

TOP 9 ALLERGEN FREE MEAL PLAN

M E N U

BREAKFAST

DINNER

M O N

Buttery Coconut
Granola

Slow Cooker Lentil
Curry with Rice

T U E

Dairy Free Yogurt
Parfaits with Fruit and
Granola

Italian Meatball Soup
with Gluten Free
Crackers

W E D

Chia Seed Pudding with
Cherries

Ground Beef Stroganoff

T H U

Apple Cinnamon Millet
Porridge

Carrot Cauliflower Soup
and Green Salad

F R I

Chocolate Overnight
Oats

Vegan Grilled Cheese
and Potato Leek Soup

S A T

Cinnamon French Toast
Sticks

Easy Turkey Tacos

S U N

Sweet Potato Sausage
Skillet

Oven Roasted Chicken
Legs, Mashed Potatoes,
and Gravy

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GROCERY LIST

MEAT

- 1 pound ground pork
- 1.5 pounds ground beef
- 1 pound ground turkey
- 18 chicken legs
- 1 package breakfast sausage links

DAIRY FREE

- vegan buttery spread
- non-dairy vanilla yogurt
- non-dairy milk
- dairy free sliced cheddar cheese

PRODUCE

- blueberries
- strawberries
- zucchini
- peaches
- cherries
- red onion
- sweet onions
- yellow pepper
- peaches
- cherries
- garlic
- red peppers
- apples
- carrots
- cauliflower
- romaine lettuce
- red cabbage
- celery
- lemon
- leeks
- potatoes
- avocados
- sweet potatoes

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GROCERY LIST

PANTRY ITEMS

- certified gluten free oats
- coconut flakes
- maple syrup
- vanilla extract
- canned coconut milk
- garlic powder
- cumin
- salt and pepper
- curry powder
- ground ginger
- garam masala
- sugar
- olive oil
- rice
- green lentils
- Italian seasoning
- jarred marinara sauce
- canned cannellini beans
- gluten free bread
- tomato paste
- tomato sauce
- cinnamon
- nutmeg
- millet
- tomato sauce
- cinnamon
- dried cranberries
- cocoa powder
- dairy free chocolate chips
- roasted pumpkin seeds
- ketchup
- cumin
- smoked paprika
- taco shells
- corn starch
- smoked paprika