



## Top 9 Allergen Free Meal Plan

Created by Eating Healthy 4 Life, LLC



## Top 9 Allergen Free Meal Plan

5 days

	Mon	Tue	Wed	Thu	Fri
Breakfast	Roasted Tomato & Basil on Toast	Roasted Tomato & Basil on Toast	Roasted Tomato & Basil on Toast	Cinnamon Sweet Potato Smoothie Bowl	Cinnamon Sweet Potato Smoothie Bowl
Snack 1	Lemon Coconut Power Balls	Lemon Coconut Power Balls	Lemon Coconut Power Balls	Fruit Kabobs	Fruit Kabobs
Lunch	Slow Cooker Dill Vegetable Soup	Beef Taco Rice Bowl with Cabbage	Chicken, Broccoli & Mashed Potatoes	Arugula, Kale & Pinto Bean Salad	Lentil, Bean & Turkey Chili
Snack 2	Basic Granola	Basic Granola	Basic Granola	Sweet & Salty Kale Chips	Sweet & Salty Kale Chips
Dinner	Beef Taco Rice Bowl with Cabbage	Chicken, Broccoli & Mashed Potatoes	Arugula, Kale & Pinto Bean Salad	Lentil, Bean & Turkey Chili	Grilled Zucchini & Chickpea Pasta Salad

# Top 9 Allergen Free Meal Plan

64 items

## Fruits

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- ☐ 2/3 Avocado
- ☐ 1 Banana
- ☐ 1/4 cup Blackberries
- ☐ 1/4 cup Blueberries
- ☐ 1/8 Cantaloupe
- ☐ 1 Lemon
- ☐ 2 tsps Lemon Juice
- ☐ 1/3 tsp Lemon Zest
- ☐ 1/4 cup Pineapple
- ☐ 1/4 cup Raspberries
- ☐ 1/4 cup Strawberries

## Breakfast

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- ☐ 1/2 cup Maple Syrup

## Seeds, Nuts & Spices

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- ☐ 2/3 tsp Chili Powder
- ☐ 1 1/16 tsps Cinnamon
- ☐ 1 1/3 tsps Cumin
- ☐ 1/2 tsp Paprika
- ☐ 1 1/2 tsps Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/3 tsps Taco Seasoning

## Frozen

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- ☐ 2 cups Frozen Broccoli
- ☐ 1 cup Frozen Cauliflower
- ☐ 1/3 cup Frozen Peas

## Vegetables

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- ☐ 1 cup Arugula
- ☐ 1/4 cup Basil Leaves
- ☐ 1 Beet
- ☐ 1/4 Carrot
- ☐ 1/2 stalk Celery
- ☐ 2 1/2 tsps Fresh Dill
- ☐ 2 1/3 Garlic
- ☐ 1 1/3 stalks Green Onion
- ☐ 6 1/2 cups Kale Leaves
- ☐ 2 1/16 cups Purple Cabbage
- ☐ 1/4 cup Red Onion
- ☐ 2 Sweet Potato
- ☐ 3 Tomato
- ☐ 2/3 Yellow Onion
- ☐ 3 Yellow Potato
- ☐ 1 Zucchini

## Boxed & Canned

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- ☐ 1/3 cup Brown Rice
- ☐ 3/4 cup Canned Coconut Milk
- ☐ 4 ozs Chickpea Pasta
- ☐ 2 2/3 cups Diced Tomatoes
- ☐ 3 tsps Dry Chickpeas
- ☐ 2/3 cup Lentils
- ☐ 1 1/2 cups Pinto Beans
- ☐ 1 1/3 cups Quick Oats
- ☐ 1 cup Red Kidney Beans
- ☐ 3/4 cup Vegetable Broth
- ☐ 1 cup Vegetable Broth, Low Sodium

## Baking

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- ☐ 3/4 tsp Nutritional Yeast
- ☐ 1 1/2 tsps Oat Flour
- ☐ 1/3 cup Unsweetened Shredded Coconut
- ☐ 1/4 tsp Vanilla Extract

## Bread, Fish, Meat & Cheese

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- ☐ 8 ozs Chicken Thighs With Skin
- ☐ 5 1/3 ozs Extra Lean Ground Beef
- ☐ 8 ozs Extra Lean Ground Turkey
- ☐ 6 slices Gluten-Free Bread

## Condiments & Oils

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- ☐ 3/4 tsp Apple Cider Vinegar
- ☐ 2 tsps Avocado Oil
- ☐ 2 tsps Coconut Butter
- ☐ 1/3 cup Extra Virgin Olive Oil

## Other

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- ☐ 4 Barbecue Skewers
- ☐ 1/8 oz Collagen Powder
- ☐ 2 cups Water



# Roasted Tomato & Basil on Toast

5 ingredients · 20 minutes · 3 servings



## Directions

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1. Preheat the oven to 400°F (205°C). Line a baking sheet with foil or parchment paper.
2. Place the tomatoes on the baking sheet. Gently toss with the oil, half the basil, and salt. Roast for 15 minutes.
3. Spread the roasted tomatoes and basil overtop each slice of toast and sprinkle with the remaining basil. Enjoy!

## Notes

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### Leftovers

Refrigerate the roasted tomatoes in an airtight container for up to five days.

### Serving Size

One serving equals approximately two slices.

### Additional Toppings

Add garlic, balsamic vinegar or parmesan.

## Ingredients

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- 3 Tomato (large, cut into quarters)
- 1 **tbsp** Extra Virgin Olive Oil
- 1/4 **cup** Basil Leaves (finely chopped, divided)
- 1/3 **tsp** Sea Salt
- 6 **slices** Gluten-Free Bread (toasted)

# Cinnamon Sweet Potato Smoothie Bowl

7 ingredients · 3 hours 25 minutes · 2 servings



## Directions

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1. Steam the sweet potato for 10 to 12 minutes until very tender. Transfer to a plate or small baking sheet lined with parchment and freeze for at least 3 hours or overnight until solid.
2. Add the frozen sweet potato and the remaining ingredients to a blender. Blend until very smooth.
3. Transfer the smoothie to a bowl. Top with the additional banana, if using. Enjoy!

## Notes

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### Sweet Potato

The sweet potato can be steamed ahead of time and frozen for up to one month.

### More Fat

Add almond butter.

### More Protein

Add collagen powder or protein powder of choice.

### More Flavor

Add vanilla, nutmeg or clove.

### Additional Toppings

Sliced banana, shredded coconut, chopped almonds, chia seeds or ground flax seeds.

### No Bowl

Serve as a smoothie in a glass instead of a bowl.

## Ingredients

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**2** Sweet Potato (small, cut into cubes)

**2 cups** Water (cold)

**1/2 cup** Canned Coconut Milk

**1** Banana (frozen, plus additional fresh banana for optional topping)

**1 cup** Frozen Cauliflower

**2 tsps** Maple Syrup

**2 tsps** Cinnamon



# Lemon Coconut Power Balls

8 ingredients · 15 minutes · 3 servings



## Directions

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1. Add the shredded coconut to a food processor and blend until a coarse crumb forms.
2. Add the remaining ingredients to the shredded coconut in the food processor and blend until a dough forms. Form into even balls with your hands, roughly 1-inch in diameter.
3. Let them set in the fridge for at least an hour before serving. Store in the fridge or freezer until ready to enjoy.

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days or freeze for up to two months.

### Serving Size

One serving is one ball.

### Additional Toppings

Top with shredded coconut, coconut sugar and lemon zest.

### No Maple Syrup

Use honey or agave instead.

### Consistency

The dough will be soft and moist as you form the balls but will become firm in the fridge or freezer.

## Ingredients

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**1/3 cup** Unsweetened Shredded Coconut

**2 tbsps** Coconut Butter

**1/8 oz** Collagen Powder

**2 tsps** Lemon Juice

**1 1/2 tsps** Maple Syrup

**1/3 tsp** Lemon Zest

**1/4 tsp** Vanilla Extract

**1/16 tsp** Sea Salt (optional)

# Fruit Kabobs

7 ingredients · 15 minutes · 2 servings



## Directions

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1. Wash fruit.
2. Slide one piece of each type of fruit onto the skewer and set aside.
3. Repeat using the same pattern until all ingredients are used up. Cover and store in the fridge until ready to serve. Enjoy!

## Notes

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### Added Touch

Drizzle with melted dark chocolate.

### Mix it Up

Use whatever fruit you have on hand. Watermelon, honeydew, banana and orange slices all work great!

## Ingredients

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**1/4 cup** Strawberries (halved)

**1/4 cup** Pineapple (cubed)

**1/4 cup** Blackberries

**1/8** Cantaloupe (cubed)

**1/4 cup** Blueberries

**1/4 cup** Raspberries

**4** Barbecue Skewers



# Slow Cooker Dill Vegetable Soup

10 ingredients · 4 hours · 1 serving



## Directions

1. Pour the vegetable broth into the slow cooker and set to high while you prepare the remaining ingredients.
2. Add the chickpeas, carrot, celery and salt. Continue to cook on high for 4 hours, or set to low for 8 hours.
3. Stir in the kale, dill, coconut milk, apple cider vinegar and nutritional yeast. Adjust the salt as needed and cook for another 10 minutes.
4. Divide into bowls and enjoy!

## Notes

### Serving Size

One serving is equal to approximately 1.25 cups of soup.

### More Carbs

Stir in cooked rice or quinoa before serving.

### No Coconut Milk

Use almond milk, cashew milk, oat milk or cream instead.

### No Chickpeas

Use white navy beans, red kidney beans, black beans, diced chicken or meatballs instead.

### Storage

Refrigerate in an airtight container up to 5 days, or freeze if longer.

## Ingredients

**3/4 cup** Vegetable Broth  
**3 tbsps** Dry Chickpeas (uncooked, rinsed)  
**1/4** Carrot (medium, peeled and diced)  
**1/2 stalk** Celery (diced)  
**1/8 tsp** Sea Salt  
**1/2 cup** Kale Leaves (chopped)  
**1 1/2 tsps** Fresh Dill (stems removed, chopped)  
**1/4 cup** Canned Coconut Milk  
**3/4 tsp** Apple Cider Vinegar  
**3/4 tsp** Nutritional Yeast



# Basic Granola

5 ingredients · 30 minutes · 3 servings



## Directions

1. Preheat the oven to 300°F (148°C) and line a baking sheet with parchment paper.
2. In a mixing bowl combine the oats, oat flour, and cinnamon. Stir in the maple syrup and oil until well combined.
3. Bake for 20 to 23 minutes until golden brown, stirring halfway through.
4. Remove from the oven and let cool completely on the tray. Enjoy!

## Notes

### Leftovers

Store in an airtight container for up to two weeks.

### Serving Size

One serving is approximately a 1/2 cup.

### More Flavor

Add vanilla, nutmeg, or a pinch of salt.

### Additional Toppings

Stir dried fruit, roasted nuts, or chocolate chips into the cooled granola.

### No Avocado Oil

Use coconut oil instead.

### No Maple Syrup

Use honey instead.

### No Oat Flour

Blend quick oats in a food processor or blender until a flour-like consistency forms.

## Ingredients

- 1 1/3 cups Quick Oats
- 1 1/2 tbsps Oat Flour
- 1 1/8 tps Cinnamon
- 1/4 cup Maple Syrup
- 1 1/2 tbsps Avocado Oil

# Sweet & Salty Kale Chips

4 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Place kale leaves in a large bowl and add the salt, maple syrup, and oil on top. Massage lightly to coat the leaves.
3. Arrange the kale across the baking sheet. Bake in the oven for 10 to 15 minutes or until crispy. Serve and enjoy!

## Ingredients

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**4 cups** Kale Leaves (packed, torn into pieces)  
**1 tsp** Sea Salt  
**2 tbsps** Maple Syrup  
**1 tbsp** Extra Virgin Olive Oil

## Notes

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### Leftovers

Store in the freezer in an airtight container to keep crunchy for up to one month. If leftovers need more crunch, reheat in the oven for 4 to 5 minutes at 350°F (177°C).

### Serving Size

One serving is equal to one cup of kale chips.

### More Flavor

Add cinnamon.



# Beef Taco Rice Bowl with Cabbage

8 ingredients · 40 minutes · 2 servings



## Directions

1. Cook the rice according to the package directions.
2. Preheat a frying pan over medium heat. Add the beef, breaking it up as it cooks. Add the taco seasoning and continue to break up the beef. Cook for seven to 10 minutes or until cooked through.
3. In a separate pan, add the oil and sauté the cabbage for three to five minutes.
4. Divide the rice, beef, cabbage, avocado, and green onions evenly between bowls. Season with salt and pepper and enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days. Prepare the avocado when ready to serve.

### Serving Size

One serving is approximately 1/2 cup of rice and 1 1/2 cups of cabbage with beef.

### More Flavor

Add lime juice and minced garlic to the mashed avocado.

### Additional Toppings

Shredded cheese, salsa, and/or sour cream.

### Make it Vegan

Use crumbled tempeh in place of the beef.

## Ingredients

**1/3 cup** Brown Rice (dry)  
**5 1/3 ozs** Extra Lean Ground Beef  
**1 1/3 tsps** Taco Seasoning  
**1 1/3 tsps** Avocado Oil  
**2 cups** Purple Cabbage (chopped)  
**1 1/3 stalks** Green Onion (chopped)  
**2/3** Avocado (mashed)  
Sea Salt & Black Pepper (to taste)



# Chicken, Broccoli & Mashed Potatoes

6 ingredients · 30 minutes · 2 servings



## Directions

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1. Add the potatoes to a pot and cover with water. Boil for ten minutes or until the potatoes fall off of a fork when pierced. Drain. Add half of the oil and salt to taste. Mash the potatoes until they are your desired texture.
2. Meanwhile, add the remaining oil to a skillet over medium heat. Add the chicken thighs and cook for five to seven minutes. Flip the chicken and add the broccoli to the skillet around the chicken. Season everything with paprika, salt, and pepper. Cover and cook for five to seven minutes or until the chicken is cooked through.
3. Divide the potatoes, chicken, and broccoli between plates. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is one chicken thigh, one cup of broccoli, and approximately 1/2 cup of mashed potatoes.

### More Flavor

Use butter instead of oil for the potatoes, and add minced garlic and fresh thyme.

### Additional Toppings

Chopped fresh parsley.

## Ingredients

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**3** Yellow Potato (medium, peeled and chopped)

**2 tsps** Extra Virgin Olive Oil (divided)

Sea Salt & Black Pepper (to taste)

**8 ozs** Chicken Thighs with Skin (bone-in)

**2 cups** Frozen Broccoli

**1/2 tsp** Paprika

# Arugula, Kale & Pinto Bean Salad

7 ingredients · 10 minutes · 2 servings



## Directions

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1. In a large bowl, add the chopped kale and drizzle some of the oil on top. Massage with your hands until the kale softens.
2. Add the remaining ingredients and toss to combine. Divide into bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Add nuts, seeds, and/or goat cheese.

## Ingredients

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**2 cups** Kale Leaves (chopped)

**2 tbsps** Extra Virgin Olive Oil (divided)

**1 cup** Arugula

**1 1/2 cups** Pinto Beans (cooked, rinsed and drained)

**1** Beet (large, peeled, chopped)

**1/2** Lemon (juiced)

Sea Salt & Black Pepper (to taste)

# Lentil, Bean & Turkey Chili

10 ingredients · 30 minutes · 2 servings



## Directions

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1. Preheat the oil in a large skillet or pot over medium-high heat. Add the garlic and onions. Stir and cook for approximately two minutes or until tender. Add the turkey, breaking it up as it cooks. Cook for five to seven minutes or until browned.
2. Add the lentils, beans, diced tomatoes, broth, chili powder, and cumin. Stir well to combine.
3. Bring the chili to a simmer and let it cook for about 20 minutes or until the liquid has reduced to your preferred consistency. Stir occasionally.
4. Divide evenly between bowls and enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to four days. Freeze individual portions for up to three months.

### Serving Size

One serving is approximately two cups.

### Additional Toppings

Shredded cheese, sour cream, chopped green onions, avocado slices, and/or cilantro.

## Ingredients

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- 2 **tsps** Extra Virgin Olive Oil
- 1 **1/3** Garlic (clove, minced)
- 2/3 Yellow Onion (chopped)
- 8 **ozs** Extra Lean Ground Turkey
- 2/3 **cup** Lentils (cooked)
- 1 **cup** Red Kidney Beans (cooked)
- 2 **2/3 cups** Diced Tomatoes (from the can, with the juices)
- 1 **cup** Vegetable Broth, Low Sodium
- 2/3 **tsp** Chili Powder
- 1 **1/3 tsps** Cumin



# Grilled Zucchini & Chickpea Pasta Salad

9 ingredients · 25 minutes · 2 servings



## Directions

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1. Cook the chickpea pasta according to the package directions. In the final five minutes of cooking, add the frozen peas to the pot to cook. Drain everything and set aside.
2. Meanwhile, preheat the grill to medium heat. Toss the zucchini and onion with half of the oil. Add to a grill basket and grill until the veggies are slightly charred, about five to seven minutes.
3. Mix the lemon juice, garlic, sea salt, pepper, and remaining oil. Toss this mixture together with the pasta, peas, and veggies, and garnish with the dill. Enjoy!

## Notes

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### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add goat cheese.

### Additional Toppings

Slivered almonds, walnuts, and/or lemon zest.

## Ingredients

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**4 ozs** Chickpea Pasta (dry)  
**1/3 cup** Frozen Peas  
**1** Zucchini (chopped)  
**1/4 cup** Red Onion (sliced)  
**2 tsps** Extra Virgin Olive Oil (divided)  
**1/2** Lemon (juiced)  
**1** Garlic (clove, minced)  
Sea Salt & Black Pepper (to taste)  
**2 tbsps** Fresh Dill (chopped)