

## MEAL PLAN IDEAS – WHEAT & DAIRY FREE

| Early Light Breakfast  | Mid-Morning Breakfast   | Lunch  | Afternoon Snack   | Dinner  |
|--|---|--|---|---|
| ~6:30 am   | ~8 am   | 11:30/12:00  | 3 pm  | ~530 pm   |
| <ul style="list-style-type: none"> <li>· Warm water w juice ½ fresh lemon juice added</li> <li>· Fresh fruit – skin on (try to avoid really sweet fruit)</li> <li>· Nothing else for ½ hour</li> </ul> <p><i>NOTES for meal plan:</i><br/>           Eat organic as much as possible (or local no spray)<br/>           All animal products should be organic or drug free<br/>           Fish should be wild caught not farmed<br/>           Aim for 10-15% <u>max</u> animal protein – size of your palm per day<br/>           Eat mindfully meals should take at least 20 minutes to eat<br/>           Eat in a relaxed state<br/>           GF = gluten free – purchase GF bread that is whole grain and organic made with alternative grains e.g. quinoa<br/>           Daiya cheeze is a great dairy free cheeze alternative<br/>           Aim for 1 raw veggie per meal<br/>           Aim for 2 servings of fresh fruit and 6-8 servings of vegetables (raw or lightly cooked/steamed) /day<br/>           Try not to eat after 7 pm</p> | <p>Whole Grains :</p> <ul style="list-style-type: none"> <li>· Hot quinoa or mixed cooked grains (millet, amaranth, certified wheat free oatmeal) w/ sugar free almond , rice or hemp milk, cinnamon, with some fiber ground flax seeds or chia, add sesame, pumpkin sunflower) and/or nuts for protein and blueberries or organic raisins</li> <li>· Gluten free toast w/ unsweetened nut butter</li> <li>· Buckwheat pancakes or modified Pumpkin Pancakes w/ nut butter on top</li> <li>· <a href="#">Healthy Shrek Green Smoothie</a></li> <li>· Rice cakes with nut butter and avocado slices</li> </ul> <p>If eggs allowed:</p> <ul style="list-style-type: none"> <li>· 2 soft boiled eggs -with veggies – try sliced tomato &amp; cucumber on side or sautéed greens (spinach, kale) or 2 egg omelette w/ lots of sautéed onions &amp; veg</li> </ul> <p>Try things that are non-bread based for breakfast. Plenty of protein &amp; fiber - will provide balanced blood sugar</p> | <ul style="list-style-type: none"> <li>· <a href="#">Quinoa Tabbouleh salad</a></li> <li>· Large Green Salad with mixed organic field greens, grated carrot, beets, diced cucumber, avocado, celery, fresh spouts (sunflower, mung, broccoli) and nuts or seeds (hemp/sunflower) add a little cooked leftover quinoa, chicken or salmon for complete protein</li> <li>· Chickpea salad, side salad</li> <li>· Pea soup, side salad</li> <li>· Vegetarian chili w salad</li> <li>· Cold 3 Bean salad</li> <li>· Brown rice stir-fry</li> <li>· Roasted jacket potato w/ baked beans, or hummus</li> <li>· Hummus &amp; veggies</li> <li>· Dinner leftovers – protein + veggies</li> <li>· Tuna, salmon or chicken salad w/ veggie salad or raw veggie sticks</li> </ul> <p>Take-out ideas:</p> <ul style="list-style-type: none"> <li>· Salad with protein (chicken, tuna, salmon, nuts/seeds)</li> <li>· GF Sandwiches or wraps w/ only veggies or beans</li> <li>· Chickpea salad, broccoli rice noodle salad</li> <li>· Thai – mango salad or salad rolls (MSG free!)</li> </ul> <p>If eggs allowed: 2 hard boiled eggs + veggies or Omelette w raw or sautéed veggies</p> | <ul style="list-style-type: none"> <li>· Fresh fruit of choice, preferably with skin or lots of fiber (e.g. pear, apple, berries) – avoid bananas or high sugar with a handful of nuts or seeds</li> <li>· Cut raw veggies – any and all</li> <li>· Raw veggies + hummus , dairy free Baba Ganoush or other bean dip</li> <li>· <a href="#">Healthy Shrek Green Smoothie</a> w/ ground nuts or seeds, hemp protein or nut/seed butter</li> <li>· Sliced apple w/ nut butter*</li> <li>· Handful of almonds</li> <li>· Unsweetened apple sauce w/ berries and pumpkin seeds</li> <li>· Sliced avocado with 2 Brazil nuts (great source of selenium)</li> </ul> <p>* exception to the food combining, nut butter combination aimed at balancing blood sugar</p> <p>Lots of protein or fiber here, want it to sustain until dinner time.</p> | <ul style="list-style-type: none"> <li>· <a href="#">Aloo Ghobi</a> or Red Lentil Dahl w brown rice and side salad</li> <li>· Fish of choice + veggies (no potatoes)</li> <li>· Vegetarian Chili w salad</li> <li>· Wild Fish/Chicken/turkey, lightly steamed broccoli and kale steamed, steamed veggies + salad</li> <li>· Roast root vegetables (roast in coconut oil and rosemary) on quinoa</li> <li>· Brown rice stir-fry, additional steamed veggies</li> <li>· <a href="#">Veggie Love in a Bowl</a></li> <li>· Tempeh or Chicken fajitas – have without tortilla or on bed of sautéed spinach, large salad or an organic corn tortilla</li> <li>· Veggie wraps – use a collard leave for the wrap w hummus, veggies (cooked or raw) top with <a href="#">Garlic Tahini Dressing</a></li> <li>· Whole grain rice pasta w/ beans (lentils, kidney, black, etc.) add chopped broccoli or spinach to past water just before serving</li> <li>· Sautéed greens (spinach, kale, etc.) &amp; garlic/onions – add tempeh or beans &amp; rice, season to taste</li> <li>· Whole grain brown rice, steamed veggies + salad</li> </ul> <p>Try making a large salad for dinner, then use leftovers for lunch next day</p> |