

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 05 (*Wheat, Dairy & Egg Free*)

PHASE 1 - BREAKFASTS, LUNCHES & DINNERS

MEAL PLAN (WHEAT, DAIRY & EGG FREE)

BREAKFASTS (SAMPLE 05)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

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MEAL PLAN (WHEAT, DAIRY & EGG FREE)

LUNCHES (SAMPLE 05)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>Chicken Soup (omit peas & celery)</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 & corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad with Quinoa</p> <p>Carrot 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 (omit peas & celery)</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 & corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>
WEEK 3	<p>Chicken Soup (omit peas & celery)</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 & corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad with Quinoa</p> <p>Carrot 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 (omit peas & celery)</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 & corn)</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>

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MEAL PLAN (WHEAT, DAIRY & EGG FREE)

DINNERS (SAMPLE 05)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1							
WEEK 2							
WEEK 3							
WEEK 4							

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