

# GLUTEN-FREE & DAIRY-FREE MEAL PLAN

REAL MEALS MEAL PLAN PROGRAM



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Healthful Pursuit Inc.

# REAL MEALS MEAL PLAN PROGRAM

## SHOPPING LIST

### Produce

- apples, 2
- asparagus spears, 30
- banana, 2
- broccoli florets, 2 cups
- carrots, 4
- celery, 2 sticks
- fennel bulb, 1
- fresh parsley, 1 bunch
- fresh rosemary, 2 tbsp
- garlic clove, 9
- green bell pepper, 2
- kale, 1 small bunch
- lemon, 1
- mushrooms, 1 cup
- onion, 3
- oranges, 2
- over-ripe banana, 2
- red bell pepper, 4
- red cabbage, 1 small
- red onion, 1
- spinach, 10 cups
- tomato paste, 2 tbsp
- yellow onion, 1

### Perishables

- flax oil, 3 tbsp

### Pantry Goods

- all spice, 1/4 tsp
- apple cider vinegar, 4 tbsp

- baking powder, 1 tsp
- baking soda, 1/2 tsp
- bay leaf, 1
- canned diced tomato, 15oz
- canned pureed pumpkin, 1 cup
- chia seeds, 2 tbsp
- chili powder, 1/4 tsp
- coconut flour, 6 tbsp\*
- coconut oil, 1/3 cup
- cooked chickpeas, 1 cup
- cooked mixed beans, 3 cups
- cooked rice, 2 cup\*
- dairy-free chocolate chips, 1/4 cup\*
- dried cranberries, 1/4 cup
- extra-virgin olive oil, 2 tbsp
- full-fat coconut milk, 2 tbsp + 2 tsp\*
- gluten-free chicken broth, 1/3 cup
- gluten-free soy sauce, 1/4 cup
- ground cinnamon, 4 tsp
- ground cloves, 1/8 tsp
- ground flax seed, 2 tsp
- ground ginger, 1/4 tsp
- ground nutmeg, 1/4 tsp
- hemp seeds, 1/3 cup

- ketchup, 3 tbsp
- long-grain brown rice, 1/4 cup\*
- maple syrup, 1/4 cup
- molasses, 1 tbsp
- non-dairy milk, 4 1/4 cups
- nut butter, 2 tbsp\*
- paprika, 1/2 tsp
- protein powder, 5 scoops
- pure vanilla extract, 2 tsp
- quick oats or cooked quinoa, 1 cup
- quinoa flakes or almond flour, 3/4 cup
- raw quinoa, 1 cup
- shredded coconut, 4 tbsp
- slivered almonds, 1/3 cup

### Frozen Foods

- berries, 2 cups

### Meat/Deli

- chicken breasts (600 grams), 4\*
- eggs, 11\*
- extra-lean ground turkey, 1 3/4 lbs\*
- grass fed bison, 1 cup (300 grams)\*

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

## DIETARY NOTES

**Vegan Recommendations:** Fennel Eggs - remove eggs and replace with 1 block firm tofu, crumbled. Kale o Mati Salad - replace chicken with 2 cups cooked chickpeas. Chicken & Veggies - replace chicken with 2 cups cooked lentils and 1/4 cup slivered almonds. Turkey Loaf - replace turkey with 4 cups cooked lentils, mashed and used in the loaf, add 1 tablespoon ground flaxseed mixed with 3 tablespoons of water to help bind the ingredients together, add fresh herbs for a deeper flavor. Oven Jambalaya - replace bison with 2 cups cooked chickpeas. Chocolate Chip Muffin - make [these cookies](#) instead.

**Grain-free Substitutions:** Fennel Eggs - replace rice with 2 cups cubed sweet potato, boiled for 5 minutes. Kale o Mati Salad - replace rice with 2 cups extra cabbage and 2 zucchinis, sliced thin. Oven Jambalaya - replace rice with quinoa.

**Nut-free Replacements:** Replace all slivered almonds with raw pumpkin (pepita) seeds. Replace all nut butters with toasted sunflower seed butter.

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	Fennel Eggs	Fennel Eggs	Quinoa Cereal	Overnight Oats	Fennel Eggs	Quinoa Cereal	Overnight Oats
Snack	Fruit Salad	Fruit Salad	Leftover Turkey Loaf	Pumpkin Protein Smoothie	Leftover Turkey Loaf	Leftover Turkey Loaf	Pumpkin Protein Smoothie
Lunch	Kale o Mati Salad	Cranberry Lemon Salad	Cranberry Lemon Salad	Bean Salad	Kale o Mati Salad	Bean Salad	Bean Salad
Snack	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Chocolate Chip Muffin	Banana Boats	Chocolate Chip Muffin
Dinner	Turkey Loaf	Turkey Loaf	Chicken & Veggies	Turkey Loaf	Oven Jambalaya	Chicken & Veggies	Oven Jambalaya

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

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## BREAKFASTS

### Fennel Eggs (3 servings)

*Saute;*  
1 bulb sliced fennel  
3 tsp coconut oil  
3 clove garlic, minced  
*Add;*  
1 cup cooked rice  
3 tsp gluten-free soy sauce  
6 eggs  
Cook until desired consistency is met

### Quinoa Cereal (2 servings)

*Bring to a boil, cover, reduce heat to low and simmer for 12 minutes.*  
1 cup raw quinoa  
2 cups water  
1 tsp ground cinnamon  
Pinch all spice  
1 tbsp molasses  
*Stir in;*  
3 tbsp hemp seeds  
2 tbsp shredded coconut  
2 tbsp protein powder  
1/4 cup non-dairy milk

### Overnight Oats (2 servings)

Combine in a container and allow to sit in the fridge for at least 4 hours;  
2 cup non-dairy milk  
1 cup quick oats or cooked quinoa  
2 tbsp chia seeds  
2 scoop protein powder  
2 apple, diced  
1 tsp ground cinnamon  
4 tsp honey or maple syrup

## LUNCHES

### Kale o Mati Salad (2 servings)

*Add to a bowl;*  
4 leaves kale, stem removed, chopped  
1 green bell pepper, diced  
1 cup chopped cabbage  
1 cup cooked rice, chilled  
2 chicken breasts, roasted in 375F (190C) oven for 40minutes, cooled and sliced  
*Dressing;*  
*Combine in a small bowl and pour ovetop of veg;*  
2 clove garlic, minced  
2 tbsp fresh rosemary  
4 tsp flax oil  
2 tsp apple cider vinegar

### Cranberry Lemon Salad (2 servings)

*Add to a bowl;*  
4 cups spinach  
1 cup cooked chickpeas  
1 red bell pepper, diced  
4 tbsp dried cranberries  
2 tbsp diced onion  
2 tbsp slivered almonds  
*Dressing;*  
*Combine in a small bowl and pour ovetop of veggies;*  
2 tbsp lemon juice  
4 tsp flax oil  
2 tsp maple syrup or honey

### Bean Salad (3 servings)

*Combine in a large bowl;*  
3 cup cooked mixed beans  
2 red bell pepper, diced  
1/2 red onion, diced  
4 tsp apple cider vinegar  
3 tsp extra-virgin olive oil  
Fresh parsley, to taste  
Salt and pepper, to taste  
*Serve on a bed of;*  
6 cups spinach

## DINNERS

### Chicken & Veggies (2 servings)

### Turkey Loaf (3 servings)

3 servings of leftovers for snack throughout the week

*Serve with;*  
30 asparagus spears, steamed  
*Sprinkled with;*  
3 tbsp slivered almonds

### Oven Jambalaya (2 servings)

### Leftover Turkey Loaf (3 servings)

### Fruit Salad (2 servings)

2 oranges, sliced  
2 cups berries  
*Topped with;*  
2 tbsp shredded coconut  
2 tbsp hemp seeds

### Pumpkin Protein Smoothie (2 servings)

*Blend;*  
2 cup non-dairy milk  
1 cup canned pumpkin  
1 banana  
2 scoop protein powder  
2 tsp maple syrup  
1 tsp pure vanilla extract  
1/2 tsp ground cinnamon  
1/4 tsp ground ginger  
1/4 tsp ground nutmeg  
pinch ground cloves  
pinch all spice

### Banana Boats (1 serving)

1 banana, sliced in half lengthwise  
*Smear with;*  
2 tbsp nut butter  
*Top with;*  
2 tsp ground flax seed  
1/2 tsp ground cinnamon

### Chocolate Chip Muffin (6 servings)

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## CHICKEN & VEGGIES

### Ingredients

2 chicken breasts (300 grams), sliced  
1 teaspoon gluten-free soy sauce  
1 clove garlic, minced  
  
1 teaspoon coconut oil  
1 onion, sliced  
1 red pepper, sliced  
1 cup mushrooms, diced  
4 carrots, sliced  
2 cups broccoli

### Directions

Preheat oven to 400F(204C). Line a baking sheet with parchment paper or silicon baking mat. Combine vegetables with oil and place on prepared baking sheet.

Roast vegetables for 30-35 minutes. When they have been roasting for 25 minutes, add broccoli

Meanwhile, preheat a large frying pan on medium-low heat. Add chicken breast slices and sauté for 10-15 minutes.

Add soy sauce, and garlic. Sauté an additional 5 minutes. Serve with vegetables.

### Ingredients

1 tablespoon olive oil  
1 large onion, chopped  
2 garlic cloves, minced  
3/4 tsp salt, divided  
1/2 tsp pepper, divided  
1 1/2 tbsp gluten-free soy sauce  
1/3 cup gluten-free chicken broth  
3 tbsp ketchup, divided  
1 3/4 pounds ground turkey, 97% lean  
3/4 cup quinoa flakes or almond flour  
1 large egg, lightly beaten  
1 large egg white, lightly beaten

### Directions

Preheat oven to 375F(190C). Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 teaspoon salt, and 1/4 teaspoon pepper; cook, stirring, 1 minute. Stir in soy sauce, broth, and 1 tablespoon ketchup; transfer mixture to a large bowl, and cool.

Add turkey, quinoa flakes, egg, egg white, and remaining 1/2 teaspoon salt and 1/4 teaspoon pepper to mixture in bowl, and mix well.

Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 tablespoons ketchup. Bake 1 hour or until thermometer inserted into center registers 170F(76C). Let meatloaf stand 5 minutes before serving.



## TURKEY LOAF

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## OVEN JAMBALAYA

### Ingredients

1 tablespoon coconut oil  
300 grams (approximately 1 cup) grass fed bison  
1 yellow onion, diced  
1 garlic clove, minced  
15 oz can of diced tomatoes with juice  
2 tbsp tomato paste  
1 large green bell pepper, diced  
2 sticks celery, diced  
1/4 cup long grain brown rice  
1 tbsp fresh parsley  
1/2 tsp paprika  
1/2 tsp gluten-free soy sauce  
3/4 cups water  
1/4 tsp chili powder  
1 bay leaf  
1/4 tsp salt  
1/8 tsp white pepper

### Directions

Preheat oven to 400F(204C)

In a large frying pan, combine coconut oil, bison, onion, and garlic. Cook on medium heat until meat is no longer pink, then stir into casserole dish.

Combine all remaining ingredients in a 1L casserole dish.

Cover and cook for 75-80 minutes, or until rice is cooked and water is absorbed.

### Ingredients

3 eggs  
1/2 cup mashed over-ripe bananas  
2 tbsp + 2 tsp full-fat coconut milk  
2 tbsp coconut oil, melted  
2 tsp maple syrup  
1/4 tsp salt  
1/2 tsp vanilla extract  
6 tbsp coconut flour  
1 tsp baking powder  
1/2 tsp baking soda  
1/2 tsp ground cinnamon  
1/4 cup dairy-free dark chocolate chips

### Directions

Preheat oven to 375F(190C). Line a 6-cup muffin pan with paper liners.

In a large bowl, combine eggs, bananas, coconut milk, coconut oil, maple syrup, sea salt, and vanilla extract. Whisk to combine and set aside.

Sift coconut flour, baking powder, baking soda, and cinnamon into the wet ingredients. Whisk vigorously until no lumps remain. Fold in chocolate chips and mix until incorporated.

Divide batter between muffin cups and sprinkle each muffin with a few additional chocolate chips.

Bake muffins for 15 to 18 minutes or until muffins are golden and spring back when pressed gently. Once baked, cool for 10 minutes.

## CHOCOLATE CHIP MUFFINS

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