

# GLUTEN-FREE & DAIRY-FREE MEAL PLAN

REAL MEALS MEAL PLAN PROGRAM



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## Shopping List

### Produce

- apples, 5
- avocado, 1
- banana, 1
- bell pepper, 1
- broccoli florets, 2 cups
- carrots, 2
- celery sticks, 4
- eggplant, 1
- fresh basil, 1/2 cup
- fresh strawberries, 2 cups
- garlic cloves, 10
- grape tomatoes, 1 cup
- grapes, 2 cups
- lemon, 1
- onion, 1
- radishes, 6
- red bell pepper, 1
- red onion, 1
- spinach, 20 cups
- sweet potatoes, 2 medium
- tomatoes, 2
- yellow onion, 2
- zucchini, 5

### Perishables

- non-dairy milk, 4 cups

### Pantry Goods

- almond flour, 3/4 cup\*
- almonds, 1/2 cup\*

- apple cider vinegar, 1 tbsp
- baking soda, 1/4 tsp
- chia seeds, 2 tbsp
- coconut flour, 1 tbsp
- coconut nectar, 3 tbsp
- coconut oil, 6 tbsp
- coconut sugar, 2 tbsp
- cooked black beans, 2 cups
- cooked brown rice pasta, 2 cups\*
- cooked brown rice, 3 cups\*
- cooked chickpeas, 3 cups
- curry powder, 2 tsp
- dried thyme, 1 tsp
- extra-virgin olive oil, 3 tbsp
- gluten-free tamari or soy sauce, 1 tbsp
- gluten-free vegetable stock, 1/4 cup
- ground cinnamon, 2 tsp
- ground nutmeg, 1/4 tsp
- hemp seeds, 2 tbsp
- nutritional yeast, 1/3 cup
- pecans, 1/4 cup
- pitted green olives, 20
- protein powder, 4 servings
- raw quinoa, 1/2 cup
- red pepper flakes, pinch
- rice vinegar, 1 tbsp
- shredded unsweetened

- coconut, 1/4 cup
- sundried tomatoes, 1/3 cup
- sunflower seed butter, 2 tbsp
- sunflower seeds, 2 tbsp
- toasted sesame oil, 1 tsp
- toasted sesame seeds, 1 tbsp
- vanilla extract, 1 tsp

### Frozen Foods

- edamame beans, 2 cup
- gluten-free bread, 2 slices\*

### Meat/Deli

- eggs, 5\*
- medium-sized cooked shrimp, 46\*

\* items marked with an asterisk have vegan, grain-free and nut-free replacements below.

## Dietary Notes

**Vegan Recommendations:** **Grain-free Breakfast Cookies** - replace eggs with 1/4 cup apple sauce. **Spinach Eggs** - replace eggs with 1 head kale and 2 sweet potatoes, combine all ingredients except kale and spinach and roast in 400F(206C) oven for 20 minutes, add kale and spinach for 1 minute and serve. **Shrimp Ratatouille** - replace shrimp with 1/2 cup cubed smoked tofu. **Curried Rice & Shrimp** - replace shrimp with 2 cups cooked chickpeas.

**Grain-free Substitutions:** **Spinach Eggs** - replace rice with 2 baked potatoes, covered in sea salt and 1 tsp coconut oil. **Edamame Pasta** - replace brown rice pasta with 2 zucchinis, cut into strips. **Curried Rice & Shrimp** - replace rice with cooked quinoa. **Avocado Toast** - replace bread with 20 corn chips.

**Nut-free Replacements:** **Grain-free Breakfast Cookies** - replace almond flour with gluten-free all purpose mix. **Nuts** - replace pecans with sunflower seeds.

Preparing the meals outlined in this plan will create enough food for 1 person, for 7 days. To accommodate for couples or families, multiply the servings and groceries by the amount of people you are feeding.

# REAL MEALS MEAL PLAN PROGRAM

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Strawberry Cream Smoothie	Grain-free Breakfast Cookies	Strawberry Cream Smoothie	Spinach Eggs	Grain-free Breakfast Cookies	Spinach Eggs	Grain-free Breakfast Cookies
Snack	Nuts	Avocado Toast	Celery and Sunflower	Frozen Grapes	Celery and Sunflower	Nuts	Raw Apple Sauce
Lunch	Sundried Tomato Chickpea Salad	Sundried Tomato Chickpea Salad	Edamame Pasta	Sundried Tomato Chickpea Salad	Shrimp Ratatouille	Edamame Pasta	Shrimp Ratatouille
Snack	Baked Sweet Potato	Raw Apple Sauce	Frozen Grapes	Avocado Toast	Protein Shake	Protein Shake	Baked Sweet Potato
Dinner	Curried Rice & Shrimp	Curried Rice & Shrimp	Curried Rice & Shrimp	Stuffed Zucchini	Radish Spinach Salad	Radish Spinach Salad	Stuffed Zucchini

Recipes for these items can be found on the following pages.

**Breakfasts**

**Strawberry Cream Smoothie (2 servings)**

2 cup non-dairy milk  
2 cup fresh strawberries  
2 servings protein powder  
2 tbsp chia seed  
2 cups spinach

**Grain-free Breakfast Cookies (3 servings)**

*Combine in a bowl;*  
3/4 cup almond flour  
1 tbsp coconut flour  
1/4 tsp baking soda  
pinch sea salt  
*Add in;*  
1 egg  
2 tbsp coconut oil  
2 tbsp coconut nectar  
1 tsp coconut sugar  
1 tsp vanilla  
*Stir in;*  
1/4 cup shredded unsweetened coconut  
*Shape into cookies and bake 325F (162C) for 15 minutes.*  
*Serve with;*  
2 apples, sliced

**Spinach Eggs (2 servings)**

2 tsp coconut oil  
1 yellow onion, diced  
2 cloves garlic, minced  
4 cups spinach  
4 eggs  
1 cup cooked rice  
*Sauté onions and garlic in oil for 2-3 minutes. Add spinach. Cook until wilted. Blend with 3 tbsp water. Return to pan with eggs, scramble until cooked and serve with rice.*

**Lunches**

**Sundried Tomato Chickpea Salad (3 servings)**

*Combine;*  
3 cup cooked chickpeas  
1/3 cup sundried tomatoes, chopped  
2 tbsp sunflower seeds  
2 tsp fresh basil, chopped  
1 tbsp extra-virgin olive oil  
1 tbsp apple cider vinegar  
Salt and freshly ground pepper, to taste  
*Serve overtop a bed of;*  
4 cups spinach

**Edamame Pasta (2 servings)**

*Sauté for 3 minutes on med-high heat;*  
1 tbsp extra-virgin olive oil  
1 yellow onion, diced  
1 bell pepper, diced  
2 cloves garlic, minced  
Salt and freshly ground pepper, to taste  
*Add and cook for 5 minutes;*  
2 cup spinach  
1 cup edamame beans  
2 cup cooked brown rice pasta

**Shrimp Ratatouille (2 servings)**

**Dinners**

**Radish Spinach Salad (2 servings)**

**Curried Rice & Shrimp (3 servings)**

**Stuffed Zucchinis (2 servings)**

**Snacks**

**Nuts (2 servings)**

1/4 cup pecans

**Avocado Toast (2 servings)**

*Mash together;*  
1 avocado  
Sea salt and freshly ground pepper, to taste  
*Spread overtop;*  
2 slices gluten-free bread

**Frozen Grapes (2 servings)**

2 cups grapes, frozen in the freezer overnight

**Celery and Sunflower (2 servings)**

4 sticks celery  
2 tbsp sunflower seed butter

**Baked Sweet Potato (2 servings)**

2 medium sweet potatoes, roasted in 400F (204C) oven for 30 minutes  
*Topped with;*  
1 tsp coconut nectar  
Ground cinnamon  
Ground nutmeg  
Sea salt

**Raw Apple Sauce (2 servings)**

*Add to food processor;*  
3 apples, peeled, cored and sliced  
1 tbsp lemon juice  
1 tsp cinnamon  
*Serve with;*  
2 tbsp hemp seeds

**Protein Shake (2 servings)**

2 cups non-dairy milk  
1 banana  
2 servings protein powder  
2 cups spinach

## Shrimp Ratatouille

### Ingredients

1 tbsp coconut oil  
1 red onion, roughly chopped  
2 cloves garlic, minced  
1 small eggplant, cubed  
1 zucchini, cubed  
1 red bell pepper, cubed  
1 tsp dried thyme  
1 cup chopped tomatoes  
20 pitted green olives  
pinch red pepper flakes  
Salt and freshly ground pepper, to taste  
16 medium-sized cooked shrimp  
2 tbsp crushed almonds

### Directions

Add coconut oil, onion and garlic to a large frying pan. Cook on medium-high heat for 3 minutes.  
Add eggplant, zucchini, bell pepper, cook for 5 minutes.  
Add thyme, tomatoes, olives, red pepper flakes, salt and pepper. Cover, bring to a boil, reduce heat to low, and simmer for 20 minutes.  
Stir in cooked shrimp, cook until heated through.  
Serve with crushed almonds over top.

### Ingredients

1 tbsp gluten-free tamari or soy sauce  
1 tbsp rice vinegar  
1 tbsp extra-virgin olive oil  
1 tsp toasted sesame oil  
1 tsp coconut sugar  
6 cups spinach  
2 cups broccoli florets, steamed and cooled  
1 cup cooked edamame beans  
6 radishes, thinly sliced  
1 tbsp toasted sesame seeds

### Directions

Whisk together the soy sauce, vinegar, olive oil, sesame oil, and sugar in a large bowl. Add the spinach, broccoli, edamame and radishes; toss to combine. Sprinkle with the sesame seeds.

## Radish Spinach Salad

## Curried Rice & Shrimp

### Ingredients

2 tsp coconut oil  
1 large onion, chopped  
2 carrots, chopped  
2 cloves garlic, chopped  
2 tsp curry powder  
2 cups cooked brown rice  
1/4 cup gluten-free vegetable stock  
Sea salt and freshly ground pepper, to taste  
30 cooked shrimp  
1/2 cup fresh basil, roughly chopped

### Directions

Heat the oil in a large skillet over medium heat. Add the onion and carrots and cook, stirring occasionally, until soft, 6 to 8 minutes. Add the garlic and curry powder and cook, stirring, until fragrant, 2 minutes.  
Add the rice and vegetable stock. Stir to mix thoroughly then nestle the shrimp in the rice. Cover and heat until the shrimp are heated through. Fold in the basil.

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## Stuffed Zucchini

### Ingredients

1/2 cup quinoa, rinsed  
4 medium zucchini  
2 cups cooked black beans  
1 cup grape or cherry tomatoes, quartered  
1/4 cup chopped almonds  
2 cloves garlic, chopped  
1/3 cup nutritional yeast  
2 tsp melted coconut oil

### Directions

Heat oven to 400F (204C).  
Add quinoa and 1 1/4 cup water to a small saucepan. Cover and bring to a boil, reduce heat to low and simmer for 15 minutes. Set aside.  
Meanwhile, cut the zucchini in half lengthwise and scoop out the seeds. Arrange in a large baking dish, cut-side up.  
Fluff the quinoa and fold in the beans, tomatoes, almonds, garlic, nutritional yeast and oil.  
Spoon the mixture into the zucchini. Cover and bake until the zucchini is tender, 25 to 30 minutes. Remove the foil and bake until golden, 8 to 10 minutes.

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