

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 01 (*Wheat, Dairy & Egg Free*)

PHASE 1 - BREAKFASTS, LUNCHES & DINNERS

MEAL PLAN (WHEAT, DAIRY & EGG FREE)

BREAKFASTS (SAMPLE 01)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	Blueberry Baked Oatmeal (omit eggs)	Green Summer Smoothie or Cowboy Breakfast Bowl (exclude eggs)	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl	Green Summer Smoothie or Cowboy Breakfast Bowl (exclude eggs)	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl
WEEK 2	Oatmeal Banana Blueberry Breakfast Jar	Sunrise Smoothie or Savory Breakfast Bowl (exclude eggs)	Lemon Chia Breakfast Bowl	Oatmeal Banana Blueberry Breakfast Jar	Lemon Chia Breakfast Bowl	Sunrise Smoothie or Savory Breakfast Bowl (exclude eggs)	Oatmeal Banana Blueberry Breakfast Jar
WEEK 3	Blueberry Baked Oatmeal (omit eggs)	Green Summer Smoothie or Cowboy Breakfast Bowl (exclude eggs)	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl	Green Summer Smoothie or Cowboy Breakfast Bowl (exclude eggs)	Blueberry Baked Oatmeal (omit eggs)	Superfood Breakfast Bowl
WEEK 4	Oatmeal Banana Blueberry Breakfast Jar	Sunrise Smoothie or Savory Breakfast Bowl (exclude eggs)	Lemon Chia Breakfast Bowl	Oatmeal Banana Blueberry Breakfast Jar	Lemon Chia Breakfast Bowl	Sunrise Smoothie or Savory Breakfast Bowl (exclude eggs)	Oatmeal Banana Blueberry Breakfast Jar

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LUNCHES (SAMPLE 01)

WEEK / DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	<p>Chicken Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>	<p>Grilled Chicken</p> <p>Your choice of salad or vegetables.</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Creamy Dairy Free Potato Kale Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad</p> <p>+ Quinoa Carrot Salad</p>	<p>Dill Cucumber Salad</p> <p>+ Roast Beef</p>
WEEK 2	<p>Beef Barley Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken (left from Sunday dinner)</p> <p>Your choice of salad or vegetables.</p>	<p>Carrot Squash Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken Soup</p> <p>+ Quinoa Kale Salad</p>	<p>Tuscan Soup</p> <p>+ Fruit Salad</p>	<p>Simple Bean Celery Red Pepper Salad</p> <p>+ Tomato Basil Soup</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>
WEEK 3	<p>Chicken Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Salmon (leftover from yesterday)</p> <p>Your choice of salad or vegetables.</p>	<p>Grilled Chicken</p> <p>Your choice of salad or vegetables.</p>	<p>Tomato Basil Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Creamy Dairy Free Potato Kale Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Fruit Salad</p> <p>+ Quinoa Carrot Salad</p>	<p>Dill Cucumber Salad</p> <p>+ Roast Beef</p>
WEEK 4	<p>Beef Barley Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken (left from Sunday dinner)</p> <p>Your choice of salad or vegetables.</p>	<p>Carrot Squash Soup</p> <p>Your choice of salad or vegetables.</p>	<p>Chicken Soup</p> <p>+ Quinoa Kale Salad</p>	<p>Tuscan Soup</p> <p>+ Fruit Salad</p>	<p>Simple Bean Celery Red Pepper Salad</p> <p>+ Tomato Basil Soup</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 01)

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 + 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	Chicken & Rice One Pot + Your choice of vegetables.	Whitefish (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 + 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	Chicken & Rice One Pot + Your choice of vegetables.	Whitefish (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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