

15 DAYS OF GRAIN FREE, SUGAR-FREE MEALS

Breakfast	<u>Cinnamon Crumb Coffee Cake</u> *Uses Honey.	<u>Simple Savory Baked Eggs</u>	<u>Cinnamon Apple Berry Nut Crunch</u>	<u>Grain-Free Granola with Coconut Milk "Yogurt"</u>	<u>Cherry Quinoa Porridge</u>
Lunch	<u>Simple Butternut Squash Soup</u>	<u>Almond Chicken Lettuce Wraps</u>	<u>Homemade Vegetable Soup</u>	<u>Tuna Salad with Apples and Greek Yogurt</u>	<u>Asian Chicken and Vegetables</u>
Dinner	<u>Blackened Skillet Salmon</u> <u>Wilted Greens</u>	<u>Easy Grilled Chicken Drumsticks with Sugar-Free Barbecue Sauce</u> <u>More Bacon, Peas!</u>	<u>Shrimp, Sausage, and Chicken Creole</u> <u>Serve over riced cauliflower.</u>	<u>Slow-Cooker Shredded Meat</u> over a bed of lettuce. Top with sour cream, homemade salsa, cheese, and <u>guacamole!</u>	<u>Chicken Apple Sausage with Cabbage Noodles</u>

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Breakfast	<u>Pumpkin Pie Smoothie (dairy-free)</u> <u>Healthy, Grain-Free Granola Bars</u> *uses honey	<u>Heavenly Blueberry Coconut Coffee Cake</u>	<u>Breakfast Tostada</u>	<u>Gluten-Free Cheesy Biscuit sandwiches.</u> Fill with eggs and your favorite breakfast meat.	<u>Tropical Fruit Salad</u> <u>Homemade Yogurt</u>
Lunch	<u>Black Bean Dump Soup</u>	<u>Sweet Potato Hash</u>	<u>Asian Turkey Wraps</u>	<u>Tomato Basil Pie with Parmesan Rosemary Crust</u>	<u>Apricot Apple Chicken Salad</u>
Dinner	<u>Tastier Broccoli Bacon Cheese Soup with Bacon</u> <u>Flax Almond Bread</u>	<u>Dilled Salmon Patties</u> <u>Lemon Garlic Green Bean Sautee</u>	<u>Mama's 3 Bean Chicken Chili</u> <u>Pumpkin Cranberry Muffins</u>	<u>Southwest Beef Fajita Salad</u> <u>Southwest Spicy Ranch</u>	<u>Tuscan Chicken Pot Pie</u> <u>Amazing Applesauce Muffins with Streusel</u>

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Breakfast	<u>Egg-Free Breakfast Skillet</u>	<u>Coconut Flour Cranberry Lemon Muffins</u>	<u>Berrylicious Milkshake (dairy-free)</u> <u>Superfood Breakfast Bars</u>	<u>Apple Cinnamon Pancake</u>	<u>Pumpkin Pie Porridge</u>
Lunch	<u>Avocado Salad with Bacon</u>	<u>Savory Chicken and Veggie Bites</u>	<u>Cheesy Broccoli and Bacon Quiche</u>	<u>Nourishing Root Vegetable Soup</u>	<u>Avocado Egg Salad</u>
Dinner	<u>Grilled Chicken Bruschetta</u> <u>Creamy Purple Cabbage</u>	<u>Broccoli and Beef Stir Fry</u> <u>Riced cauliflower</u>	<u>*Shepherds Pie</u> substitute arrowroot or tapioca flour to thicken instead of the wheat flour.	<u>Slow Cooker Italian Roast with Peppers</u>	<u>Herbed Chicken with Spicy Mustard Green Beans</u> <u>Healthy Fried Sweet Potatoes</u>