













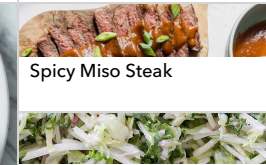



Hi Liz,

Here's some meal ideas to get you started using your food allergy exclusion list. There are a few sneaky ingredients asking for 'flour' or 'milk' etc. Just substitute them with a GF or DF equivalent and cook the recipes as listed.

I hope you enjoy!

x

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	 Yogurt Overnight Oats	 Pineapple Chia Pudding	 Mango Oat Smoothie	 Raspberry Overnight Oats	 Kiwi Green Smoothie	 Avocado Breakfast Toast	 Sweet Potato & Egg Hash
Dinner	 Amatriciana Pasta	 One Pan Burgers & Fries	 Beef and vegetable family pie	 Chipotle Chicken, Broccoli & Wild Rice	 Crispy-skinned barramundi with Vietnamese-style salad	 Spicy Miso Steak	 Fajita Steak Salad

Fruits

- ☐ 4 Avocado
- ☐ 2 Banana
- ☐ 1/2 cup Blackberries
- ☐ 2 Kiwi
- ☐ 1/4 Lemon
- ☐ 1/2 Lime
- ☐ 1/4 cup Lime Juice
- ☐ 3 Limes
- ☐ 1/3 cup Pineapple
- ☐ 2 1/2 cups Raspberries

Breakfast

- ☐ 2 1/8 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1/3 cup Chia Seeds
- ☐ 1 1/2 tps Chili Flakes
- ☐ 1 tbsp Chili Powder
- ☐ 1 1/2 tps Chipotle Powder
- ☐ 1 tsp Cinnamon
- ☐ 1 1/2 tps Garlic Powder
- ☐ 1/4 cup Ground Flax Seed
- ☐ 2 tbsps Hemp Seeds
- ☐ 3/4 cup Raw Peanuts
- ☐ 1/3 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1/2 tsp Smoked Paprika

Frozen

- ☐ 2 cups Frozen Mango
- ☐ 1/2 cup Frozen Peas
- ☐ 4 Ice Cubes
- ☐ 3 Puff Pastry Sheet

Vegetables

- ☐ 2 1/2 cups Baby Spinach
- ☐ 6 cups Broccoli
- ☐ 2 1/2 Carrot
- ☐ 2 stalks Celery
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 cup Cilantro
- ☐ 4 cups Coleslaw Mix
- ☐ 1 1/2 eas French Shallot
- ☐ 3 Garlic Clove
- ☐ 3 stalks Green Onion
- ☐ 1 1/2 heads Iceberg Lettuce
- ☐ 2 cups Kale Leaves
- ☐ 1 tbsp Mint Leaves
- ☐ 1/3 bunch Mint Leaves
- ☐ 1 Red Bell Pepper
- ☐ 1 1/2 Red Hot Chili Pepper
- ☐ 1 1/4 cups Red Onion
- ☐ 16 leaves Romaine
- ☐ 1/3 head Romaine Hearts
- ☐ 3 Russet Potato
- ☐ 1 Sweet Potato
- ☐ 3/4 bunch Thai Basil
- ☐ 1 tbsp Thyme
- ☐ 1 3/4 Tomato
- ☐ 1 1/2 White Onion
- ☐ 2 Yellow Bell Pepper
- ☐ 1 Yellow Onion

Boxed & Canned

- ☐ 2 cups Bone Broth
- ☐ 1/2 cup Canned Coconut Milk
- ☐ 4 1/2 cups Canned Whole Tomatoes
- ☐ 150 grams Rice Vermicelli Noodles
- ☐ 340 grams Rigatoni
- ☐ 1 tbsp Tomato Paste
- ☐ 3 cups Wild Rice

Baking

- ☐ 1/3 cup Coconut Sugar
- ☐ 1 tbsp Honey

Bread, Fish, Meat & Cheese

- ☐ 6 eas Barramundi Fish
- ☐ 680 grams Chicken Breast
- ☐ 1 kilogram Diced Beef
- ☐ 454 grams Flank Steak
- ☐ 680 grams Lean Ground Beef
- ☐ 340 grams Ny Striploin Steak
- ☐ 213 grams Pancetta
- ☐ 1/2 cup Parmigiano Reggiano
- ☐ 2 slices Whole Grain Bread

Condiments & Oils

- ☐ 2 tbsps Apple Cider Vinegar
- ☐ 1 1/2 tbsps Avocado Oil
- ☐ 1 tsp Coconut Oil
- ☐ 1 tbsp Dijon Mustard
- ☐ 1 1/16 cups Extra Virgin Olive Oil
- ☐ 1/3 cup Fish Sauce
- ☐ 2 tbsps Miso Paste
- ☐ 2 tbsps Olive Oil
- ☐ 1/4 cup Sriracha
- ☐ 3/4 cup Vegan Mayonnaise
- ☐ 1 tbsp Worcestershire Sauce

Cold

- ☐ 1/2 cup Cow's Milk, Whole
- ☐ 5 Egg
- ☐ 118 milliliters Pineapple Juice
- ☐ 1 cup Plain Greek Yogurt
- ☐ 4 cups Unsweetened Almond Milk

Other

- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 3 3/4 cups Water

-
- ☐ 2 1/4 cups Oats
 - ☐ 2 tbsps Tapioca Flour
 - ☐ 1 tsp Vanilla Extract
 - ☐ 2 tbsps Whole Wheat Flour



Yogurt Overnight Oats

2 servings

8 hours

Ingredients

1 cup Plain Greek Yogurt
1/2 cup Cow's Milk, Whole
2 tsps Maple Syrup
1 tsp Vanilla Extract
1/2 cup Oats
1/2 cup Blackberries
1/2 cup Raspberries

Directions

- 1 In a bowl, combine the yogurt, milk, maple syrup, and vanilla extract. Stir in the oats.
- 2 Divide evenly between jars and top with blackberries and raspberries. Refrigerate overnight or for at least eight hours. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately one cup.

Make it Vegan: Use plant-based yogurt and milk of choice.

Additional Toppings: Top with cinnamon, coconut flakes, nut butter, nuts and seeds.



Pineapple Chia Pudding

2 servings

35 minutes

Ingredients

1/2 cup Canned Coconut Milk
118 milliliters Pineapple Juice
1/4 cup Chia Seeds
1/2 Lime (zested)
1/3 cup Pineapple (chopped)
1 tbsp Mint Leaves (chopped, optional garnish)

Directions

- 1 Combine the coconut milk, pineapple juice, chia seeds, and lime zest in a bowl. Refrigerate for at least 30 minutes or until chilled and the chia seeds have set.
- 2 Stir well then divide between bowls or jars. Top with pineapple and mint, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is equal to approximately one cup.

More Flavor: Add vanilla extract.

Additional Toppings: Coconut flakes.

Likes it Sweeter: Add honey or maple syrup.



Mango Oat Smoothie

2 servings

5 minutes

Ingredients

2 cups Frozen Mango
1 Banana
1/4 cup Oats
2 cups Unsweetened Almond Milk
2 tbsps Hemp Seeds
1/4 Lemon (juiced)

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Banana: Sweeten with raw honey, maple syrup or soaked dates instead.

Storage: Refrigerate in a mason jar or other air-tight container up to 48 hours.

More Protein: Add more hemp seeds, a scoop of protein powder or spoonful of nut butter.

More Fiber: Add ground flax seed.

More Like Mango Lassi: Reduce almond milk and add coconut yogurt.



Raspberry Overnight Oats

4 servings**8 hours**

Ingredients

1 1/2 cups Oats (rolled)
2 cups Unsweetened Almond Milk
1/4 cup Ground Flax Seed
1 tsp Cinnamon
2 cups Raspberries (fresh or frozen, thawed)

Directions

- 1 Add the oats, almond milk, flax seed and cinnamon together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with raspberries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with almond milk.

Nut-Free: Use a nut-free milk such as oat or soy.

No Rolled Oats: Use quick oats instead.



Kiwi Green Smoothie

2 servings

5 minutes

Ingredients

- 2 Kiwi (small, peeled)
- 1 Banana (frozen)
- 1/2 cup Vanilla Protein Powder
- 2 tbsps Chia Seeds
- 2 1/2 cups Baby Spinach
- 2 cups Water
- 4 Ice Cubes

Directions

1

Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

Notes

No Chia Seeds: Use flax seed instead.

No Protein Powder: Use hemp seeds instead.



Avocado Breakfast Toast

2 servings

25 minutes

Ingredients

- 1 Avocado (small, mashed)
- 2 slices Whole Grain Bread (toasted)
- 1 Tomato (small, sliced)
- 2 Egg (hard-boiled, peeled and sliced)
- Sea Salt & Black Pepper (to taste)

Directions

1

Spread the mashed avocado on the toast then arrange the tomato and hard-boiled egg slices on top. Season with salt and pepper to taste and enjoy!

Notes

How to Hard-Boil Eggs: Bring a small pot of salted water to a boil then carefully add the eggs. Cover the pot with a lid. Turn off the heat but keep the pot on the hot burner. Let stand for 12 minutes then drain. Place eggs in a bowl of ice water for 10 minutes before peeling.

Gluten-Free: Use gluten-free bread.

No Hard-Boiled Eggs: Use fried, scrambled or poached eggs instead.

Likes it Spicy: Add a pinch of chili flakes or hot sauce to the mashed avocado.



Sweet Potato & Egg Hash

2 servings

25 minutes

Ingredients

- 1 tsp Coconut Oil
- 1 Sweet Potato (medium, diced)
- 1/2 tsp Smoked Paprika
- 1 Red Bell Pepper (diced)
- 2 cups Kale Leaves (chopped and packed)
- 2 Egg
- Sea Salt & Black Pepper (to taste)
- 1 Avocado (sliced)
- 1 stalk Green Onion (sliced)

Directions

- 1 Preheat the oven to 400°F (204°C).
- 2 Heat a cast iron pan over medium heat and add oil. Once melted, add the diced sweet potato. Cook for about 4 minutes undisturbed. Once browned, flip them around and continue cooking for 5 more minutes.
- 3 Add the smoked paprika and diced pepper and cook for another 2 minutes. Then add the chopped kale and cook until just wilted. Remove the pan from the heat.
- 4 Make two spaces in the hash mix and crack eggs into each space. Season with sea salt and pepper and place in the oven to bake for 6 to 8 minutes, or until eggs are cooked to your preference.
- 5 Remove from the oven and garnish with avocado and green onion. Divide onto plates and enjoy!

Notes

No Sweet Potato: Use butternut squash instead.

No Kale: Use another leafy green, such as beet greens or rapini.

More Protein: Add extra eggs.

Prep Ahead: Chop vegetables in advance to save time.



Amatriciana Pasta

6 servings**25 minutes**

Ingredients

340 grams Rigatoni (uncooked)
1 1/2 cups Water (reserved from cooking pasta)
213 grams Pancetta (thick slices, cubed)
1 1/2 White Onion (small, chopped)
1 1/2 tsps Chili Flakes
4 1/2 cups Canned Whole Tomatoes (with juices)
1/2 cup Parmigiano Reggiano (finely grated, divided)
1/3 tsp Sea Salt

Directions

- 1 Cook the pasta according to the package directions. Reserve pasta water and drain.
- 2 Meanwhile, cook the pancetta in a large non-stick pan over medium heat for two to three minutes. Add the onion to the pan and cook for another two to three minutes or until onions are soft.
- 3 Add chili flakes and tomatoes to the pan. Crush the tomatoes as they cook. Simmer for about seven to 10 minutes.
- 4 Slowly add the pasta water a few tablespoons at a time along with 2/3 of the parmesan cheese. Stir well and season with salt. Add more pasta water as needed. Stir well and season with salt.
- 5 Divide the pasta evenly between plates and top with the remaining parmesan cheese. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately 1 1/3 cup.

Gluten-Free: Use gluten-free pasta instead.

Dairy-Free: Use dairy-free cheese instead.



One Pan Burgers & Fries

6 servings

40 minutes

Ingredients

3 Russet Potato (large, cut into fries)
 1 1/2 tbsps Avocado Oil
 Sea Salt & Black Pepper (to taste)
 680 grams Lean Ground Beef
 1/3 head Romaine Hearts (leaves pulled apart)
 3/4 Tomato (sliced)
 3/4 cup Red Onion (sliced)

Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Toss the fries with oil, salt, and pepper. Spread them out into an even layer on half of the baking sheet. Bake for 15 minutes.
- 3 Meanwhile, make the beef patties. Divide the beef into four equal patties, approximately one inch thick. Season with salt and pepper.
- 4 Remove the baking sheet from the oven and flip the fries. Add the patties to the other side of the baking sheet.
- 5 Place the baking sheet back in the oven for 13 to 15 minutes, flipping the burgers halfway through, or until cooked to your liking.
- 6 Divide the burgers and fries evenly between plates. Top each burger with lettuce, tomato, and red onion. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to one burger and approximately one cup of fries.

Additional Toppings: Cheese, bacon, pickles, mayo.

More Carbs: Serve the burger on a bun.



Beef and vegetable family pie

6 servings

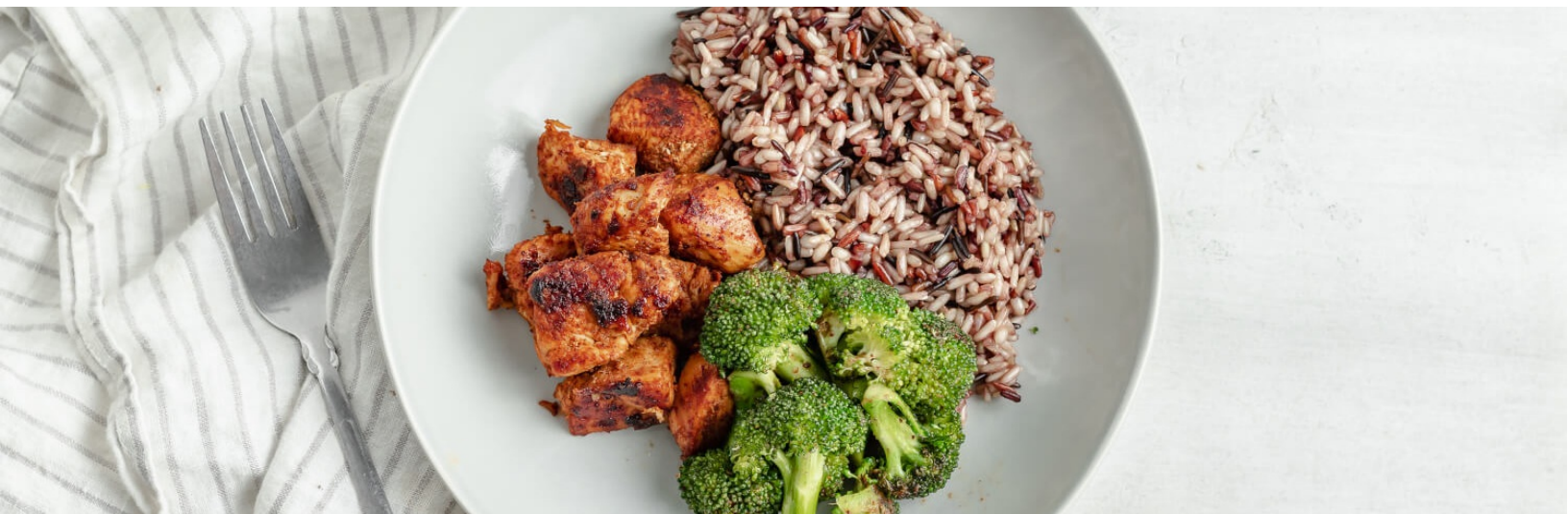
2 hours 50 minutes

Ingredients

- 2 tbsps Olive Oil
- 1 kilogram Diced Beef
- 1 Yellow Onion (coarsely chopped)
- 1 Carrot (coarsely chopped)
- 2 stalks Celery (coarsely chopped)
- 2 tbsps Whole Wheat Flour
- 2 cups Bone Broth (or stock)
- 1 tbsp Tomato Paste
- 1 tbsp Worcestershire Sauce
- 1 tbsp Thyme (coarsely chopped)
- 1/2 cup Frozen Peas
- 2 tbsps Tapioca Flour (or corn flour)
- 3 Puff Pastry Sheet (thawed)
- 1 Egg (lightly whisked)

Directions

- 1 Heat half the oil in a large flameproof casserole pan over medium-high heat. Add one-third of the beef and cook, turning, for 2-3 mins or until brown all over. Transfer to a heatproof bowl. Repeat, in 2 more batches, with the remaining beef.
- 2 Heat the remaining oil in the pan. Add the onion, carrot and celery and cook, stirring, for 5 mins or until onion softens. Return the beef to the pan and sprinkle over the flour. Cook, stirring, for 1 min or until the mixture is grainy. Add the stock, tomato paste, Worcestershire sauce and thyme. Bring to the boil. Reduce heat to low and cook, covered, stirring occasionally, for 2 hours or until beef is tender. Increase heat to medium.
- 3 Combine cornflour with 2 tbs water in a small bowl. Add to the beef mixture and stir to combine. Cook, stirring, for 5 mins or until sauce thickens. Season. Stir in the peas and set aside to cool.
- 4 Preheat oven to 200°C. Spoon the beef mixture into a 29cm fluted pie dish. Use a heart-shaped pastry cutter to cut shapes from the pastry. Brush with a little egg. Arrange over the top of the beef mixture. Bake for 30 mins or until golden brown and puffed.



Chipotle Chicken, Broccoli & Wild Rice

6 servings

45 minutes

Ingredients

3 cups Wild Rice (dry)
 680 grams Chicken Breast (boneless, skinless, cubed)
 1/3 cup Extra Virgin Olive Oil (divided)
 1 tbsp Chili Powder
 1 1/2 tsp Chipotle Powder
 1 1/2 tsp Garlic Powder
 Sea Salt & Black Pepper (to taste)
 6 cups Broccoli (florets)

Directions

- 1 Cook the wild rice according to the package directions.
- 2 While the rice is cooking, in a bowl, add the chicken, half of the oil, chili powder, chipotle powder, garlic powder, salt, and pepper. Mix to combine.
- 3 Warm a pan over medium heat and add the chicken. Spread out the chicken so it's not crowded.
- 4 Cook the chicken for four to five minutes per side or until cooked through and browned. If needed, add a splash of water. Set the chicken aside.
- 5 Add the remaining oil to the pan. Add the broccoli, salt, and pepper and sauté for three to five minutes. Add a splash of water then cover for two to three more minutes or until tender-crisp.
- 6 Divide the rice, chicken, and broccoli evenly between bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of both broccoli and rice with chicken.

More Flavor: Add garlic to the broccoli while sautéing.



Crispy-skinned barramundi with Vietnamese-style salad

6 servings

18 minutes

Ingredients

150 grams Rice Vermicelli Noodles
 1 1/2 eas French Shallot (thinly sliced)
 1/3 cup Fish Sauce
 1/3 cup Coconut Sugar
 3 Limes (juiced, plus 1 extra cut into wedges to seve)
 1 1/2 Red Hot Chili Pepper (thinly sliced)
 3 Garlic Clove (thinly sliced)
 6 eas Barramundi Fish (skin on)
 1 1/2 tbsps Extra Virgin Olive Oil
 1 1/2 heads Iceberg Lettuce (or cos lettuce, trimmed, leaves separated)
 1 1/2 Carrot (julienned)
 1/3 bunch Mint Leaves (leaves picked)
 3/4 bunch Thai Basil (leaves picked)
 3/4 cup Raw Peanuts (toasted, roughly chopped)

Directions

- 1 Cook noodles according to packet instructions.
- 2 Meanwhile, combine shallot, fish sauce, sugar, lime juice, chilli and garlic in a small bowl. Set aside until needed.
- 3 Heat a large non-stick frying pan over medium heat. Pat barramundi skin with paper towel. Drizzle oil over both sides of barramundi, then cook, skin-side down, for 6 minutes or until skin is golden and crisp. Turn barramundi and cook for 7 minutes or until just cooked through. Remove pan from heat and rest for 2 minutes.
- 4 Divide barramundi, noodles, lettuce, carrot and herbs among plates. Drizzle with dressing and scatter over peanuts. Serve with lime wedges.



Spicy Miso Steak

4 servings

15 minutes

Ingredients

340 grams NY Striploin Steak
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil (divided)
2 tbsps Miso Paste
1/4 cup Water
1/4 cup Sriracha
1 tbsp Honey
2 stalks Green Onion (thinly sliced)

Directions

- 1 Season the steak with salt and pepper.
- 2 In a pan over medium-high heat, add half the oil. Add the steak and cook for three to four minutes per side, or until your desired doneness. Remove from heat.
- 3 Reduce the temperature to medium-low, and whisk in the remaining oil, miso, water, sriracha, and honey.
- 4 Slice the steak, drizzle with the spicy miso sauce, and top with green onions to garnish. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add more honey for a sweeter sauce or reduce sriracha for less spice.



Vegan Coleslaw

4 servings

10 minutes

Ingredients

4 cups Coleslaw Mix (from the bag)
3/4 cup Vegan Mayonnaise
2 tbsps Apple Cider Vinegar
1 tbsp Dijon Mustard
1 1/2 tbsps Maple Syrup

Directions

- 1 Combine all ingredients in a large bowl. Adjust the dressing as needed.
- 2 For best results, refrigerate covered for 3 hours before serving. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

More Flavor: Add black pepper and/or lime juice.

No Maple Syrup: Use sugar, honey or omit completely.

No Vegan Mayonnaise: Use regular mayonnaise, sour cream, coconut yogurt, greek yogurt or buttermilk instead.



Fajita Steak Salad

6 servings

30 minutes

Ingredients

1/2 cup Extra Virgin Olive Oil (divided)
 454 grams Flank Steak
 Sea Salt & Black Pepper (to taste)
 1/4 cup Lime Juice
 1 cup Cilantro
 2 Yellow Bell Pepper (sliced)
 1/2 cup Red Onion (sliced)
 1 cup Cherry Tomatoes (halved)
 16 leaves Romaine (chopped)
 2 Avocado (sliced)

Directions

- 1 Heat a cast-iron skillet over medium-high heat. Add 1/4 of the oil. Dry the steak well and season with salt and pepper. Place the steak in the pan and cook for about 10 to 15 minutes, flipping once. The timing will depend on how thick your steak is and your desired doneness. Remove, let rest for 10 minutes, and then slice against the grain and set aside.
- 2 Meanwhile, in a blender or food processor, add the remaining oil, lime juice, cilantro, and salt and pepper to taste. Process until smooth and set aside.
- 3 In the same cast iron pan used to cook the steak, turn the heat to medium and add the bell pepper, onion, and tomatoes. Cook until charred in spots and softened, about three to five minutes and then remove and set aside.
- 4 Divide the romaine onto plates and top with steak, onion mixture, and avocado. Add the cilantro dressing and enjoy!

Notes

Leftovers: Salad is best stored separately from the dressing. Refrigerate in an airtight container for up to three days.

No Cilantro: Use parsley instead.

Additional Toppings: Add mushrooms to the charred veggies.