

SUNDAY

Breakfast

Egg Pizza (page 000)
Waffles (page 000) or
gluten-free pancakes of
your choice
Fresh fruit

Lunch

Mini Corn Dog Muffins
(page 000)
Smoothie of choice
(page 000)

Dinner

Crispy Oven-Baked
Wings (page 000)
Green Onion & Bacon
Mac & Cheese
(page 000)

Snack

Chocolate Custard
(page 000) with fresh
fruit

Shortcuts, Tips & Tricks

Make a double batch of Waffles and freeze leftovers to use later on weekdays when you're running short on time! Also make a batch of Mayonnaise (page 000), Stock (page 000), Snack Balls (page 000), and Honey Nut Cereal (page 000) and Coconut/Almond Milk (page 000) if you want to try to get off of gluten-free cereal. Many items can be made ahead of time, like Mini Corn Dog Muffins and Not Beanie Wienies (page 000) as well as baked goods like cookies and cake.

MONDAY

Breakfast

Quick Banana-Chocolate
Soufflé Cake (page 000)
Bacon

Lunch

Leftover Mac & Cheese
Leftover Mini Corn Dog
Muffins

Dinner

Linguine with Baby
Clams with spiralized
squash or your preferred
gluten-free noodles
(page 000)
Garlic Breadsticks
(page 000)
green salad (see "How to
Build a Salad," page 000)

Snack

Snack Balls (page 000)

TUESDAY

Breakfast

Honey Nut Cereal (page
000) or gluten-free cereal
of your choice
Coconut or other milk/
yogurt
Sliced banana or other
fruit

Lunch

Garden Tuna Salad (page
000) on wrap or gluten-
free bread
Sweet Potato Chips (page
000) or your chip of
choice
Fresh fruit

Dinner

Slow Roasted Pork
Shoulder (page 000)
Apple Butter BBQ Sauce
(page 000), Carolina-
Style Sauce (page 000), or
barbecue sauce of choice
Roasted Rainbow
Carrots (page 000)
Cauli-Mash (page 000)
or mashed potatoes

Snack

Lemon Blueberry Bundt
Cake (page 000)

**Shortcuts, Tips,
& Tricks**

*Double the recipe for Sweet
Potato Chips for lunch
later in the week.*

WEDNESDAY

Breakfast

Leftover Quick Banana-Chocolate Soufflé Cake
Salted Caramel Frappé (page 000)

Lunch

Leftover Slow Roasted Pork Shoulder with barbecue sauce on a salad or gluten-free bread
Leftover Snack Balls
Ants on a Log with Nut Butter (page 000)

Dinner

Easy Peasy Pancakes (page 000) or gluten-free pancakes of your choice
Sweet Potato Apple Hash (page 000)

Snack

Smoothie of choice (page 000)

Shortcuts, Tips & Tricks

Try eating your tuna salad with sliced veggies as the scooper. We love carrots but any vegetable works!

THURSDAY

Breakfast

Leftover dinner for breakfast

Lunch

Garden Tuna Salad (page 000) on wrap or gluten-free bread
Leftover Sweet Potato Chips (page 000) or chip of your choice
Fresh fruit

Dinner

Peruvian Chicken (page 000)
Carrot Mash (page 000)
Spinach, Walnut & Bacon Salad (page 000)

Snack

Jerky (page 000) or Energy Bars (page 000)

Shortcuts, Tips & Tricks

Set aside 2 cups of diced, cooked chicken from the Peruvian Chicken dinner for the Chicken Waldorf Salad that will be made the next day.

FRIDAY

Breakfast

Leftover Honey Nut Cereal (page 000) or gluten-free cereal of your choice
Coconut (or other) milk/yogurt
Sliced banana or other fruit

Lunch

Chicken Waldorf Salad made with leftover Peruvian Chicken (page 000) on wraps or gluten-free bread
Leftover Sweet Potato Chips (page 000) or your chip of choice
Leftover Snack Balls (page 000)

Dinner

Meatza (page 000) or your favorite gluten-free pizza
Garlic Breadsticks (page 000) or your favorite gluten-free rolls

Snack

Leftover Lemon Blueberry Bundt Cake (page 000)

SATURDAY

Breakfast

Blueberry Breakfast Cookies (page 000)
Blueberry Sage Breakfast Sausage (page 000)
Iced Mocha (page 000)

Lunch

Chicken Fingers (page 000)
Honey Mustard (page 000)
Ants on a Log with leftover Nut Butter (page 000)

Dinner

Panang Beef Curry (page 000)
Drunken Carrot Noodles (page 000)
Thai Fried Cauli-Rice (page 000) or plain Cauli-Rice (page 000)

Snack

Leftover Jerky (page 000) or leftover Energy Bars (page 000)