

7-Day Gluten Free Dairy Free Meal Plan #2

DAY 1: _____

Breakfast: Oat & Quinoa Waffles
Lunch: Cobb Salad w Poblano Ranch
Dinner: Instant Pot Korean Beef + GF noodles
Snacks: Dried Apple Slices

DAY 2: _____

Breakfast: Gluten Free Buckwheat Pancakes
Lunch: Gluten Free Pasta Salad
Dinner: Cajun Pork Spinach Salad
Snacks: Disney Pineapple Dole Whip

DAY 3: _____

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

DAY 4: _____

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

DAY 5: _____

Breakfast: Gluten Free Apple Muffins
Lunch: Best Tuna Salad
Dinner: Cilantro Lime Chicken Thighs + Cilantro Lime Quinoa
Snacks: Cinnamon Sugar Crackers

DAY 6: _____

Breakfast: Hearty Egg Muffin Cups
Lunch: Coconut Chickpea Curry
Dinner: Crispy Skillet Salmon + Lemon Risotto
Snacks: Coffee Protein Bites

DAY 7: _____

Breakfast: Carrot Cake Donuts
Lunch: Jamaican Jerk Chicken
Dinner: Creamy Chicken Curry + rice
Snacks: Dairy Free Tzatziki + veggies



Shopping List for Meal

Plan #2

Pantry Staples & Baking

- 4 Tablespoons vanilla extract
- 1-3/4 teaspoon baking soda
- 1-3/4 cup sorghum flour or brown rice flour
- 3 cups gluten free flour blend
- 1 cup almond flour
- 1/4 cup + 2 Tablespoons coconut flour
- 5 ounces buckwheat flour
- 1 teaspoon xanthan gum (skip if your GF flour blend already has this)
- 1/4 cup coconut oil
- 1/4 cup mini allergy friendly chocolate chips
- 1 Tablespoon cornstarch (or arrowroot starch or tapioca starch for grain free)
- 2 Tablespoons tapioca starch
- 2 cups pure maple syrup
- 1/4 cup cacao/cocoa powder
- 1/4 cup powdered sugar
- 1/4 cup coconut sugar
- 3/4 cup granulated sugar
- 1 Tablespoons turbinado sugar
- 1-1/4 cup brown sugar
- 1 tablespoon honey
- 4 cups oil (mild olive oil, avocado oil, vegetable oil, etc.)
- Stevia drops
- Baking powder
- Baking soda

Dairy, non-dairy, & eggs

- 5 cups dairy free milk of choice (oat, almond, coconut, etc.)
- 21 eggs
- 1/4 cup shredded dairy free Parmesan cheese
- 1 cup dairy free sour cream

- 5 ounces coconut yogurt (1/2 heaping cup)
- 1 cup dairy free butter
- 1/4 cup + 1 Tablespoon dairy free and soy free cream cheese

Grains, Breads, Pastas

- 2 cups Arborio rice
- 2 cups brown rice
- 2-1/2 cups uncooked gluten free rolled oats
- 1/2 cup gluten free quick oats
- 3/4 cup steel cut oats (50 grams, also called porridge oats)
- 1-1/2 cup uncooked quinoa
- 6 pieces of gluten free bread
- 3/4 cup tri colored quinoa
- 12 oz. gluten-free Fusilli or Penne pasta (like Jovial brand)

Nuts & Seeds

- 1/2 cup cashews
- 1/2 cup chia seeds
- 1/4 cup SunButter
- 1/4 cup pepitas
- 5 Tablespoons cashew butter
- 3/4 cup unsweetened shredded coconut
- 2/3 cup slivered, toasted almonds
- 2-3 ounces roasted almonds
- 3/4 cup ground golden flaxseed (aka flaxseed meal)
- 1 teaspoon hemp seeds

Meats, poultry, & seafood

- 3 pounds salmon
- 1 cup uncured hard salami, halved (or Genoa salami)
- 4 pounds skinless boneless chicken thighs
- 5-1/2 cups cooked shredded chicken
- 4 full cooked sausage links

- 1-1/2 pounds beef country ribs or beef short ribs
- ½ cooked cajun pork tenderloin
- 2 pounds ground beef (use 80% or leaner)

Condiments

- 1/2 cup apple cider vinegar
- 1/2-1 teaspoon gochujang (soy free and gluten free)
- 2/3 cup coconut aminos
- 2-1/2 tablespoons Worcestershire sauce (gluten-free)
- 1/4 cup balsamic vinegar
- 1 cup red wine vinegar
- 1/4 cup mayonnaise (soy free if needed)
- 1 tablespoon sesame oil
- 4 cups tomato sauce
- 1/4 cup sweet chili sauce

Canned & packaged foods

- 4 cans full fat coconut milk
- 1 (16oz.) jar roasted red peppers
- 5 (15 oz) cans chickpeas
- 2 (15 oz) cans black beans
- 1 (14.5-oz) can diced tomatoes
- 2 5-ounce cans of tuna
- 1-1/4 cup ketchup
- 1 cup salsa
- 3 Tablespoons capers
- 1/3 cup Dijon mustard
- 1/4 cup beef broth
- 48 oz. gluten free vegetable broth
- 2 cups chicken broth
- ½ cup dry white wine
- 1/2 cup sliced kalamata olives
- 1/3 cup collagen powder
- 2 teaspoons instant coffee
- 3/4 cup apple cider
- 1 can corn kernels
- 3 tablespoons tomato paste

Fruit

- 3 lemons
- 3/4 cup lemon juice
- 5 limes
- 5 Tablespoons lime juice
- 2 oranges
- 1-1/2 cups diced strawberries (about 1/2 pint of strawberries)
- 1 cup cubed mango fresh or frozen
- 1 cup pineapple chunks fresh or frozen
- 1 cup whole pitted dates
- 1 large ripe banana
- 6 medjool dates
- 1/3 cup golden raisins (also called sultanas)
- 5 apples
- 2/3 cup fresh blueberries
- 3 c. fresh fruit – anything goes
- 2 cups frozen pineapple

Seasonings & Spices

- 2 Tablespoons cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon ground allspice
- 2 Tablespoons garlic powder
- 1-1/2 teaspoon onion powder
- 2 teaspoon red pepper flakes
- ¼ cup nutritional yeast
- 1 Tablespoon Jamaican jerk spice blend
- 1 1/2 teaspoons dried basil
- 1-1/2 teaspoon smoked paprika
- 3-1/2 Tablespoons oregano
- 3 tablespoons dry minced onions/onion flakes
- 4 teaspoons dried dill
- 2-1/2 teaspoons dried thyme
- 1-1/2 teaspoons cumin
- 2 tablespoons dried parsley
- 2 teaspoons curry powder
- 2 teaspoons chili powder
- ¼ teaspoon cayenne
- ¼ teaspoon dried sage
- 3/4 teaspoon turmeric

- 1 teaspoon Creole/Cajun seasoning
- Black pepper
- Salt

Vegetables & Fresh Herbs

- 10 cups chopped romaine lettuce
- 3 English/hothouse cucumbers
- 4 avocados
- Radishes (salad toppings, optional)
- 8 carrots
- 1-1/2 pounds large rainbow carrots
- 21 cloves fresh garlic
- ¼ cup chopped shallot
- 1-1/2 cups cherry tomatoes
- 1 tomato
- 1 pound brussels sprouts
- 1 eggplant
- 1 cups peas
- 4 green onions
- 7 green zucchini
- 1 yellow zucchini
- 1-1/2 inch piece of ginger
- 4 jalapeños
- 2 poblano peppers
- 1 large red bell pepper
- 1 medium head cauliflower
- ½ medium yellow onion
- 2-1/2 medium red onions
- 1 stalk of celery
- 2 heads broccoli (about 1 pound)
- 4 cups baby spinach
- ¼ medium head red cabbage (about 2 cups shredded cabbage)
- ¾ cup pearl onions
- 2 cups shredded kale
- 2 large handfuls fresh arugula
- 1-1/2 cups cilantro leaves
- 20 leaves basil
- 1 Tbsp + 1 tsp fresh rosemary, chopped
- 1/4 cup fresh dill
- 1 bunch fresh parsley