



# MEAL PLANNING

Liza Twohill

## Breakfast

- Cook extra oatmeal. Next day, add a bit of water and as you heat it, the texture will return. You can do the same with bacon – just reheat.
- Cook extra vegetables to have some ready for a vegetable omelet or scramble in the morning, cooked sweet potatoes can be sliced and pan-fried.
- Make pancake blend of dry ingredients. Make up batch for a couple of days and store batter in the refrigerator.
- Cook egg pie for several days.

## Lunch

- Cook enough dinner for leftovers for lunch for self or kids.
- Cook extra meat you can use in something else the next day. For example, leftover drumsticks make a good snack; meatloaf can be used in a sandwich.

## Dinner

- Cook enough grain (ie. brown rice, quinoa) for a second meal.
- Chop vegetables for several days and put in containers in the refrigerator for quick addition for dinners, and as raw snacks.

## General

- Cook a large soup, stew, chilli or casserole on Sunday or other free day. Freeze the leftovers for future dinners or lunches.
- Wash fruits so they are ready to grab and go.
- Pre-grind flaxseeds or buy already milled flax seeds. Put in airtight container in freezer.
- Make a nut mixture (pre-grind nuts for smoothies, oatmeal, etc.). Store in freezer.
- Make a GF flour blend.

## Meal Planning Suggestions

- Find a cooking buddy – someone you can commit to cooking with. If possible, find childcare. Make it fun – some clients even have a little wine while cooking and make it a social event. Cook large portions together and split the dishes.
- Swap/share dishes. For example, one person can make a big batch of raw sauerkraut while the other makes a bone broth.
- Cook at least one large meal per week that you can eat two or three times as lunch or dinner.



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- Make a meal plan. As simple as chicken on Monday and a beef dish on Tuesday, or make a more detailed plan with meals and even shopping lists. For rotation diets, you can create one or two weeks of rotation, and use a shopping list when you do your grocery shopping.
- Make a list of meal options to choose from (and have a line to add more) so you don't have to think of something new each day.

## **Meal Ideas** (GF = Gluten Free, SCD = Simple Carbohydrate Diet, GFCF=Gluten Free and Casein Free)

### **Breakfast**

- Eggs, any style
- Breakfast meat with no nitrates/nitrites
- GFCF/SCD pancake, waffle, toast or cereal (with a side of protein)
- French toast (GF bread)
  - Fruit smoothie - Water/Rice/nut milk, frozen fruit such as blueberries, pear, bananas, peaches, 1 tablespoon melted coconut oil, protein powder (rice, collagen or pea protein)

### **Lunch / Dinner**

- Have a protein, vegetable and starch, or "mock-starch" (the starch is not necessary and eliminated in certain diets such as SCD) and a fermented food.
- Protein
  - Meatballs/meatloaf – ground beef, buffalo, lamb or any meat
  - Burger – ground chicken, beef, turkey or other meat
  - Bean burger
  - Bean or lentil dish
  - Egg dish for dinner
  - GFCF, nitrate/nitrite-free hotdog and sausage
  - Homemade GF chicken nuggets
  - Any roasted chicken or meat
  - Chicken pancakes
  - Chicken sticks
- Vegetables
  - Steamed or boiled vegetables with ghee or coconut oil melted on top
  - Stir-fry vegetables
  - Salad
  - Raw sauerkraut
  - Crispy kale
- Starch
  - GF pasta – rice pasta, 100% buckwheat pasta, corn-quinoa pasta
  - Sweet potato or sweet potato fries or chips
  - Rice, quinoa or millet dish
  - Dahl or bean dish



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- Mock-starch (SCD-compliant)
  - Cauliflower rice
  - Cauliflower mashed "potatoes"
  - Butternut squash fries
  - Zucchini "noodles"
- Fruit (SCD carb)
- Additional lunch and dinner ideas
  - Stews
  - Casseroles
  - Soup – pureed or broth soup

### Snacks

- Celery or apple with nut or seed butter
- Soaked almonds with fresh or dried fruit (no sulfites) with nuts
- Vegetables with hummus/SCD white bean hummus
- Chicken legs from dinner
- Smoothie (or frozen into popsicles)
- Vegetable juice (freshly made)
- French toast strips with coconut oil and a bit of salt (not sweet if possible)
- Chickpea snack
- Crispy kale
- **Chicken or squash pancake**