

Whole Food PLAN- (Gluten and Dairy free)

Created by Holly Niles, MS, CNS, LDN



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Enjoy this gluten and dairy free meal plan!

Warmly,
Holly

Whole Food PLAN- (Gluten and Dairy free)

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Zucchini Turkey Breakfast Skillet	Pesto Zoodles with Poached Egg	Breakfast Pilaf	Pesto Zoodles with Poached Egg	Zucchini Turkey Breakfast Skillet	Breakfast Pilaf	Breakfast Protein Bowl
Snack 1	Raspberry Chia Protein Pudding	Celery with Sunflower Seed Butter	Raspberry Chia Protein Pudding	Toasted Walnuts	Toasted Walnuts	Celery with Sunflower Seed Butter	Raspberry Chia Protein Pudding
Lunch	Eggs with spinach	Butter Chicken and Cauliflower Rice	One Pan Salmon with Green Beans & Roasted Tomato	Slow Cooker Bolognese with Spaghetti Squash	15 Minute Tilapia	Roasted Chicken with Zucchini & Olives 500	Spaghetti Squash Burrito Bowls
Snack 2	Oil-Free Hummus with steamed veggies	Sardine & Avocado Endive Wraps	Smoked Salmon Wrapped Avocado	Sardine & Avocado Endive Wraps	Oil-Free Hummus with steamed veggies	Smoked Salmon Wrapped Avocado	Oil-Free Hummus with steamed veggies
Dinner	Butter Chicken and Cauliflower Rice	One Pan Salmon with Green Beans & Roasted Tomato	Slow Cooker Bolognese with Spaghetti Squash	15 Minute Tilapia	Roasted Chicken with Zucchini & Olives 500	Spaghetti Squash Burrito Bowls	One Pan Chicken Thighs, Green Beans & Sweet Potato

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72 items

Fruits

- 12 Avocado
- 2 1/2 Lemon
- 3/4 cup Lemon Juice
- 3/4 Lime
- 2 1/4 cups Raspberries

Seeds, Nuts & Spices

- 1 1/2 Bay Leaf
- 1/8 tsp Black Pepper
- 3/4 cup Chia Seeds
- 1 1/2 tbsps Chili Powder
- 1 1/2 tps Cumin
- 1 1/2 tps Curry Powder
- 1 tsp Garam Masala
- 1 tsp Garlic Powder
- 2 tps Oregano
- 1 1/2 tps Paprika
- 1 tsp Red Pepper Flakes
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/2 cup Slivered Almonds
- 1/4 cup Walnuts

Vegetables

- 10 cups Baby Spinach
- 1 1/4 cups Basil Leaves
- 1/2 head Cauliflower
- 8 stalks Celery
- 2 3/4 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 heads Endive
- 8 1/2 Garlic
- 1 tbsp Ginger
- 4 cups Green Beans
- 1 stalk Green Onion
- 1/2 cup Matchstick Carrots
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 1 1/2 Spaghetti Squash
- 1 1/2 cups Steamed Vegetables
- 2 Sweet Potato
- 1/2 tsp Thyme
- 1 Tomato
- 1 1/2 Yellow Onion
- 7 1/2 Zucchini

Boxed & Canned

- 1 1/4 cups Brown Basmati Rice
- 6 cups Chickpeas
- 1 1/2 cups Crushed Tomatoes
- 1 1/2 cups Diced Tomatoes
- 2 tbsps Organic Chicken Broth
- 1/2 cup Organic Coconut Milk
- 1 cup Organic Salsa
- 1/4 cup Quinoa
- 12 ozs Sardines
- 2 tbsps Tomato Paste

Baking

- 1/3 cup Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 6 ozs Chicken Breast
- 8 ozs Chicken Leg, Boneless With Skin
- 8 ozs Chicken Thighs With Skin
- 2 lbs Extra Lean Ground Turkey
- 10 ozs Salmon Fillet
- 2 lbs Smoked Salmon
- 2 Tilapia Fillet

Condiments & Oils

- 1 tsp Avocado Oil
- 2 tbsps Capers
- 1 1/2 tps Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 1/3 cup Green Olives
- 1/2 cup Sunflower Seed Butter
- 1 cup Tahini

Cold

- 1/4 cup Butter
- 11 Egg
- 3 cups Unsweetened Almond Milk

Other

- 3/4 cup Vanilla Protein Powder
- 4 3/4 cups Water

Zucchini Turkey Breakfast Skillet

6 ingredients · 20 minutes · 3 servings



Directions

1. Add the coconut oil to a large skillet and place over medium heat.
2. Cook the ground turkey, breaking it up as it cooks through. Once it starts to brown, stir in the zucchini. Continue to saute until the zucchini has softened (about 3 - 5 minutes).
3. Add the salsa to the skillet and stir well to mix.
4. Use a spoon to create pockets for the eggs. Crack an egg into each pocket and cover the skillet with a lid. Let the eggs cook until done to your liking (3 to 5 minutes).
5. Divide onto plates and season with sea salt and black pepper to taste. Add hot sauce if you'd like some heat. Enjoy!

Notes

More Protein

Add extra eggs.

Vegetarian

Use lentils instead of ground turkey.

More Greens

Stir in baby spinach or kale right after you add the salsa. Stir until wilted.

No Salsa

Use crushed tomatoes instead.

Ingredients

- 1 1/2 **tsps** Coconut Oil
- 1 **lb** Extra Lean Ground Turkey
- 2 Zucchini (large, finely diced)
- 1 **cup** Organic Salsa
- 3 Egg
- Sea Salt & Black Pepper (to taste)

Pesto Zoodles with Poached Egg

9 ingredients · 20 minutes · 4 servings



Directions

1. Spiralize your zucchinis into noodles and set aside.
2. In a food processor combine basil, spinach, garlic, walnuts, olive oil, lemon juice and sea salt. Blend until smooth.
3. Fry your eggs in a skillet or poach them in a small sauce pan with water and vinegar. Transfer them to a plate lined with paper towel.
4. You can serve this dish in two ways: For a cold dish, toss your zucchini noodles in desired amount of pesto, top with a fried or poached egg and serve. Or, for a warm dish, heat a bit of olive oil in the skillet and saute your noodles until warmed through, add pesto and work it around with tongs to evenly distribute. Transfer to bowls and top with a fried egg. Enjoy!

Notes

Nut-Free

Use sunflower or pumpkin seeds instead of walnuts.

More Carbs

Use brown rice pasta instead of zucchini noodles.

No Spinach

Use kale or any dark leafy green.

Meat Lover

Skip the poached egg and top with chicken, bacon or steak instead.

Vegan

Skip the poached egg and top with beans, lentils or chickpeas instead.

Ingredients

- 4 Zucchini (large)
- 1 cup Basil Leaves
- 1 cup Baby Spinach
- 1 Garlic (clove, minced)
- 1/4 cup Walnuts
- 1/3 cup Extra Virgin Olive Oil
- 1 Lemon (juiced)
- 1/2 tsp Sea Salt
- 4 Egg

Breakfast Pilaf

11 ingredients · 40 minutes · 8 servings



Directions

1. In a saucepan, bring the water, butter, chicken broth, sea salt, black pepper and garlic to a boil.
2. Add the rice and the carrots. Reduce the heat to a low simmer and cover. Let simmer for 25 to 30 minutes, or until rice is tender.
3. Once the rice is tender, remove from the heat. Stir in the slivered almonds, parsley and green onion and enjoy!

Notes

Serving Size

One serving is equal to approximately 1/2 cup of pilaf.

Nut-Free

Use sunflower seeds instead of slivered almonds.

Dairy-Free

Use olive oil instead of butter.

No Brown Basmati Rice

Use any type of long-grain rice instead.

Leftovers

This rice keeps well in the fridge up to three days.

Increase protein

Add 3 oz. cooked wild salmon or chicken breast when serving to increase protein. (4 oz. = the size of a deck of cards)

Ingredients

- 2 3/4 cups Water
- 1/4 cup Butter
- 2 tbsps Organic Chicken Broth
- 1/4 tsp Sea Salt
- 1/8 tsp Black Pepper
- 1 Garlic (clove, minced)
- 1 1/4 cups Brown Basmati Rice (dry, uncooked)
- 1/2 cup Matchstick Carrots
- 1/2 cup Slivered Almonds (toasted)
- 1/4 cup Parsley (chopped)
- 1 stalk Green Onion (chopped)

Breakfast Protein Bowl

7 ingredients · 25 minutes · 1 serving



Directions

1. Add quinoa and water to a pot and bring to a low boil. Once boiling, reduce heat to a simmer, cover and let cook for about 12 to 15 minutes. When done, remove the pot from the heat and fluff the quinoa with a fork.
2. Heat a pan over medium-low heat and make scrambled eggs. Remove and place on a plate.
3. Add the spinach to the same pan and heat over low until wilted. Remove from heat.
4. Add quinoa to a bowl and add the eggs, greens, cherry tomatoes and mashed avocado. Season to taste with salt. Enjoy!

Notes

Prep Ahead

Make the quinoa in advance and used hard boiled eggs to save time.

Extra Nutrients

Top with sprouts or microgreens.

Ingredients

- 1/4 cup Quinoa (dry, uncooked)
- 3/4 cup Water
- 2 Egg
- 2 cups Baby Spinach
- 1/3 cup Cherry Tomatoes (halved)
- 1/2 Avocado (mashed)
- 1/8 tsp Sea Salt (or more to taste)

Raspberry Chia Protein Pudding

5 ingredients · 30 minutes · 2 servings



Directions

1. In a large bowl, combine the chia seeds with the almond milk and the protein powder. Whisk well, making sure all the seeds are incorporated. Refrigerate for at least 20 minutes or overnight to thicken.
2. In a small bowl, mash half the raspberries with a fork. Top the chia pudding with the mashed raspberries, remaining raspberries and coconut flakes. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Nut-Free

Use coconut milk instead of almond milk.

Likes it Sweet

Add a drizzle of maple syrup or honey.

Protein Powder

This recipe was developed and tested using a plant-based protein powder.

Ingredients

- 1/4 cup** Chia Seeds
- 1 cup** Unsweetened Almond Milk
- 1/4 cup** Vanilla Protein Powder
- 3/4 cup** Raspberries (divided)
- 2 tbsps** Unsweetened Coconut Flakes

Celery with Sunflower Seed Butter

2 ingredients · 5 minutes · 4 servings



Directions

1. Spread sunflower seed butter across celery sticks (about 1 tbsp per celery stalk). Happy munching!

Notes

No Celery

Use cucumber instead

Ingredients

- 8 stalks** Celery (sliced into sticks)
1/2 cup Sunflower Seed Butter

Eggs with spinach

3 ingredients · 10 minutes · 1 serving



Directions

1. Heat a skillet and add olive oil and saute spinach, When wilted, add eggs and cook until eggs are set.

Ingredients

- 2 Egg (Choose pasture raised or local if possible)
- 1 cup Baby Spinach
- 1 1/2 tsps Extra Virgin Olive Oil

Oil-Free Hummus with steamed veggies

7 ingredients · 5 minutes · 6 servings



Directions

1. Add the chickpeas to the bowl of a food processor and blend until pureed.
2. Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

Serving Size

One serving is approximately 1/3 cup of hummus.

Serve it With

Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Consistency

If hummus is too thick, add additional cold water, one tablespoon at a time.

Ingredients

- 2 cups** Chickpeas (cooked)
- 1** Garlic (clove, minced)
- 1/4 cup** Lemon Juice
- 1 tsp** Sea Salt
- 1/3 cup** Tahini
- 1/4 cup** Water (cold)
- 1/2 cup** Steamed Vegetables (Lightly steam your favorite vegetables)

Sardine & Avocado Endive Wraps

3 ingredients · 5 minutes · 2 servings



Directions

1. In a bowl, gently break the sardines into chunks. Add avocado and toss until just combined.
2. Fill each endive leaf with the sardine avocado mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is equal to approximately three endive-filled leaves.

Additional Toppings

Add green onions, chives, red onions, fresh or dried herbs and/or mayonnaise.

No Endive

Use lettuce leaves, radicchio leaves, sweet potato toast, crackers or bread instead.

Ingredients

6 ozs Sardines (packed in oil, drained)

1 Avocado (cubed)

1 head Endive (leaves separated)

Smoked Salmon Wrapped Avocado

2 ingredients · 5 minutes · 2 servings



Directions

1. Slice the avocado and wrap each slice with the smoked salmon. Transfer to a plate and enjoy!

Ingredients

- 1 Avocado
- 3 1/2 ozs Smoked Salmon (sliced)

Butter Chicken and Cauliflower Rice

15 ingredients · 30 minutes · 2 servings



Directions

1. Dice your chicken into cubes and set aside.
2. Heat olive oil in a large skillet over medium heat. Saute your onion, garlic and ginger. Stir in tomato paste, paprika, curry, garam masala, sea salt and chilli powder. Cook for 1 to 2 minutes or until fragrant.
3. Add diced chicken and stir until cooked through, about 5 to 7 minutes. Add in the water and loosen the paste.
4. Stir in coconut milk and reduce to simmer for about 5 minutes.
5. Meanwhile, create your cauliflower rice by adding the florets to the food processor. Process until the cauliflower has a rice-like consistency.
6. Squeeze lime juice on cauliflower rice and transfer into a bowl.
7. Remove from heat and ladle butter chicken over cauliflower rice. Enjoy!

Notes

Vegan or Budget-Friendly

Skip the chicken breast and replace with chickpeas, lentils or beans.

No Coconut Milk

Use Greek yogurt instead.

No Cauliflower Rice

Serve over brown rice or quinoa instead.

More Veggies

Add chopped cauliflower, sweet potatoes, peas, broccoli, baby spinach or chopped kale. Or serve it with a side salad.

Storage

Refrigerate in an air-tight container for up to 2 - 3 days.

Ingredients

- 6 ozs Chicken Breast
- 1 **tbsp** Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 1 Garlic (cloves, minced)
- 1 **tbsp** Ginger (grated)
- 2 **tbsps** Tomato Paste
- 1 **tsp** Paprika
- 1 1/2 **tsp**s Curry Powder
- 1 **tsp** Garam Masala
- 1/2 **tsp** Sea Salt
- 1 1/2 **tsp**s Chili Powder
- 2 **tbsps** Water
- 1/2 **cup** Organic Coconut Milk (full fat)
- 1/2 **head** Cauliflower
- 1/4 Lime (juiced)

One Pan Salmon with Green Beans & Roasted Tomato

5 ingredients · 25 minutes · 2 servings



Directions

1. Preheat oven to 510°F (266°C).
2. Place green beans and cherry tomatoes in a mixing bowl and toss with olive oil. Season with sea salt and black pepper. Transfer to a baking sheet and bake in the oven for 10 minutes.
3. Season your salmon fillets with sea salt and black pepper.
4. Remove veggies from oven and place salmon fillets over top. Place back in the oven and bake for 7 to 10 minutes or until salmon flakes with a fork.
5. Divide veggies between plates and top with salmon. Enjoy!

Notes

No Salmon

Use any type of fish fillet. Baking times will vary depending on thickness.

Vegan

Use roasted chickpeas instead of salmon.

More Carbs

Serve with quinoa or rice.

Added Touch

Toss the green beans in balsamic vinegar before serving.

Ingredients

- 2 cups** Green Beans (washed and trimmed)
- 1 cup** Cherry Tomatoes
- 1 1/2 tsps** Extra Virgin Olive Oil (or coconut oil)
- Sea Salt & Black Pepper (to taste)
- 10 ozs** Salmon Fillet

Slow Cooker Bolognese with Spaghetti Squash

11 ingredients · 8 hours · 2 servings



Directions

1. Heat olive oil in a large skillet over medium heat. Add ground turkey, onion and garlic. Cook while breaking up the pieces with a spatula until browned. Transfer to your slow cooker. Add diced tomatoes, crushed tomatoes, bay leaves and oregano. Cover and cook on low for 8 hours.
2. About 1 hour before you are ready to eat, preheat the oven to 400. Carefully slice your spaghetti squash in half. Use a spoon to scoop out the seeds and discard.
3. Line a baking sheet with foil and place the squash on the sheet with the flesh side up. Bake in the oven for 30 to 45 minutes depending on the size of the squash.
4. Remove from oven and allow it to cool until it is safe to handle. Use a fork to carve the flesh out of the squash. It should come out like spaghetti noodles. Place the flesh in a large mixing bowl and toss with a drizzle of extra virgin olive oil, chopped basil and season with sea salt and pepper to taste.
5. Remove bay leaves from slow cooker. Plate spaghetti squash and spoon bolognese sauce over top. Garnish with fresh ground pepper and red pepper flakes if you like it spicy. Enjoy!

Notes

More Vegetables

Add diced green pepper and mushrooms.

Vegetarian

Use lentils instead of ground turkey.

More Carbs

Use brown rice pasta instead of spaghetti squash.

No Slow Cooker

Make it on the stovetop and let simmer for at least an hour.

Ingredients

- 3/4 tsp** Extra Virgin Olive Oil
- 8 ozs** Extra Lean Ground Turkey
- 1/2** Yellow Onion (diced)
- 2 1/2** Garlic (cloves, minced)
- 1 1/2 cups** Diced Tomatoes (drained)
- 1 1/2 cups** Crushed Tomatoes
- 1 1/2** Bay Leaf
- 1/2 tsp** Oregano
- 1/2** Spaghetti Squash
- 1/4 cup** Basil Leaves (chopped)
- 1/2 tsp** Red Pepper Flakes

15 Minute Tilapia

9 ingredients · 15 minutes · 2 servings



Directions

1. Add water to a skillet, place it over high heat and bring it to a boil. Add tomatoes and red pepper flakes. Set fish on top and season with sea salt and black pepper. Cover with a lid and cook for 3 minutes.
2. Remove lid and set the spinach on top of the tilapia. Cover again and let cook for another 2 minutes or until tilapia flakes with a fork. Use a slotted spoon to transfer the tilapia and vegetables to a plate. Turn off the heat.
3. In a bowl, combine the olive oil, lemon juice, and capers. Whisk with a fork.
4. Divide spinach and tomatoes between plates. Top with tilapia and drizzle with olive oil sauce. Season with more sea salt and black pepper if you so desire. Enjoy!

Notes

No Tilapia

Use any type of white fish. Adjust poaching time depending on thickness of the fillet.

Make it Spicy

Double up on the red pepper flakes.

Ingredients

- 1/2 cup Water
- 1 1/2 cups Cherry Tomatoes
- 1/2 tsp Red Pepper Flakes
- 2 Tilapia Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups Baby Spinach
- 1 tbsp Extra Virgin Olive Oil
- 1/2 Lemon (juiced)
- 2 tbsps Capers

Roasted Chicken with Zucchini & Olives 500

6 ingredients · 1 hour 20 minutes · 2 servings



Directions

1. Preheat oven to 375F^o (191°C).
2. Lay chicken in a large cast iron skillet, or baking sheet, and season with sea salt. Place the sliced zucchini around the chicken and top with olives, lemon juice, and olive oil.
3. Bake for 45 minutes, then broil on low for 10-15 more minutes until the top is browned. Baste with juices throughout cooking.
4. Remove from oven and let stand 15 minutes before serving. Enjoy!

Notes

Leftovers

Keeps well in the fridge for 2 to 3 days.

More Carbs

Serve with rice, quinoa, or roasted potatoes.

Vegetarian/Vegan

Instead of chicken, use 3 cups of chickpeas. Reduce cooking time to 30 minutes and do not broil.

Ingredients

8 ozs Chicken Leg, Boneless With Skin

1/4 tsp Sea Salt

1 1/2 Zucchini (medium, sliced)

1/3 cup Green Olives (sliced)

1 Lemon (juiced)

2 tbsps Extra Virgin Olive Oil

Spaghetti Squash Burrito Bowls

14 ingredients · 40 minutes · 2 servings



Directions

1. Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. Using a sharp knife, very carefully split the spaghetti squash in half lengthwise and scoop out the seeds with a spoon. Brush the inside surface with half the olive oil, and place face-down on the baking sheet.
3. Bake squash for 40 minutes, until it is easily pierced with a fork.
4. While the squash is baking, heat remaining olive oil in a skillet. Add the turkey and cook until it begins to brown. Break it up with a spatula as it cooks through. Add the diced pepper, spices and salt. Continue cooking for about 10 minutes, or until turkey is thoroughly cooked.
5. Spoon the turkey filling into the each half of the spaghetti squash. Top with diced red onion, tomato, avocado, cilantro and a squeeze of lime juice.

Notes

Vegan & Vegetarian

Use black beans instead of ground meat.

Leftovers

Refrigerate in an air-tight container up to 2 days. Reheat before serving.

Ingredients

- 1 Spaghetti Squash (medium)
- 1 1/2 **tbsps** Extra Virgin Olive Oil (divided)
- 8 **ozs** Extra Lean Ground Turkey
- 1 Red Bell Pepper (diced)
- 1 **tbsp** Chili Powder
- 1 1/2 **tsps** Cumin
- 1 1/2 **tsps** Oregano
- 1 **tsp** Garlic Powder
- 1/4 **tsp** Sea Salt
- 1/4 **cup** Red Onion (finely diced)
- 1 Tomato (diced)
- 1/2 Avocado (cubed)
- 1/4 **cup** Cilantro (chopped)
- 1/2 Lime (sliced into wedges)

One Pan Chicken Thighs, Green Beans & Sweet Potato

7 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
2. Place the chicken thighs and sweet potato on the baking sheet and drizzle with avocado oil. Season with salt, pepper, paprika and thyme. Bake for 30 minutes.
3. Remove from the oven and add the green beans to the baking sheet. Place back in the oven for 10 to 15 minutes, or until everything is cooked through. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 3 days.

No Thyme

Use rosemary, parsley or basil instead.

Ingredients

- 8 ozs** Chicken Thighs with Skin
- 2** Sweet Potato (medium, cut into wedges)
- 1 tsp** Avocado Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 tsp** Paprika
- 1/2 tsp** Thyme (dried)
- 2 cups** Green Beans (trimmed)