

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 04 (*Wheat, Dairy & Egg Free*)

PHASE 1 - BREAKFASTS, LUNCHES & DINNERS

MEAL PLAN (WHEAT, DAIRY & EGG FREE)

BREAKFASTS (SAMPLE 04)

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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MEAL PLAN (WHEAT, DAIRY & EGG FREE)

LUNCHES (SAMPLE 04)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Chicken Soup (omit peas & celery) Your choice of salad or vegetables.	Salmon (from yesterday) Your choice of salad or vegetables.	Grilled Chicken with Salad of your choice.	Tomato Basil Soup Your choice of salad or vegetables.	Vegetable Soup (omit celery, peas & corn – sub sweet potato for potatoes) Your choice of salad or vegetables.	Fruit Salad with Quinoa Carrot Salad	Dill Cucumber Salad with Roast Beef (leftover)
WEEK 2	Shrimp or Chicken Noodle Soup Your choice of salad or vegetables.	Chicken (from Sunday dinner) Your choice of salad or vegetables.	Asparagus Leek Soup Your choice of salad or vegetables.	Chicken Soup (omit peas & celery) Quinoa Kale Salad	Tomato Basil Soup Your choice of salad or vegetables.	Vegetable Soup (omit celery, peas & corn – sub sweet potato for potatoes) Your choice of salad or vegetables.	Salmon (leftover from yesterday) Your choice of salad or vegetables.
WEEK 3	Chicken Soup (omit peas & celery) Your choice of salad or vegetables.	Salmon (from yesterday) Your choice of salad or vegetables.	Grilled Chicken with Salad of your choice.	Tomato Basil Soup Your choice of salad or vegetables.	Vegetable Soup (omit celery, peas & corn – sub sweet potato for potatoes) Your choice of salad or vegetables.	Fruit Salad with Quinoa Carrot Salad	Dill Cucumber Salad with Roast Beef (leftover)
WEEK 4	Shrimp or Chicken Noodle Soup Your choice of salad or vegetables.	Chicken (from Sunday dinner) Your choice of salad or vegetables.	Asparagus Leek Soup Your choice of salad or vegetables.	Chicken Soup (omit peas & celery) Quinoa Kale Salad	Tomato Basil Soup Your choice of salad or vegetables.	Vegetable Soup (omit celery, peas & corn – sub sweet potato for potatoes) Your choice of salad or vegetables.	Salmon (leftover from yesterday) Your choice of salad or vegetables.

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MEAL PLAN (WHEAT, DAIRY & EGG FREE)

DINNERS (SAMPLE 04)

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

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