kale
- ☐ 7 avocados
- ☐ 1-1/2 cups chopped cucumber
- ☐ 1 shallot
- ☐ 1/4 cup sliced red cabbage
- ☐ 1 pound mushrooms such as baby bellas or white button