



## Upgraded Paleo Gluten Free, Dairy Free Meal Plan Week 2 Full 7 Day Example:

### MENU B

Allergy Free -7 Day Breakfast, Lunch, Dinner & Snacks Plan

FROZEN	Breakfast
<b>DAY 1</b>	Fresh Seasonal Fruit Salad & Coconut Yoghurt & Pepitas
<b>DAY 2</b>	Grilled Goat Haloumi, Spinach, Roast Cherry Tomato & Mushrooms
<b>DAY 3</b>	Moroccan Lamb, Baked Egg & Chermoula
<b>DAY 4</b>	Sweet Potato & Red Lentil Hash Cakes, Spinach & Nomato Sauce
<b>DAY 5</b>	Quinoa, Psyllium, Chia & Apple Bircher Muesli, Coconut Yoghurt
<b>DAY 6</b>	Wholemeal Fruit Loaf, Sunflower, Pepitas & Cinnamon Butter
<b>DAY 7</b>	Paleo Muesli, Cranberry & Almond Milk
Lunch	
<b>DAY 1</b>	Free Range Curry Egg & Lettuce Wrap
<b>DAY 2</b>	Thai Fish Cakes & Asian Noodle Salad
<b>DAY 3</b>	Tandoori Chicken Salad & Avocado Nahn
<b>DAY 4</b>	Roast Turkey Breast, Cranberry & Quinoa Salad
<b>DAY 5</b>	Semidried Tomato, Green Olives, Eggplant, Spinach & Capsicum Pizza GF
<b>DAY 6</b>	Vegetable & Quinoa Mousakka
<b>DAY 7</b>	Italian White Bean & Chicken Summer Casserole
Dinner	
<b>DAY 1</b>	DF Macadamia Barramundi, Sweet Potato Puree & Greens
<b>DAY 2</b>	Balsamic Roast Chicken Breast & Vegetables
<b>DAY 3</b>	Lamb & Ginger Rissoles, Beetroot Relish with Steamed Greens
<b>DAY 4</b>	Lentil, Spinach & Sweet Potato Pie with Cashew Pesto
<b>DAY 5</b>	Pumpkin & Chickpea Curry with Quinoa
<b>DAY 6</b>	Beef & Sweet Potato Casserole
<b>DAY 7</b>	Butter Chicken, Steamed Vegetables & Brown Rice
Snacks	
1X	Fresh Seasonal Fruit
1X	Hummus & Brown Rice Crackers
1X	Hummus & Vegetable Sticks
2X	Carrot Friand with Cashew Frosting
2X	Strawberry Bliss Balls
3X	Organic Raw Mixed Nuts
2X	Coconut Yoghurt

