

7-Day Gluten Free Dairy Free Meal Plan #1

DAY 1: _____

Breakfast: Easy Paleo Pumpkin Muffins

Lunch: Smoked Salmon Salad

Dinner: Simple Pork Fried Cauliflower Rice

Snacks: Fudgy Brownie Protein Bites

DAY 2: _____

Breakfast: Scrambled Egg Cups

Lunch: Thai Cucumber Chicken Salad

Dinner: Slow Cooker Beef Barbacoa tacos

Snacks: Chocolate Chip Granola Bars

DAY 3: _____

Breakfast: Baked Oatmeal & Homemade Turkey Breakfast sausage

Lunch: Greek Salad

Dinner: Easy Sausage and Veggie Skillet

Snacks: Fruit Kabobs

DAY 4: _____

Breakfast: Mocha Overnight Oats

Lunch: Grilled Gouda Sandwich

Dinner: Sheet Pan Barbecue Chicken

Snacks: No Bake Chocolate Chip Oat Bars

DAY 5: _____

Breakfast: Instant Pot Apple Cinnamon Oatmeal

Lunch: Lemon Basil Chicken Salad

Dinner: Fresh Sea Bass Ceviche + Za'atar crackers

Snacks: Berry Healthy Smoothie Bowl

DAY 6: _____

Breakfast: Gluten Free Zucchini Muffins

Lunch: Spicy Tuna Lettuce Cups

Dinner: Grilled Chicken Tacos and Cilantro Crema

Snacks: Dairy Free Yogurt Parfait

DAY 7: _____

Breakfast: Blackberry Kiwi Fruit Salad

Lunch: Easy Avocado Chicken Salad

Dinner: Sun Dried Tomato Mac & Cheese

Snacks: Peppermint Chocolate Chip Nice cream



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COOKIE
ALLERGY FRIENDLY RECIPES

Shopping List for Meal

Plan #1

Pantry Staples & Baking

- 1 cup coconut flour
- 1 Tablespoon cocoa powder
- ¼ cup pure maple syrup
- 3 cups fine sorghum flour or fine brown rice flour
- ⅓ cup warm coffee
- 1 ¾ cup pure maple syrup
- 1 Tablespoon cornstarch
- ½ cup coconut sugar or granulated sugar
- ¾ cup allergy friendly mini chocolate chips
- ¼ to ½ cup dark chocolate chips (or more mini chocolate chips)
- ¼ cup + 1 Tablespoon honey
- ¼ cup coconut oil (or sustainable palm shortening)
- 1 cup mild tasting olive oil (or other light tasting oil)
- Vanilla extract
- Peppermint extract
- Stevia drops
- Spray oil
- Baking powder
- Baking soda
- _____
- _____
- _____

Dairy, non-dairy, & eggs

- 6 eggs

- ¼ cup + 2 Tablespoons dairy free shredded cheese
- 2 ounces dairy free feta cheese (I use Violife)
- 1 slice dairy free Smoked Gouda cheese (we use Follow Your Heart)
- 1 to 2 containers (5.3 ounce) dairy free yogurt
- 1 ½ cup plain oat milk (unsweetened)
- 1 rounded cup non-dairy mozzarella style shredded cheese
- 3 Tablespoons dairy free butter
- 2 ¼ cups dairy free milk of choice
- ¼ cup coconut milk
- _____
- _____
- _____

Grains, Breads, Pastas

- 2 slices allergy friendly bread (such as BFree or Little Northern Bakehouse)
- 1 cup gluten free steel cut oats
- 4 cups gluten free quick oats
- 1 ⅓ cup gluten free old fashioned oats
- 4 to 6 gluten free corn tortillas
- 6 ounces gluten free elbow pasta
- _____
- _____
- _____

Nuts & Seeds

- 1 cup SunButter (or your favorite nut butter)
- 1 Tablespoon black sesame seeds
- 1 ¼ cup ground golden flaxseed (also called flax meal)
- _____
- _____
- _____

Meats, poultry, & seafood

- 3 pounds trimmed beef brisket
- 1 rotisserie chicken
- 4 to 5 cooked or grilled chicken breasts (or natural rotisserie chicken)
- 1 ½ pounds chicken boneless skinless chicken thighs (about 6 chicken thighs)
- 1 ½ pounds 93% lean ground turkey
- 12 ounces fully cooked chicken sausage
- 12 ounces sushi-grade sea bass (fresh or previously frozen and thawed)
- 12 ounces cold smoked salmon
- 3 to 4 slices natural smoked ham lunchmeat
- 6 Tablespoons bacon crumbles
- 8 ounces diced ham
- _____
- _____
- _____

Condiments

- 1 Tablespoon fish sauce
- ¾ cup coconut aminos
- 1 Tablespoon coconut amino teriyaki sauce (or regular coconut aminos)
- 2 ¾ teaspoons sesame seed oil
- ⅓ cup soy free mayo (or homemade)
- 1 teaspoon garlic lime hot sauce
- ½ teaspoon Mexican hot sauce
- 1 to 2 teaspoons coarse brown mustard
- ½ teaspoon dijon mustard (or brown mustard)
- ¼ cup garlic seasoned rice vinegar
- _____
- _____
- _____

Canned & packaged foods

- ¾ cup canned pumpkin
- 1 pouch StarKist Tuna Creations BOLD Tapatio tuna
- ½ cup pitted and sliced kalamata olives
- 1 heaped tablespoon of dairy free chocolate protein powder
- ⅓ cup + 2 Tablespoons collagen powder
- 2 Tablespoons artichoke *bruschetta* (this is not the same as *artichoke dip*)
- ½ cup apple butter
- ½ cup beef broth

- 1 cup 100% juice apple cider (or unfiltered apple juice)
- 2 dairy free Salted Caramel Crunchy Rollers
- ¼ cup oil-packed sun dried tomatoes
- 2 Tablespoons 100% pineapple juice
- ¼ cup light canned coconut milk
- Canned coconut cream for garnish (can also use canned coconut milk)
- 1 ½ cups canned coconut milk
- 3 chipotle chiles in adobo sauce (soy free if necessary)
- _____
- _____
- _____

Fruit

- 7 medium to large bananas
- 5 avocados
- 6 cups quartered fresh strawberries
- ½ pound grapes
- ½ cup blueberries
- 2 cups cubed melon of choice (honeydew, cantaloupe, etc.)
- ¼ cup raspberries
- 2 cups chopped fresh kiwi
- 2 to 3 sliced kiwi
- 2 apples
- 1 ½ cups lime juice (if using fresh lime juice, you'll need about 12 limes if they yield 2 Tbsp juice each)
- 2 limes

- 2 to 3 lemons
- _____
- _____
- _____

Vegetables & Fresh Herbs

- 5 cups baby kale and spinach blend
- 9 cloves garlic
- 10 green onions
- 2 Tablespoons minced chives (or green onions)
- ½ medium yellow onion
- 3 to 4 medium green zucchini
- 16 ounces fresh cauliflower crumbles/riced cauliflower
- 2 cups grape or cherry tomatoes
- 1 medium tomato
- 3 to 4 medium cucumbers
- ⅓ to ½ large English cucumber (or regular cucumber)
- 1 ½ pounds baby potatoes (yellow or red)
- 16 ounces sliced baby portobello mushrooms
- 2 large red bell peppers
- 1 large orange or yellow bell pepper
- 1 medium-sized carrot
- 1 pound asparagus
- ½ teaspoon minced fresh ginger
- ½ cup chopped radishes, carrots, and purple cabbage (or prepared broccoli slaw)
- 1 teaspoon fresh thyme leaves
- 1 bunch fresh cilantro
- 2 Tablespoons minced fresh basil

- ¼ cup fresh oregano leaves (or 1
Tablespoon dried oregano)
- _____
- _____
- _____

Seasonings & Spices

- ¾ teaspoon za'atar seasoning
- 2 ½ teaspoons smoked salt
- 2 ¾ teaspoons Creole/Cajun
spice
- 4 ½ teaspoons smoked paprika
- 3 ½ teaspoons garlic powder
- ¼ teaspoon chili powder
- ¼ teaspoon dried basil
- 1 ¾ teaspoon dried marjoram
- ½ teaspoon ground cloves
- 2 ¼ teaspoons ground cinnamon
- 1 ¾ teaspoon onion powder
- 1 Tablespoon ground cumin
- 1 teaspoon dried oregano
- 2 ½ teaspoons rubbed sage
- Pinch nutmeg
- Dash cardamom
- Salt
- Black pepper
- _____
- _____
- _____