

Dr. Corinne Dalen ND

Healthy Village Wellness Center - #15, 9701, 84 Avenue, Grande Prairie, AB, T8V 4Z8

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# MEAL PLANS

HEALTH OPTIMIZATION – SAMPLE 02 (*Wheat, Dairy & Egg Free*)

PHASE 1 - BREAKFASTS, LUNCHES & DINNERS

# MEAL PLAN (WHEAT, DAIRY & EGG FREE)

## BREAKFASTS (SAMPLE 02)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Blueberry Baked Oatmeal (omit eggs)	Green Summer Smoothie	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl	Green Summer Smoothie	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl
WEEK 2	Warm Green Breakfast Bowl (omit eggs & almonds)	Sunrise Smoothie	Cherry Chia Breakfast Jar	Warm Green Breakfast Bowl (omit eggs & almonds)	Cherry Chia Breakfast Jar	Sunrise Smoothie	Warm Green Breakfast Bowl (omit eggs & almonds)
WEEK 3	Blueberry Baked Oatmeal (omit eggs)	Green Summer Smoothie	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl	Green Summer Smoothie	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl
WEEK 4	Warm Green Breakfast Bowl (omit eggs & almonds)	Sunrise Smoothie	Cherry Chia Breakfast Jar	Warm Green Breakfast Bowl (omit eggs & almonds)	Cherry Chia Breakfast Jar	Sunrise Smoothie	Warm Green Breakfast Bowl (omit eggs & almonds)

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## LUNCHES (SAMPLE 02)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>Chicken Soup (optional : omit peas)</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (from yesterday)</p> <p>Your choice of salad or vegetables.</p>	<p>Grilled Chicken with Salad of your choice.</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Vegetable Soup (omit celery, peas &amp; corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad with Quinoa Cucumber Tomato Salad</p>	<p>Dill Cucumber Salad with Roast Beef (leftover)</p>
WEEK 2	<p>Shrimp or Chicken Noodle Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken (from Sunday dinner)</p> <p>Your choice of salad or vegetables.</p>	<p>Asparagus Leek Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken Soup (optional : omit peas)</p> <p>Quinoa Kale Salad</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Vegetable Soup (omit, celery, peas &amp; corns) with Fruit Salad</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>
WEEK 3	<p>Chicken Soup (optional : omit peas)</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (from yesterday)</p> <p>Your choice of salad or vegetables.</p>	<p>Grilled Chicken with Salad of your choice.</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Vegetable Soup (omit celery, peas &amp; corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad with Quinoa Cucumber Tomato Salad</p>	<p>Dill Cucumber Salad with Roast Beef (leftover)</p>
WEEK 4	<p>Shrimp or Chicken Noodle Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken (from Sunday dinner)</p> <p>Your choice of salad or vegetables.</p>	<p>Asparagus Leek Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken Soup (optional : omit peas)</p> <p>Quinoa Kale Salad</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Vegetable Soup (omit, celery, peas &amp; corns) with Fruit Salad</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>

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## DINNERS (SAMPLE 02)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Salmon with Olives & Spinach + Avocado Cucumber Tomato Salad	Grilled Chicken Breast + Steamed Broccoli & Cauliflower	Turkey Chili + Roasted Beets + Steamed Vegetables	Simple Beef Dish (omit ginger) + Italian Roasted Mushroom & Vegetables	Clean out your fridge night – leftovers!  Protein, salad & vegetables.	Roast Beef + Roasted Sweet Potatoes Your choice of salad or vegetables.	Roast Chicken or Turkey + Steamed Carrots Your choice of salad.
WEEK 2	Vegan Garden Pie (optional : omit peas)	Chicken & Rice One Pot  Your choice of salad or vegetables.	White Fish (of your choice) + Brown Rice + Sautéed Mushrooms & Green Beans	Chicken Thighs (skin removed) + Smashed Potatoes Your choice of salad or vegetables.	Grilled Steak +Roasted Root Vegetables or salad + Quinoa	Salmon Garlic Asparagus + Grilled Root Vegetables Your choice of salad or vegetables.	Spaghetti Squash & Spaghetti Sauce Your choice of salad.
WEEK 3	Salmon with Olives & Spinach + Avocado Cucumber Tomato Salad	Grilled Chicken Breast + Steamed Broccoli & Cauliflower	Turkey Chili + Roasted Beets + Steamed Vegetables	Simple Beef Dish (omit ginger) + Italian Roasted Mushroom & Vegetables	Clean out your fridge night – leftovers!  Protein, salad & vegetables.	Roast Beef + Roasted Sweet Potatoes Your choice of salad or vegetables.	Roast Chicken or Turkey + Steamed Carrots Your choice of salad.
WEEK 4	Vegan Garden Pie (optional : omit peas)	Chicken & Rice One Pot  Your choice of salad or vegetables.	White Fish (of your choice) + Brown Rice + Sautéed Mushrooms & Green Beans	Chicken Thighs (skin removed) + Smashed Potatoes Your choice of salad or vegetables.	Grilled Steak +Roasted Root Vegetables or salad + Quinoa	Salmon Garlic Asparagus + Grilled Root Vegetables Your choice of salad or vegetables.	Spaghetti Squash & Spaghetti Sauce Your choice of salad.

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