

7-Day Gluten Free Dairy Free Meal Plan #4

DAY 1: _____

- **Breakfast:** Gluten Free Waffles
- **Lunch:** Spicy Smoked Salmon Poke
- **Dinner:** Green Chili Chicken Tacos
- **Snack:** Homemade Graham Crackers

DAY 2: _____

- **Breakfast:** Paleo Breakfast Skillet
- **Lunch:** Broccoli cheese soup
- **Dinner:** Asian Style Pork Meatballs + Sesame Orange Quinoa
- **Snack:** Chocolate Zucchini Bars

DAY 3: _____

- **Breakfast:** Blueberry Cinnamon Smoothie Bowl
- **Lunch:** Miso Mushrooms + gluten free ramen noodles
- **Dinner:** Tater Tot Casserole
- **Snack:** Dragon Fruit Dole Whip

DAY 4: _____

- **Breakfast:** California Breakfast Bagel
- **Lunch:** Easy Sesame Noodle and Shrimp + vegetables
- **Dinner:** Easy Sheet Pan Sausage and Veggies
- **Snack:** French Onion Dip + veggies

DAY 5: _____

- **Breakfast:** Chipotle Candied Bacon + eggs + fruit
- **Lunch:** Zesty Ranch Pasta Salad
- **Dinner:** Instant Pot Pumpkin Chili
- **Snack:** German Chocolate Energy Bites

DAY 6: _____

- **Breakfast:** Gluten Free Chocolate Chip Pumpkin Muffins
- **Lunch:** Creamy Tomato Soup
- **Dinner:** Dairy Free Sausage Alfredo Pasta
- **Snack:** Mocha Protein Balls

DAY 7: _____

- **Breakfast:** Chocolate Waffles
- **Lunch:** Easy Shrimp Ceviche
- **Dinner:** Slow Cooker Creamy Chicken Chili
- **Snack:** Jalapeño Garlic Cheese Bread



Shopping List for Meal

Plan #4

This shopping list only includes the ingredients for the recipes in this meal plan but does not include extras, like fruit with breakfast, etc. So we added areas for people to write in additional items.

Pantry Staples, flour, & baking

- 1 ½ cup light tasting olive oil
- 1 ½ cup + 2 Tablespoons whole grain fine sorghum flour (or brown rice flour)
- 2 ¾ cup + 2 Tablespoons King Arthur gluten free all purpose baking mix
- 2 Tablespoons unbleached cane sugar (or regular white sugar)
- 2 cups packed brown sugar
- ¼ cup unsweetened shredded coconut
- 10 Tablespoons cornstarch
- ½ to 1 teaspoon instant coffee
- 4 teaspoons vanilla extract
- ⅓ to ½ cup + 2 Tablespoons allergy friendly mini chocolate chips
- 5 ¼ teaspoons baking powder
- ¾ teaspoon baking soda
- _____
- _____
- _____

Dairy, non-dairy, & eggs

- ¼ cup + 2 Tablespoons grated dairy free parmesan cheese (I used Violife)
- 1 folded Just Egg (or scrambled Just Egg equivalent of 1-2 eggs, OR real eggs if you can have them)
- ½ cup + 2 Tablespoons dairy free butter
- 4 ½ cups dairy free milk of choice

- 1 container (7 to 8 ounces) dairy free cream cheese
- 8 ½ cups canned coconut milk
- 1 cup dairy free shredded cheddar style cheese (about ½ package of shredded cheese)
- 2 packages (7-8 ounces each) dairy free mozzarella style dairy free cheese (about 4 cups of cheese)
- Optional dairy free sour cream for topping pumpkin chili
- _____
- _____
- _____

Grains, Breads, Pastas

- 1 1/2 cup gluten free quick oats
- 1 cup gluten free oat flour
- 1 cup quinoa
- 1 allergy friendly everything bagel (such as BFree or Little Northern Bakehouse)
- 2 gluten free and dairy free french or baguette bread (we used the BFree Panini Rolls)
- 4 servings of your favorite gluten free ramen or rice noodles
- 1 box (12 ounces) Jovial gluten free fusilli pasta (or your favorite GF brand of fusilli pasta)
- _____
- _____
- _____

Nuts & Seeds

- 1 Tablespoon white chia seeds
- ⅔ cup ground golden flaxseed (aka flax meal)
- Toasted sesame seeds for garnish (black or white)

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- _____
- _____

Meats, poultry, & seafood

- 2 pounds 90-93% lean ground beef
- 1 pound lean pork breakfast sausage (opt for a gluten free or paleo variety)
- 1 ½ pound 85/15 ground pork
- 1 pound raw shrimp, peeled and deveined
- 1 to 1 ¼ pounds uncured bacon (we use the thick cut Hormel Natural Choice bacon)
- 12 ounces fully cooked chicken Italian sausages
- 8-12 ounces fully cooked chicken apple sausage
- 10 ounces cold smoked salmon
- 3-4 pounds boneless skinless chicken thighs
- _____
- _____
- _____

Condiments

- 1 Tablespoon + 1 teaspoon chickpea miso (such as Miso Master chickpea miso)
- 1 Tablespoon brown mustard
- 1 Tablespoon San-J no soy tamari (or regular tamari if you can have soy)
- 1/2 cup + 3 Tablespoons coconut aminos
- ¼ cup + 1 Tablespoon sweet chili sauce
- 2 Tablespoons mirin (I used Mizkan brand)
- 6 ½ teaspoons toasted sesame oil
- ½ teaspoon rice vinegar

- 2 Tablespoons apple cider vinegar
- High quality, thick balsamic vinegar (for topping/drizzling)
- Sriracha, to taste
- _____
- _____
- _____

Canned & packaged foods

- 6 Tablespoons chocolate Sunbutter
- ¼ cup + 2 Tablespoons creamy SunButter
- 1 cup egg free soy free mayo
- 1/2 cup honey
- 1 ½ cup canned pumpkin
- ¾ cup pure maple syrup
- 1 ½ teaspoons chili crunch sauce
- 6 cups unsalted chicken broth
- 2 cups beef broth
- 2 cans (14.5 oz each) garlic fire roasted tomatoes
- ½ cup canned tomato sauce
- ½ cup tamed jalapeño slices (we use Mezzetta)
- 16 ounce jar green chili salsa (we used the 505 mild green chili sauce)
- ¼ cup collagen powder
- ½ cup Earth Echo Foods Cacao Bliss (OR cocoa powder)
- _____
- _____
- _____

Fruit

- 1 lemon
- 1 lime lime
- 2 navel oranges (for 2 teaspoons fresh orange zest + ¼ cup fresh orange juice)

- 10 small dried figs stems removed and cut in half
- ½ cup pineapple juice
- _____
- _____
- _____

Seasonings & Spices

- ¼ cup + 1 Tablespoon nutritional yeast flakes
- 2 packets Riega Hatch Chili seasoning (we used 1 ½ packets)
- 2 teaspoons dried minced onions
- 2 Tablespoons + 1 ½ teaspoons onion powder
- 2 Tablespoons + 1 teaspoons garlic powder
- ½ teaspoon dried parsley
- ¼ teaspoon thyme
- ⅛ teaspoon dried dill
- ¼ teaspoon nutmeg
- ¼ teaspoon red pepper flakes (or more if you want more spice)
- 3 ¼ teaspoons smoked salt (or regular salt)
- 2 teaspoons smoked paprika
- ½ teaspoon chipotle chili powder (or cayenne powder)
- 1-2 teaspoons chili powder
- 3 Tablespoons + ¾ teaspoon Cajun/Creole seasoning (we use this on everything as an all purpose seasoning)
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon ground cloves
- 2 teaspoons ground cinnamon
- ¼ teaspoon ground ginger
- 2 ¼ teaspoons black pepper
- 1 ½ teaspoons salt
- _____
- _____
- _____

Vegetables & Fresh Herbs

- 4-5 medium zucchini
- 3-4 medium red bell peppers
- 2 cups cherry tomatoes
- 1-2 tomatoes for taco toppings
- 2 cups quartered brussel sprouts (trimmed and peeled)
- 4-5 cups fresh broccoli florets
- ¼ medium avocado (more for taco toppings)
- 6 ounces fresh oyster mushrooms
- 6 ounces fresh shiitake mushrooms
- 8 ounces cubed/chopped sweet potatoes
- 2 pounds cubed butternut squash (about 4 cups cubed)
- 1 1/2 pounds sliced mushrooms (such as baby bella)
- 2 ½ teaspoons grated fresh ginger root (measured after grating)
- 2/3 cup sliced green onions or chives (+ more for garnish)
- 9-12 cloves garlic
- Any additional favorite taco toppings (such as cilantro, onions, etc.)
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- _____
- _____

Frozen Foods

- 1 ½ cup frozen pineapple chunks
- 1 cup frozen wild blueberries
- ½ cup diced frozen pink dragon fruit
- 2 pounds frozen tater tots that fit your food allergies
- 1 cup frozen sliced banana
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- _____