



# BONUS: Prep Ahead Lunches



Paleo & Gluten Free  
Meal Plans

## LUNCH 1

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# TURKEY ROLL-UPS W/ PEACHES

Yields: 4 servings

### Ingredients:

1 head romaine lettuce leaves  
1# turkey deli meat\*  
½c sauerkraut\*  
~1T mustard\*  
2 avocados  
4 peaches

### Instructions:

1. Place romaine lettuce leaves on plate.
2. Top with sliced turkey, forkful of sauerkraut, and 1tsp mustard. Repeat.
3. Store in airtight container until ready to serve.
4. When ready to serve: slice ½ avocado per serving into thin slices and add to turkey wrap.
5. Serve w/ peaches.

\*Note: read all ingredient lists; avoid added msg, sugar, gluten, etc.

## LUNCH 2

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# SWEET & CRUNCHY TUNA SALAD WRAPS

Yields: 4 servings

### Ingredients:

- 1 small bunch grapes
- 3x 5oz cans tuna, drained\*  
(OR sub with canned chicken)
- 1/4c sunflower seeds
- 1/3c mayo\*
- 1/4c dried cranberries\*
- 1 head romaine lettuce leaves

### Instructions:

1. Half grapes to equal ~3/4c (reserve any remaining for snacking).
2. Mix the following together:
  - 3x 5oz cans tuna, drained
  - 1/4c sunflower seeds
  - 1/3c mayo
  - 1/4c dried cranberries (break apart if needed)
  - 3/4c grape halves
  - S&P, to taste
3. Store in air-tight container in fridge until ready to use.
4. To serve: wrap tuna salad in lettuce wraps.



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## LUNCH 3

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# CITRUS SLAW W/ SHRIMP

Yields: 4 servings

### Ingredients:

1 garlic clove  
1 jalapeño  
2 oranges  
2 limes  
1 bunch fresh cilantro  
½c olive oil  
1T honey, optional  
1tsp salt  
pepper to taste  
16oz coleslaw bag  
1# precooked small shrimp

### Instructions:

1. If shrimp are frozen, defrost overnight in fridge or in cold water while you make coleslaw.
2. Remove seeds and white pith from 1 jalapeño. Rough chop.
3. Blend the following until roughly blended :
  - 1 garlic clove, peeled
  - 1 chopped jalapeño (add gradually if you want to control heat)
  - zest and juice of 2 oranges
  - zest and juice of 2 limes
  - 1 large handful fresh cilantro
  - ½c olive oil
  - 1T honey (optional)
  - 1tsp salt
  - pepper to taste
4. Place 16oz coleslaw blend into a large bowl.
5. Pour citrus dressing over coleslaw blend and combine.
6. Add pre-cooked shrimp (drain if there is excess water from frozen shrimp) and toss to combine.
7. Store in airtight container in fridge until ready to serve.



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## LUNCH 4

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# SALMON BOWL

Yields: 4 servings

### Ingredients:

1c brown rice  
4 salmon fillets, 4-6oz each  
(OR sub 3x 6oz cans salmon, drained\*)  
5oz baby spinach  
4T sesame seeds  
~2T tamari (or coconut aminos)\*  
2 avocados  
S&P

### Instructions:

1. Preheat oven to 425 F.
2. Place 2c water + 1c brown rice in a pan and bring to a boil, lower heat to low, cover with a lid and cook 30-45 min. Cool.
3. Season salmon w/ S&P and bake for 18-20 minutes. Remove from oven and cool.
2. Heat 1tsp oil in large saute pan over med-high heat. Add 5oz baby spinach.
3. Stir and cover with a lid and cook for 2-3 minutes, allowing spinach to cook down.
4. Remove lid and continue to until heated through, ~3-4 minutes. Season w/ S&P. Cool.
5. If using canned salmon only: open and drain 3 cans of salmon.
6. Divide cooled rice amongst 4 storage container bowls.
7. Top each evenly with cooled spinach, salmon, and sesame seeds.
8. Season w/ S&P and splash of tamari (or coconut aminos) to taste.
9. Store in airtight container in fridge until ready to eat.
10. When ready to serve: slice 2 avocados to top salmon bowls (1/2 avocado per bowl).

Note: Can be served cold or reheated on stove top or in microwave.



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## LUNCH 5

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# CHICKEN "NO TORTILLA" SOUP

Yields: ~8 servings



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### Ingredients:

1 red onion  
3 garlic cloves  
2 jalapeños  
1# carrots  
1 bunch celery  
1 bunch cilantro  
2 limes  
1tsp olive oil  
~2# bone-in, skin-on chicken thighs  
~1.5# boneless, skinless chicken breast  
1T chili powder\*  
10oz frozen corn, optional  
S&P

### Instructions:

1. Finely dice 1 red onion, 3 garlic cloves, 2 jalapeños (removing seeds & white pith), set aside.
2. Dice 1# carrots + 1 bunch celery
3. Finely chop cilantro and quarter 2 limes. Store for when you serve soup.
4. In a large soup pot heat 1tsp olive oil over medium heat.
5. Add diced veggies (1 red onion + 3 garlic cloves + 2 jalapeños). Saute for 3-5 mins.
6. Add 1# chopped carrots + 1 bunch celery chopped + ~2# bone-in, skin-on chicken thighs + ~1.5# boneless, skinless chicken breast + S&P.
7. Saute for an additional 10-15 min.
8. Add 1T chili powder and 12c water. Cover until soup reaches boiling, then lower to simmer and cook for 45 minutes or until chicken is cooked.
9. Remove chicken from soup and allow to cool.
10. Remove & discard the skin/ bones. Chop remaining meat into bite-sized pieces.
11. Add meat back to soup with 10oz frozen corn (optional) + salt to taste. Cool & store.
12. When ready to serve, top with cilantro and a squirt of lime juice.

Note: this soup freezes well, so you can store any extra portions for later use. Simply defrost in a sauce pan over medium heat until defrosted and warm.

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