

# Vegetarian, Gluten-Free, Allergy-Friendly MEAL PLAN



	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	<b>CINNAMON RAISIN OATS</b> ½ cup gluten-free oats, cooked in 1 cup of milk (or milk substitute) 2 Tbsp. raisins 2 Tbsp. chopped pecans (optional) Cinnamon as desired ½ grapefruit 1 hardboiled egg (optional)	<b>BREAKFAST SANDWICH</b> Gluten-free English muffin/waffle, toasted 1 <b>Hilary's World's Best Veggie Burger</b> , cooked 2 slices tempeh bacon (optional) 1 slice cheddar cheese (or dairy-free alt.) 2 kiwi, sliced	<b>TROPICAL SMOOTHIE</b> 1 cup milk (or milk substitute) ¼ cup white beans 1 cup frozen mango chunks 1 Tbsp. shredded coconut 1 tsp. honey or maple syrup 1 slice of gluten-free toast spread with mashed avocado	<b>MONKEY TOAST</b> 2 slices gluten-free toast 2 Tbsp. sunflower seed butter 1 banana, sliced 1 tsp. honey 1 cup of milk (or milk substitute)
SNACK	<b>YOGURT PARFAIT</b> 6 oz. yogurt (or dairy-free alt.) ½ cup berries 1 Tbsp. chia seeds	Gluten-free nutrition bar 1 cup of milk or milk substitute	1 apple, sliced 2 Tbsp. sunflower seed butter	String cheese (or dairy-free alt.) 1 serving rice crackers 1 Clementine
LUNCH	<b>SMOTHERED SWEET POTATO</b> 1 small baked sweet potato 1/2 cup black beans mixed with salsa, warmed 1 Tbsp. plain yogurt (or dairy-free alt.) 1 banana 1 cup of milk or milk substitute	1 ½ cups lentil soup 1 cup celery sticks 1 serving rice crackers 6 oz. yogurt (or dairy-free alt.)	<b>TASTY TACOS</b> 2 corn or rice tortillas 1 <b>Hilary's Adzuki Bean Burger</b> , cooked and crumbled ¼ cup pinto beans 2 Tbsp. shredded cheese (or dairy-free alt.) Toppings: salsa, lettuce, onion 1 cup of bell pepper strips	<b>MEDITERRANEAN SALAD</b> 3 cups spinach ½ cup chick peas Tomatoes, red onion, cucumbers, bell pepper 2 Tbsp. feta (optional) 2 Tbsp. <b>Hilary's Balsamic Thyme Dressing</b> 1 cup grapes
SNACK	<b>HOMEMADE TRAIL MIX</b> ¼ cup dried fruit 2 Tbsp. sunflower seeds	¼ cup hummus 1 cup carrots	½ cup roasted chickpeas	3 cups popcorn
DINNER	<b>SOUTHWEST SALAD</b> 3 cups spring mix salad greens 1 <b>Hilary's Black Rice Burger</b> , cooked ¼ cup kidney beans 2 Tbsp. red onion, chopped 8 cherry tomatoes, halved ½ avocado, sliced 2 Tbsp. <b>Hilary's Ranch Chia Dressing</b> 1 serving tortilla chips (bean or rice-based) ¼ cup salsa	<b>VEGGIE STIR-FRY</b> ¾ cup cooked brown rice ½ cup shelled edamame or chickpeas 1 cup stir-fry veggies 1-2 Tbsp. gluten-free soy or teriyaki sauce ½ cup kimchi 1 cup pineapple chunks	<b>WHITE BEAN AND TOMATO PASTA</b> 1 cup cooked gluten-free pasta Sautéed cherry tomatoes, spinach, garlic, basil, salt, pepper ½ cup cannellini beans 2 Tbsp. Parmesan (or dairy-free cheese) Side salad tossed with <b>Hilary's Remoulade Dressing</b> 1/2 cup sorbet	<b>VEGGIE BURGER</b> Gluten-free bun <b>Hilary's Root Veggie Burger</b> , cooked Lettuce, tomato, onion, mustard 1 cup sweet potato fries ½ cup sautéed green beans



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DAY 5

BREAKFAST

**BERRIES & CREAM QUINOA**  
 1 cup cooked quinoa  
 1 cup almond milk (or alt.)  
 1 cup blueberries  
 2 Tbsp. walnuts (optional)  
 1 cup 100% orange juice

SNACK

¼ cup almonds *OR*  
 ½ cup pumpkin seeds  
 1 cup of milk (or milk substitute)

LUNCH

**NUTTY STRAWBERRY WRAP**  
 1 corn or rice tortilla  
 2 Tbsp. nut or sunflower seed butter  
 ½ cup sliced strawberries  
 1 cup broccoli with 2 Tbsp. *Hilary's Ranch Chia Dressing*  
 6 oz. yogurt (or dairy-free alt.)

SNACK

**HUMMUS BITES**  
 5 *Hilary's Original Veggie Bites*  
 ¼ cup black bean hummus

DINNER

**QUINOA SALAD**  
 ½ cup cooked quinoa  
 ½ cup black beans  
 ¼ cup corn  
 ¼ cup chopped bell pepper  
 ½ Tbsp. red wine vinegar  
 1 Tbsp. lime juice  
 Cumin, salt and pepper to taste  
 1 sliced peach, sprinkled with cinnamon

DAY 6

1 ½ cups gluten-free cereal  
 1 cup of milk (or milk substitute)  
 1 cup blackberries

6 oz. yogurt (or dairy-free alt.)  
 ¼ cup gluten-free granola

**VEGGIE PIZZA**  
 1 rice tortilla  
 ¼ cup pizza sauce  
 ½ cup sliced vegetables  
 1 oz. mozzarella (or dairy-free cheese)  
 Side salad tossed with *Hilary's Apple Fennel Dressing*  
 Frozen fruit bar

¼ cup guacamole  
 1 cup sliced bell peppers

**ASIAN LETTUCE WRAPS**  
 Boston or butter lettuce leaves  
 Filling (cook together)  
 1-2 tsp. coconut oil  
*Hilary's Spicy Thai Burger*, crumbled  
 ½ cup shredded cabbage  
 2 Tbsp. shredded carrots  
 2 tsp. gluten-free soy sauce  
 1 cup mandarin oranges  
 1 cup of milk or milk substitute

DAY 7

**GLUTEN-FREE WAFFLES**  
 2 Tbsp. nut or sunflower seed butter  
 1 cup blueberries  
 1 cup of milk or milk substitute

**STRAWBERRY SMOOTHIE**  
 6 oz. nonfat vanilla yogurt  
 1 cup strawberries  
 ¼ cup cannellini beans  
 ½ cup low-fat milk or orange juice

**VEGGIE & HUMMUS SAMPLER**  
 ½ cup hummus  
 5 *Hilary's Mediterranean Bites*  
 1 cup assorted fresh vegetables  
 1 cup melon or fruit salad

1 cup grapes  
 1 oz. cheese cubes (or dairy-free cheese)

**MESQUITE QUESADILLAS**  
 1-2 tsp. canola oil  
 3 *Hilary's Spicy Mesquite Bites*, cooked and quartered  
 ¼ cup chopped onion  
 ¼ cup chopped bell pepper  
 ¼ cup shredded cheese (or dairy-free alt.)  
 2 rice tortillas