

# Meals maker



**7-DAY GLUTEN-FREE DIET PLAN**

**WEEK 1**

## THIS MEAL PLAN INCLUDES:

- 21 meal recipes (3 meals per day for 7 days)
- Necessary Staples for Each Meal
- Weekly Grocery List

## INSTRUCTIONS:

Step 1: Briefly review all meals for the week.

Step 2: Review necessary staples for each meal and weekly grocery list.

Step 3: Grocery shop, cook and enjoy!

## SPECIAL NOTES: (PLEASE READ)

**NOTE 1:** Necessary Staples: Most meals will include the use of sea salt and fresh ground pepper so please make sure you are stocked up!

**NOTE 2:** Grocery List: When it comes to the Oil, Condiments, Herbs and Spices section, please only purchase what you don't already have.

For example, if the section states you need Balsamic Vinegar: 1 (12 oz.) bottle, we simply mean to purchase a bottle of Balsamic Vinegar if you don't already have it. We do not mean you will use the full 12 oz. bottle this week.



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## DAY 1

*Breakfast:*

**OMELET WITH SEARED  
ASPARAGUS**

*Lunch:*

**BROCCOLI AND  
MUSHROOMS**

*Dinner:*

**OVEN BAKED CHICKEN  
WITH ASPARAGUS**

## DAY 2

*Breakfast:*

**VEGGIE BREAKFAST  
SCRAMBLE**

*Lunch:*

**ROASTED SALMON WITH  
VEGETABLES**

*Dinner:*

**LOADED POTATO**

## DAY 3

*Breakfast:*

**YOGURT FRUIT PARFAIT**

*Lunch:*

**AVOCADO EGG SALAD**

*Dinner:*

**TILAPIA WITH CHERRY  
TOMATOES**

## DAY 4

*Breakfast:*

**CHEESE OMELET**

*Lunch:*

**CHICKEN AND EGGPLANT**

*Dinner:*

**BEEF AND BROCCOLI STIR  
FRY**

## DAY 5

*Breakfast:*

**PAPAYA YOGURT  
SMOOTHIE**

*Lunch:*

**STEAMED CHICKEN WITH  
OLIVES**

*Dinner:*

**PORK CHOPS WITH  
CARROTS**

## DAY 6

*Breakfast:*

**FETA CHEESE AND  
TOMATO OMELET**

*Lunch:*

**SALMON WITH SPINACH**

*Dinner:*

**TOFU LETTUCE LEAF  
TACOS**

## DAY 7

*Breakfast:*

**EGG MUFFINS**

*Lunch:*

**CHICKEN SALAD**

*Dinner:*

**BAKED TOFU AND  
CARROTS**

**WEEKLY Notes**



## OMELET WITH SEARED ASPARAGUS

**Prep Time:** 10 min.

**Cook Time:** 6 min.

**Total Time:** 16 min.

### **Ingredients:**

3 eggs  
4 asparagus spears, cut into small pieces  
Olive oil  
1 tsp. salt  
1 tsp. pepper

### **Instructions:**

1. Crack the egg whites into a small bowl, whisk and season with salt and pepper.
2. Heat the olive oil in a large skillet over medium heat.
3. Add the asparagus.
4. Let it cook for 5 minutes.
5. Place the asparagus onto a plate and return the pan to the heat.
6. Pour the eggs into the hot pan, allow them to cook for 1 minute. Make sure to move the pan gently so that the uncooked part of the eggs make contact with the heat of the pan and settle.
7. Place the asparagus in the center. Using the spatula, fold one-third of the omelet over the top.
8. Slide the finished omelet onto a plate and serve.





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## Day 1: Breakfast

1 Tbsp. extra virgin olive oil  
Salt  
Pepper  
2 Tbsp. smoked paprika  
1 Tbsp. seasoned salt

## Day 1: Lunch:

2 ¼ Tbsp. olive oil  
½ Tbsp. ground cumin  
½ Tbsp. paprika  
¼ Tbsp. garlic powder  
½ Tbsp. salt  
¼ Tbsp. black pepper  
¼ cup chopped walnuts  
3 Tbsp. nutritional yeast

## Day 1: Dinner

1 ½ qt. vegetable or peanut oil  
2 ½ cups of cornstarch  
½ cup all-purpose flour  
½ tsp. baking powder  
Salt  
½ cup cold water  
¼ cup vegetable stock  
2 tbsp. soy sauce  
2 tbsp. sugar  
1 tbsp. toasted sesame oil  
2 tbsp. lemon juice  
1 tbsp. minced or grated fresh ginger  
2 tbsp. toasted sesame seeds

## Day 2: Breakfast

2 Tbsp. vegetable oil  
½ red bell pepper  
¼ cup water  
¼ cup soy milk  
3 Tbsp. nutritional yeast  
1 tsp. maple syrup  
1 tsp. onion powder  
1 tsp. salt  
¼ tsp. basil  
¼ tsp. turmeric  
¼ tsp. paprika  
Pepper

## Day 2: Lunch

1 tbsp. Worcestershire Sauce  
2 tbsp. nutritional yeast  
1 tbsp. dried oregano  
1 tbsp. dried parsley  
½ tsp. salt  
½ tsp. pepper

## Day 2: Dinner

2 tbsp. vegetable oil  
1 tbsp. soy sauce  
1 tbsp. toasted sesame oil  
Ground white pepper

## Day 3: Breakfast

1 tbsp. sea salt  
3 tbsp. chai seeds  
3 tbsp. maple syrup  
1 tbsp. apple cider vinegar  
1 tbsp. cinnamon  
1 tbsp. pure vanilla extract

## Day 3: Lunch

1 tbsp. chopped fresh oregano  
¼ tsp. ground pepper

## Day 3: Dinner

Salt  
Black pepper  
8 oz. pesto

1 tbsp. minced ginger

## Day 5: Dinner

Kosher salt  
Extra-virgin olive oil  
½ cup ricotta cheese  
Black pepper  
Mint leaves

## Day 6: Breakfast

4 tbsp. maple syrup  
½ cup vegetable oil  
1 tbsp. vanilla extract  
1 cup all-purpose flour  
1 tbsp. baking powder  
1 tbsp. ground cinnamon  
¼ tsp. ground ginger  
¼ tsp. ground nutmeg  
¼ cup quinoa

¼ cup soy sauce  
¼ cup vegetable broth  
¼ cup rice vinegar  
1 tbsp. sesame oil  
1 tbsp. brown sugar  
2 tbsp. gochujang  
1 tbsp. grated ginger  
2 tbsp. cornstarch  
1 tbsp. grapeseed oil

## Day 6: Dinner

3 tbsp. hoisin sauce  
3 tbsp. soy sauce  
2 tbsp. rice vinegar  
1 tbsp. sesame oil  
2 tbsp. canola oil  
2 cloves garlic  
2 tbsp. ginger  
¼ tsp. red pepper flakes

## Day 7: Breakfast

1 tbsp. extra virgin olive oil  
1 tbsp. grated Parmesan cheese  
Salt  
Pepper

## Day 7: Lunch

2 Tbsp. garlic hummus  
2 Tbsp. hemp Seeds

## Day 7: Dinner

¼ cup thinly sliced basil  
Balsamic glaze  
¼ cup extra-virgin olive oil  
3 tbsp. red wine vinegar  
1 tsp. Italian seasoning  
1 clove garlic  
Kosher salt  
Black Pepper

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## Produce:

6 red potatoes  
Extra-virgin olive oil  
Mushrooms: 1 container  
Baby spinach: 2 bags  
Green onions: 1 Bag  
1 Large sweet potato  
Leafy greens: 2 bags  
3 Avocados  
Broccoli: 2 large florets  
10 garlics  
Fresh Ginger Root: 7 pieces  
Scallions also known as green onion: 5 bundles  
Red bell pepper: 3  
Large onion: 3  
Long carrots: 1 bag  
Baby Swiss chard: 1 bundle  
Mango: 1  
Ginger bag: 1  
Yellow bell pepper: 1  
Snap peas: 1 bag  
1 container of blueberries (to use as the mixed berries in Day 4: Breakfast recipe)  
1 container of strawberries (to use as the mixed berries in Day 4: Breakfast recipe)  
Asparagus: 2 bags  
Fresh mint: 1 bundle  
Bananas: 3  
Romaine lettuce: 1 bundle  
Red onion: 1  
Grape tomatoes: 1 container  
Fresh basil: 1 bundle  
Limes: 1 bag of limes  
Lemons: 5

## Refrigerated:

Vegan sour cream  
Firm Tofu: 2 Packages  
Extra Firm Tofu: 1 Package  
1 dozen eggs  
4 oz. goat cheese  
4 oz. ricotta cheese  
Salsa: 1 container  
Pesto sauce: 1 bottle  
Garlic Hummus: 1 container  
8 oz. Ciliegine, or also known as fresh mozzarella cheese

## Frozen:

Vegan breakfast sausage  
Frozen peas: 1 bag  
Frozen raspberries: 1 small bag  
Frozen broccoli florets: 1 bag  
Frozen peas and carrots: 1 bag

## Canned and Packaged:

White rice: 1 bag  
Brown rice: 1 bag  
Quinoa: 1 bag  
Fusilli Pasta: 1 bag  
Black beans: 2 cans  
Dried quinoa: 1 bag  
Pinto beans: 2 cans

Shell-stable gnocchi: 1 bag  
Chickpeas: 4 cans  
No additional salt added diced tomatoes: 1 can  
Fusilli pasta: 1 bag  
Brown sugar: 1 small box  
Sliced water chestnuts: 2 cans  
Vegan dark chocolate: 1 bar  
Peanut butter: 1 can  
Baking powder: 1 small box  
Raisins: 1 small box

## Bakery and Deli:

Sandwich break: 1 loaf

## Oils, condiments, herbs, and Spices:

Extra Virgin Olive oil: 1 bottle  
Salt: 1 bottle  
Pepper: 1 bottle  
Black Pepper: 1 bottle  
Paprika: 1 bottle  
Ground cumin: 1 bottle  
Garlic powder: 1 bottle  
Vegetable oil: 1 bottle  
Baking powder: 1 box  
Vegetable stock: 1 box

Soy sauce: 1 bottle  
Fermented black bean sauce: 1 can  
Sugar: 1 bag  
Toasted sesame oil: 1 bottle  
Maple syrup: 1 bottle  
Onion powder: 1 bottle  
Turmeric: 1 bottle  
Oregano: 1 bottle  
1 bottle of dried parsley  
Ground white pepper: 1 bottle  
Sea salt: 1 bottle  
Chai Seeds: 1 bag  
Apple cider vinegar: 1 bottle  
Cinnamon: 1 bottle  
Vanilla extract: 1 bottle  
Rice vinegar: 1 bag  
Hoisin sauce: 1 bottle  
Kosher salt: 1 bottle  
4 tbsp. maple syrup  
Ground nutmeg: 1 bottle  
Honey: 1 bottle  
Ground cumin: 1 bottle  
Hoisin sauce: 1 bottle  
Rice vinegar: 1 bottle  
Canola oil: 1 bottle  
Red pepper flakes: 1 bottle  
Grated Parmesan cheese: 1 bottle  
Balsamic glaze: 1 bottle  
Red wine vinegar: 1 bottle  
Italian seasoning: 1 bottle  
Chopped walnuts: 1 bag  
Nutritional yeast seasoning: 1 bottle

Unsweetened cocoa powder: 1 bag  
Coconut sugar: 1 bag  
Hemp seeds: 1 bag  
Kosher salt: 1 bottle  
4 tbsp. maple syrup  
Ground nutmeg: 1 bottle  
Honey: 1 bottle  
Ground cumin: 1 bottle  
Hoisin sauce: 1 bottle  
Rice vinegar: 1 bottle  
Canola oil: 1 bottle  
Red pepper flakes: 1 bottle  
Grated Parmesan cheese: 1 bottle  
Balsamic glaze: 1 bottle  
Red wine vinegar: 1 bottle  
Italian seasoning: 1 bottle  
Chopped walnuts: 1 bag  
Nutritional yeast seasoning: 1 bottle

## Miscellaneous:

Muffin Tin

## Liquids:

Almond milk: 1 container  
Coconut milk: 1 container  
Soy milk: 1 container

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