

## **Low Carb, Gluten Free & Dairy Free Menu Plan**

It's so important that we listen to our body and eat the foods that agree with our unique digestive system. If you are following a special diet we hope this menu plan brings strength, energy and health to you!

If you are dairy free you can adjust the recipes and substitute where needed for a non-dairy item.

Example: Use almond, oat or soy milk instead of dairy milk.

### **Day 1**

#### **Breakfast: Eggs & Salsa**

Directions

- Scramble one egg with 1 cup fresh spinach.
- Top with salsa and plain yogurt. Salt & pepper to taste

#### **Snack: Handful of nuts**

#### **Lunch: Mexican Salad with Creamy Salsa Dressing**

##### **Mexican Salad:**

Ingredients

- 2 cups shredded lettuce
- 1/4 cup black beans
- 1 tomato, diced
- 1/2 red pepper, diced
- 1/2 avocado, diced
- 1/4 cup cilantro, diced

Directions

- Warm beans in pot on stove top. Put lettuce on plate, top with beans, tomato, red pepper, avocado and cilantro.

##### **Creamy Salsa Dressing:**

Ingredients

- 1/2 cup salsa
- 1/2 cup cottage cheese or low-fat plain yogurt

### Directions

- Blend together. Add low fat milk if too thick
- Pour dressing over salad and enjoy!

### **Snack: Celery with peanut/almond butter**

### **Dinner: Chicken with Tomatoes and Artichoke** **Save 1/2 for tomorrow's lunch!**

#### **Chicken with Tomatoes and Artichoke:**

##### Ingredients

- 2/3 pound chicken breast (boneless, skinless)
- Olive Oil - 3 Tbsp separated
- Almond Flour - 2 Tbsp
- Diced Tomatoes - 15 oz can (drained)
- Chicken Broth - 1/2 cup
- Artichoke hearts - 1 small jar drained and quartered
- Lemon Juice - fresh from 1/2 lemon
- 2 cloves of Garlic- minced
- Capers- 1 tbsp
- 2 tbsp fresh basil

##### Directions

- Cut in half lengthwise creating 2 thin cutlets. Coat chicken with almond flour. Add 1 tbsp oil to pan and cook for about 5 min on both sides. Remove from pan.
- Add 1 tbsp oil. Add garlic and cook for 2 min. Add broth, diced tomatoes, artichokes, lemon and capers. Stir.
- Return chicken to pan and cover with sauce. Cook for 3 minutes put on plate and top with shredded basil

#### **Cauliflower Rice:**

- you can typically find ready to cook in frozen vegetables section of your grocery store. You can also put cauliflower in blender and chop until looks like rice. Put in pan with water and steam until soft.

#### **Broccoli:**

- Buy fresh, break into section and steam in a pot with water until soft. Add a little olive oil and salt.

## Day 2

### **Breakfast: Healthy Pancakes w/ Berry Topping** **Save 1/2 for tomorrow's breakfast!**

#### Ingredients

- 3 eggs
- 2/3 cup almond flour
- 1/2 tsp cinnamon
- 1/2 tsp baking powder
- 1/2 tsp vanilla

#### Directions

- Mix together all ingredients in mixing bowl. Grease a pan or pancake griddle, put on medium heat. Heat for 3-4 minutes. Spoon or pour pancake mix onto hot pan or griddle. When bubbles begin to form on pancake batter, flip with a spatula and cook until done all the way through. Put 1 cups of berries in microwave and cook until soft. Pour on top of cooked pancakes

### **Snack: 1/2 pepper slices with dip**

Dip: (1/3 cup plain Greek Yogurt with 1/2 tsp dried dill & sprinkle of salt)

### **Lunch: Left over Chicken Artichoke**

Heat on stovetop or in microwave.

### **Snack: Lettuce Roll Up**

Directions:

- Place 1 slice of turkey and some mustard inside a large romaine lettuce leaf. Roll it up and enjoy! Add a pickle if you like.

### **Dinner: Beef Stroganoff**

**For a low carb option, exchange noodles for Zucchini noodles.**

**Save 1/2 for lunch tomorrow!**

Ingredients

- 1 Tbsp Olive Oil
- 1/2 lb. Meat Thinly Sliced or 3 Cups of Your Favorite Vegetables Chopped
- 1/2 cup chopped onion
- 2 Tbsp Almond Flour

- 1 Cups Sliced Mushrooms
- 2 Tsp. Worcestershire Sauce
- Salt and Pepper to Taste
- 1/3 cup Plain Yogurt
- 1/2 cup sour cream
- 2 Servings of Egg Noodles, GF pasta or Zucchini Noodles

#### Directions

- Cut meat into bite sized pieces. Toss meat in almond flour until well coated. Put oil in large skillet, heat. Add meat and cook for 5 min.
- Add Worcestershire, mushrooms and onions into skillet and cook for 5 min. Add yogurt and sour cream, stir slowly.
- Cook noodles according to package. Once noodles are done, strain and plate. Top noodles with stroganoff and enjoy!

### Day 3

#### **Breakfast: Healthy Pancake w/ Berries**

Reheat leftovers

#### **Snack: Green Smoothie**

Ingredients

- 1 cup spinach leaves, 1/2 avocado, 1/2 cup berries, 1 cup water
- Blend and pour. If too thick, add water, milk or milk alternative and blend again.

#### **Lunch: Beef Stroganoff**

Reheat leftovers

#### **Snack: 1/2 pepper slices with dip**

Dip: (1/3 cup plain Greek Yogurt with 1/2 tsp dried dill and salt)

#### **Dinner: Ceviche**

Ingredients

- 1/2 lb raw, peeled, shrimp
- 1 lb. wild sought salmon filet
- 2/3 cup diced celery

- 1 cup diced cucumber
- 1 avocado, diced
- 1/2 cup red pepper, diced
- 3 green onions finely sliced including green part
- 1 cup fresh cilantro, stems removed and diced
- 1/3 cup fresh lime juice
- 2 cloves garlic
- 1 cup fresh parsley
- 1/4 cup olive oil
- Salt and Pepper to taste
- (optional) 1 Jalapeño Pepper, seeded and finely diced

#### Directions

- Add shrimp to 5 cups boiling water and cook for 2-3 minutes until just done.
- In a large pan add 4 cups water and bring to boil. Add salmon, cover, turn down heat and simmer until just cooked through (about 5 minutes). Remove skin from salmon. Dice shrimp into small pieces. Run cold water over shrimp and salmon to cool.
- Add shrimp, salmon, celery, cucumber, avocado, red pepper, green onions and cilantro to a bowl.
- Blend lime juice, garlic, parsley and olive oil. Pour dressing over fish mixture. Put into fancy glass or bowl and serve as appetizer or put on dinner plate and have for dinner with 10 organic corn tortilla chips or cucumber slices

## Day 4

### **Breakfast: Vegetables with Poached Egg**

#### Ingredients

- 2 Tablespoons broth (vegetable or chicken)
- 1 cup of packed spinach
- 1/2 cup sliced mushrooms
- 1/2 cup diced tomatoes
- 1 egg

#### Directions

- Pour broth in a small frying pan and add spinach, mushrooms and tomatoes. Cook over medium heat stirring often.

- Crack egg and gently pour on top of vegetables. Cover pan with a lid. Cook for approximately 4 min. or until egg is cooked.

### **Snack: Lettuce Roll Up**

### **Lunch: Salmon Wrap & Green Smoothie**

#### Ingredients

- 1/3 lb. salmon
- Seaweed sheet
- Lettuce
- Sliced pepper - 1/3 cup
- Soy Sauce
- Pickled ginger (optional)

#### Directions

- Put salmon into large seaweed sheet. Add handful of lettuce, pickled ginger, sliced peppers and splash of soy sauce.

### **Snack: Carrots and cucumbers dipped in hummus**

### **Dinner: Ceviche**

#### Directions

- Preheat oven to 400, heat sweet potato on rack for 40 min. **Save 1/2 of sweet potato for lunch tomorrow!** Then, put water in a pan, bring water to a simmer, put asparagus in pan and cook for 8-10 minutes. **Save 1/2 of asparagus for lunch tomorrow!** Reheat ceviche on stovetop, in pan in oven or in microwave. Plate everything as desired and enjoy!

## **Day 5**

### **Breakfast: Vegetables with Poached Egg**

See recipe from Day 4

### **Snack: 10 Organic Corn Tortilla Chips with Salsa or cucumber slices**

### **Lunch: Sweet Potato, Black Beans, Asparagus**

## **Low Carb Option (sub sweet potato and beans for lettuce wrap with meat and veggies)**

### Ingredients

- 1/2 sweet potato
- 1/2 cup black beans
- Steamed Asparagus

### Directions

- Reheat 1/2 sweet potato and asparagus from Day 4. Heat black beans on stovetop or in microwave, pour over sweet potato. Enjoy!

## **Snack: Pepper Dipped in Hummus**

## **Dinner: Tuscan Kale & Sausage Soup**

### **Low carb: exchange potatoes for zucchini!**

### Ingredients

- 1/2 lbs ground Italian sausage
- 2 cloves garlic
- 1 medium potato, sliced in bite size pieces
- Chicken or Vegetable broth - low sodium, low fat 16 ounces (again organic if possible)
- 3 cups Kale chopped (ribs removed optional)
- 1 cup Milk (cow or dairy-free)
- Lettuce
- Olive Oil, Balsamic
- 1/4 cup tomatoes diced
- Kalamata olives

### Directions

- Put sausage and garlic in pot and completely cook sausage, & **remove 1/2 cup sausage for breakfast on Day 7!**
- Add sliced potatoes and chicken broth into pot and cook over medium heat for 15 min. or until potatoes are slightly soft. Add chopped kale to pot and milk.
- Cover and cook until kale is wilted.
- Pour serving of soup in a bowl. Plate lettuce, tomatoes and olives dressed in olive oil and balsamic vinegar. Enjoy!

## Day 6

**Breakfast: Plain Greek Yogurt topped with berries**

**Snack: Green Smoothie**

Follow recipe from Day 3

**Lunch: Turkey Lettuce Wrap with Sliced Avocado and Pepper**

Ingredients

- 2-3 slices turkey
- Lettuce
- 1/2 Avocado
- 1/2 red pepper
- 1/4 sliced tomato
- 1/4 sliced onion
- 1 cup grapes
- Olive oil & balsamic vinegar
- Salt & pepper

Directions

- Plate lettuce. Lay slices of turkey, avocados, red pepper, tomato and onion. Dress with olive oil and balsamic, salt and pepper to taste. Roll up and enjoy!
- Make an extra wrap for dinner tomorrow

**Snack: Celery with peanut butter**

**Dinner: Puttanesca with Spaghetti Squash**

Ingredients

- 1 small spaghetti squash (zucchini noodles or regular noodles/pasta)
- 1 tbsp extra-virgin olive oil
- 2 large garlic cloves, chopped
- 1 15-ounce cans diced tomatoes with juice
- 1/8 cup Kalamata olives, diced, pitted
- 1/2 cup diced peppers
- 2 pieces of bacon, chopped
- 1 tablespoon drained capers
- 1 teaspoon dried oregano
- 1/2 teaspoon dried crushed red pepper
- 1/4 cup fresh basil

- 2 tsp Grated Parmesan cheese (optional)

#### Directions

- **Save 1/2 for lunch tomorrow!**
- Bake squash 375F for 40 minutes or until soft. Cut in half lengthwise. Using a spoon remove seeds and discard. Remove squash and then separate into “noodles” using a fork. Set aside.
- Sauce: Cook bacon and remove from pan. Leave about 1 tbsp bacon grease in the pan. Add garlic and sauté until fragrant, about 1 minute. Add peppers and cook for 2 min. Add diced tomatoes with juice, olives, capers, oregano, and crushed red pepper. Simmer sauce covered over medium-low heat until thickened, breaking up tomatoes with spoon, about 8 minutes. Season with salt and pepper.
- Serve over spaghetti squash with cheese (optional) & basil. Make a side salad with some lettuce, tomato, olives, olive oil and balsamic if you like!

## Day 7

### **Breakfast: Sausage, kale, peppers**

#### Directions

- Put 1 tbsp oil into pan over medium heat. Add 2/3 cup chopped peppers, 1 cup chopped kale and 1/2 cup sausage.
- Cook until peppers and kale are soft. Plate and enjoy!

### **Snack: Handful of nuts**

### **Lunch: Puttanesca with Spaghetti Squash**

Reheat leftover from Day 6.

### **Snack: 2-3 slices of turkey wrapped in lettuce**

Dress in olive oil and balsamic if desired. Salt and pepper to taste.

### **Dinner: Tuscan Kale & Sausage Soup**

Reheat soup from Day 5. Serve with sliced tomatoes and onions with fresh basil. Top with balsamic vinegar and olive oil.