Sample Dairy-free Meal Plan

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|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Breakfast | Oatmeal with Fruit & Nuts | Fried Egg & Ham on WG Toast | Green or Mixed Berry Smoothie | Avocado Toast (WG) with tomato slices & bagel seasoning | Veggie Scramble  Turkey or V Sausage | Blueberry Oatmeal with Hard Boiled Egg(s) | DF or V Pancakes/ Waffles |
| Lunch | Greek Salad (no feta) with Tuna, Chicken or Garbanzo Beans | LO Veggie Chili\* with Green Salad & DF or V Corn Muffin | Turkey & Avocado Sandwich  Berries | Stir-fry Bowl (brown rice, vegetables, LO Chicken\*) | Fiesta Green Salad with Fajita Veggies and Chicken or Fish  Black Beans | Hamburger, Turkey or V Burger with lettuce & tomato  Green Beans | Tomato Soup with WG Crackers & Green Salad |
| Dinner | Veggie Chili\* with DF or V Corn Muffin & Green Salad | Oven Roasted Salmon with Asparagus & Roasted Potatoes | Soy Sauce & Honey Marinated Chicken\* or Tofu w/Brown Rice & Sautéed Snap Peas | WG Spaghetti with DF Meatballs & Sautéed Vegetables | Blackened Pork Roast with Sweet Potatoes & Roasted Broccoli | Fish Tacos on Corn Tortillas  Guacamole  Pinto Beans | Roast Chicken with Carrots, Onions & Potatoes |
| Snack | Popcorn & DF Milk, Chai or Iced Coffee | Carrot & Bell Pepper Strips with Hummus | Nuts & Dried Fruit | Carrot & Bell Pepper Strips with Guacamole | WG Pretzels & Nuts | Green or Mixed Berry Smoothie | Apple with Almond Butter |

Abbreviations:

WG = Whole Grain

DF = Dairy-free

V = Vegan

LO = Leftover