

WEEK 4: MEAL PLAN – Fall/Winter

Breakfast: Try some of these [new shakes](#) or continue with your favorites!

Lunch: Continue shakes as before or dinner leftovers.

Snacks: Continue as before. Try adding new nuts...or different veggies with your hummus, berries, apples, apple chips, etc.

Dinner:

1) [Slow Cooker Stuffed Peppers](#) – Tips: Sub in brown rice or quinoa and non-dairy “cheese”. Use any color pepper and modify ratios according to how many you are serving. Serve with your favorite side salad.

2) [Enchiladas](#) – Omit tofu (soy=gag!) and keep it vegan by bulking up the mixture with some diced red peppers (or jalapeno’s for a kick) and pepper jack “cheese”. Serve with last week’s leftover Cilantro Lime Rice.

3) **Grilled Salmon** - Tips: Season your salmon filets (or other fish of choice) with salt/pepper/garlic and grill/pan sear them stove top in a dab of non-dairy butter or oil. Wild Alaskan Salmon is your safest/healthiest pick.

[Roasted Brussel Sprouts](#) – Sub in TURKEY bacon and add in a diced up green apple for extra flavor/crunch. May want to double/triple recipe depending on how many you’re serving?

4) **Vegetable Beef Stew** – In large saucepan over medium heat, add 1-2 tbsp olive oil. Season cubed beef with salt/pepper and cook until done. Drain meat and return to pot. Add 2 bags frozen mixed veggies (try to avoid mixes with corn), 1 can diced tomatoes, 1 jar spaghetti sauce and 2-4 cups chicken broth to your desired consistency. Season according to taste. We like salt/pepper/oregano. If you want to add some healthy grain to this, feel free...a GF pasta, brown rice or quinoa. Quinoa is always your healthiest grain choice. ☺

5) Pick ONE recipe from any of these (or other) healthy recipe sites:

www.glutenfreegoddess.com

www.glutenfreemommy.com

www.ohsheglows.com

www.thegraciouspantry.com

www.simplysugarandglutenfree.com

6) Take ONE of your families favorite all-time meals and MODIFY it to MAKE it detox-friendly and CLEAN!

7) LEFTOVER or DINE OUT Night!

Ps – 5 & 6 are not out of laziness – they are out of LOVE!! I’m weaning you & EQUIPING you, so that you can CONTINUE your journey as a LIFESTYLE!! Please post your meal choices & photos with the group so we can leverage the learning!

WEEK 4: SHOPPING LIST

Items in red you may already have (check pantry & fridge) and [blue links](#) show more info on food/brand.

Produce:

Green apples (snacks & 1 for meal)
Strawberries & Blueberries (snacks & shakes)
Bell peppers, any color (1/person) + 1 red
Onions (1)
Brussel sprouts (7-8/person)
Veggies of choice (snacks)
Spinach (shakes, 1 meal & 1-2 salads)
Garlic
Lime (1)
Cilantro

Pantry:

GF flour, 2 TBSP ([Pamela's](#) mixes, Almond flour, rice flour, etc.)
Brown Rice or **Quinoa**
3 (32 oz) cartons chicken stock/broth
2 (16 oz) cans diced tomatoes
Jar spaghetti sauce
Tomato sauce (16oz)
Walnuts 1/4 cup
Almonds or other nuts (except peanuts) for snacking
Olive oil
Cocoa
SPICES: **Salt, Pepper**, Red Pepper Flakes, Nutmeg, **Garlic powder, Oregano, Chili Powder, Cayenne (Red) Pepper Powder, Cumin**

Meat:

Ground beef 1 lb
Beef tips (stew meat) 1 lb
Turkey bacon (optional in brussel sprouts)
Salmon filets (1/person) Wild Alaskan is healthiest/safest, or other fish of choice

Dairy:

Non-dairy "cheese" – cheddar & pepperjack
Egg (1)
Non-dairy Milk of choice (1-2 for shakes)
Hummus (snacks)

Freezer:

2 bags frozen mixed veggies (avoid mixes with corn) – ORGANIC if possible
Rudi's GF Spinach Tortillas

Don't forget to add in items for your remaining TWO MEALS!!!