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7 day healthy eating meal plan
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7 Day Healthy Eating Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>breakfast</i>	<u>Make-Ahead Breakfast Bowls</u>	<u>Make-Ahead Breakfast Bowls</u> (leftover from Monday)	2 pieces peanut/ almond butter toast + banana or berries	Monkey Salad: Unsweetened coconut chips, sliced banana, full fat coconut milk, raw cashews or almonds, cinnamon	Monkey Salad: Unsweetened coconut chips, sliced banana, full fat coconut milk, raw cashews or almonds, cinnamon	<u>Make-Ahead Raspberry Peach Overnight Oatmeal</u>	<u>Make-Ahead Raspberry Peach Overnight Oatmeal</u> (leftover from Saturday)
<i>lunch</i>	Chef Salad: Lettuce, deli meat, hardboiled egg, shredded cheese, chopped vegetables	Chili leftovers	Chef Salad: Lettuce, deli meat, hardboiled egg, shredded cheese, chopped vegetables	<u>Mediterranean Tuna (or chicken) Salad</u>	<u>Mediterranean Tuna (or chicken) Salad</u>	Crock Pot Chicken and Wild Rice Soup leftovers	Leftovers
<i>dinner</i>	<u>Crock Pot Sweet Potato and Quinoa Turkey Chili</u>	<u>Kale Fried Rice (make a double batch)</u>	<u>Vegetable Fajita Tostada Bowls</u>	<u>Cauliflower Fried Rice</u>	<u>Crock Pot Chicken and Wild Rice Soup</u>	<u>BBQ Salmon BLT Salad</u>	<u>Sausage and Brussels Sprouts Parmesan Pasta</u>
<i>snack</i>	<u>No-Bake Cranberry Chocolate Almond Energy Bites</u>	Vegetables + hummus	Popcorn + apple	String cheese + beef jerky stick (check ingredient list for preservatives or fillers!)	<u>No-Bake Cranberry Chocolate Almond Energy Bites</u>	Vegetables + hummus	Popcorn + apple

shopping list

Refrigerated:

- 15 eggs
- 12oz shredded cheddar cheese (for salads, breakfast bowls, and chili topping)
- 1 package low-fat string cheese
- 3/4 cup grated parmesan cheese
- 12oz vanilla Greek yogurt
- 1/4 cup milk (any kind)
- butter/Earth Balance
- 1 tub hummus

Produce:

- 3 bananas
- 2 apples
- 2 peaches (fresh or frozen)
- 6oz raspberries (fresh or frozen)
- mixed berries
- 3 bags lettuce/mixed greens
- assorted vegetables - carrots, snap peas, celery, bell pepper, etc. (for salads and snacking)
- 2lbs yukon gold potatoes
- 3 green bell peppers
- 1 small head cauliflower
- 2 carrots

- 2 stalks celery
- 3 yellow onions
- 1 sweet onion
- 1 red onion
- 3 heads garlic
- 1 bunch green onions
- 3 avocados
- 2 lemons
- 2 large vine-ripened tomatoes (optional - for tuna or chicken salad)
- 1 cup cherry or grape tomatoes
- 9oz shredded brussels sprouts
- 1 large sweet potato
- 2 bunches curly kale
- 1 bunch cilantro
- 1 clamshell fresh basil

Meat:

- 1lb ground turkey
- 1lb chicken breasts
- 1lb bacon (I like Applegate Farms)
- 8oz sweet Italian sausage (I like Johnsonville)
- 2, 6oz wild caught salmon filets
- 1 package deli meat, ~1.4lb

Groceries:

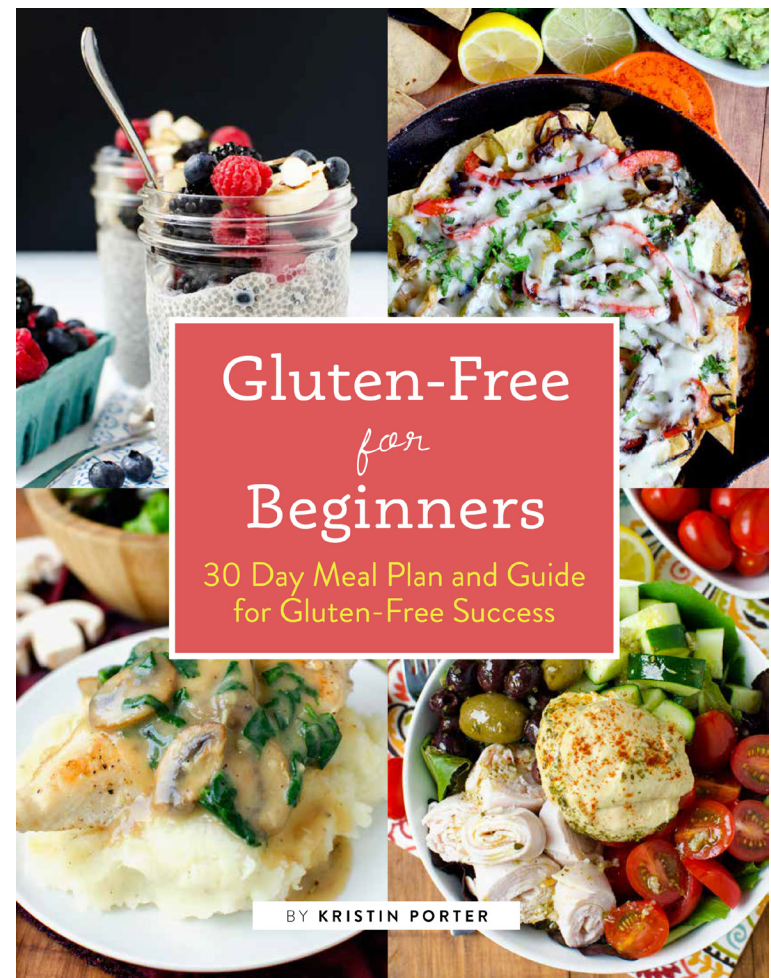
- 1 loaf of bread
- almond or peanut butter
- unsweetened coconut chips (I like Dang brand)
- raw cashews or almonds
- Tortilla chips (for chili topping)
- Popcorn (I like Skinny Pop)
- beef sticks/beef jerky (I like Nick Sticks and Duke's brand, respectively)
- 1-2/3 cups gluten-free old fashioned oats
- 3 Tablespoons chia seeds (optional)
- 1/2 cup sliced almonds
- 2, 5oz cans tuna packed in water OR chicken
- 1/4 cup mayonnaise
- 1 jar kalamata or mixed olives (I like Mezzetta)
- 1 jar fire roasted red peppers (I like Mezzetta)
- 1 jar capers (I like Mezzetta)
- 6 cups chicken broth
- 28oz can crushed tomatoes
- 15oz can full-fat coconut milk (organic if possible)
- 15oz can baked beans (I like Bush's)

30 Day Meal Plan + Gluten-Free Guide for Beginners Ebook!

Thank you for downloading my 7 Day Healthy Eating Meal Plan! If you liked knowing *exactly* what to shop for and cook for an entire week of delicious, healthy eats then check out my ebook, [Gluten-Free for Beginners: 30 Day Meal Plan and Guide for Gluten-Free Success](#), which comes with 30 full days of gluten-free snack, breakfast, lunch, and dinner recipes! In the ebook you'll also find:

- » 30 Day Gluten-Free Meal Plan including daily breakfast, lunch, dinner, and snack recipes
- » Over 10 brand new gluten-free recipes, plus links to recipes on [lowaGirlEats.com](#)
- » Printable shopping lists
- » Gluten-free foods you can eat (and the stuff you can't!)
- » How to create a well-stocked gluten-free kitchen
- » My favorite gluten-free products
- » Tips for avoiding cross contamination in your home
- » How to find hidden sources of gluten in your home and favorite products
- » How to travel and dine out with Celiac Disease or a gluten sensitivity
- » What to do if you're not feeling better right away
- » My favorite gluten-free resources

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