

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.



Meals maker

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.





**SUBSCRIBE TO VIEW ALL
21 MEAL RECIPES**



WEEK 1

NECESSARY STAPLES



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 tsp. soy sauce
2 tsp. sugar
1 tsp. toasted sesame oil
2 tsp. lemon juice
1 tsp. minced or grated fresh ginger
2 tsp. toasted sesame seeds

Day 2: Breakfast

2 Tbsp. vegetable oil
½ red bell pepper
½ 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 tsp. Worcestershire Sauce
2 tsp. nutritional yeast
1 tsp. dried oregano
1 tsp. dried parsley
½ tsp. salt
½ tsp. pepper

Day 2: Dinner

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

Day 3: Breakfast

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

Day 3: Lunch

1 tsp. chopped fresh oregano
¼ tsp. ground pepper

Day 3: Dinner

Salt
Black pepper
8 oz. of quinoa

Day 4: Breakfast

2 tsp. baking powder
2 tsp. unsweetened almond

Day 4: Lunch

1 tsp. olive oil
¼ cup rice vinegar

Day 4: Dinner

¼ cup rice vinegar
1 tsp. sesame oil
1 tsp. brown sugar

1 tsp. minced ginger

Day 5: Dinner

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

Day 6: Breakfast

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

Day 6: Lunch

½ oz. feta cheese
½ oz. of raisins
¼ tsp. lemon juice
¼ tsp. honey
2 tsp. olive oil
¼ tsp. cumin, ground
½ tsp. salt
¼ tsp. dried cayenne pepper

Day 6: Dinner

¼ cup vegetable oil
¼ cup water
¼ tsp. salt
¼ tsp. onion powder
¼ tsp. garlic powder
¼ tsp. paprika
¼ tsp. black pepper
¼ tsp. cayenne pepper
¼ tsp. red pepper flakes

Day 7: Breakfast

1 tsp. extra virgin olive oil
1 tsp. 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 tsp. red wine vinegar
1 tsp. Italian seasoning
1 clove garlic
Kosher salt
Black Pepper



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21 MEAL RECIPES**



WEEK 1

GROCERY LIST



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 Lentils: 1 bag
Pinto Beans: 2 cans
Organic Rolled oats: 1 bag
Worcestershire Sauce (a)
tomatoes: 1 can
Fusilli pasta: 1 bag



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21 MEAL RECIPES**

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
Pure vanilla extract: 1 bottle
Acai Powder: 1 bag
Rice Vinegar: 1 bottle
Sesame oil: 1 bottle
Gochujang: 1 bottle
Cornstarch: 1 box
Grapeseed oil: 1 bottle
Unsweetened cocoa powder: 1 bag
Coconut sugar: 1 bag
Hemp seeds: 1 bag
Kosher salt: 1 bottle

Maple syrup
Apple Cider Vinegar: 1 bottle
Lemon Juice: 1 bottle
Soybean Sauce: 1 bottle
Rice Vinegar: 1 bottle
Olive 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

