



EMPOWERED HEALING FOOD *Blueprint*

Use this blueprint to create a daily eating plan guide. Being prepared helps remove some of the stress from eating healing foods and sets you up to give your body the tools to heal!

1. Breakfast
2. Mid Morning Snack
3. Lunch (+ recipe ideas!)
4. Dinner (+ recipe ideas!)
5. Deserts/Comfort Foods
6. Final Thoughts

EMPOWERED HEALING FOOD

Blueprint

Breakfast

Lemon Water, Celery Juice, Smoothie, Coffee or Coffee Replacement. Yes, in that order. That's what I do. I make certain I start every day with 16 oz. of lemon water, 16 oz. of celery juice, a fruit and veggie smoothie and then my coffee replacement. Starting like this sets my body up for the day and gives me a good foundation of detoxing and flooding my body with antioxidants.

Use the space below to write down your breakfast choices and brainstorm some healthy gluten-free and dairy free substitutions.



Drink Organic Coffee. The coffee plant is the most heavily covered crop with pesticides. Drinking those pesticides puts a huge, unnecessary burden on your liver.

My Usual Breakfast:

Changes I want to make:

Possible Substitutions:

Smoothie Ideas:

Fruits I like:

EMPOWERED HEALING FOOD

blueprint

Mid-Morning Snack

Apples are a great snack mid morning. **Apples** sound so simple but apples are a crunchy, sweet, and satisfying snack that have immune boosting and disease preventing properties. They are a highly alkaline fruit that have the ability to quench both an immediate and cellular-level thirst.

Eating two apples or more a day can aid in the prevention of colon, liver, breast, prostate, and lung cancer and can also dramatically decrease the risk of a stroke. Apples are a critical food for the liver and have many undiscovered properties that support liver health. -
Cleanse to Heal, Medical Medium

You can eat any fruit or vegetable as a mid morning snack. Get creative with diced fruit or keep it simple with a few sliced apples with cinnamon. Remember to eat until you're satisfied. Eating a fruit or vegetable mid morning will keep your energy steady and keep you from overeating at lunch.

Use the space below to write down your mid-morning choices and brainstorm some healthy gluten-free and dairy free substitutions.

Mid-Morning Snack Ideas:

EMPOWERED HEALING FOOD

Blueprint

Lunch

Some version of a plant-based veggie bowl is simple, filling, and easy.

You don't want to fill up too much at lunch. You just want to satisfy yourself which is the reason I don't eat meat with lunch. Not eating meat will leave me looking for more food in a couple of hours so then I have the opportunity to get more fruit and vegetables in. Remember, the goal is to flood your body with antioxidants which is hard to do if you're not hungry.

Depending on how much time you have on the weekends, you can make all of your lunches ahead of time or buy the frozen, precooked bags at the grocery store and make a different mix every day. I buy a large bag of broccoli florets every week. Coat with avocado oil and Italian spices like oregano, basil, garlic powder, and pink salt. Then bake in the oven for 20 minutes or so at 350 degrees until the edges start to crisp. So good!! It lasts all week and tastes great cold or reheated.

Use the space below to write down your mid-morning choices and brainstorm some healthy gluten-free and dairy free substitutions.

My Usual Lunch:

Changes I want to make:

Possible Substitutions:

Things to find that are gluten free:

Things to find that are dairy free:



EMPOWERED HEALING FOOD

Blueprint

Lunch - healing recipes and ideas:

Stuffed Peppers

Mashed potatoes seasoned with rosemary and lemon stuffed into pepper halves and cooked.

Lettuce Wraps

Use Bibb lettuce or romaine for wraps with cut up meatless burgers, olives, sun dried tomatoes or pepper strips with cilantro dairy-free sour cream (Simply add cilantro and lime juice to a tub of dairy-free sour cream - you will be surprised by how good this tastes!)

Leftovers!

Pumpkin or black bean burgers over bagged salad.

Seasoned roasted chickpeas.

A few cans of chickpeas in the oven with some spices cooking alongside your broccoli. So easy and you have a great snack all week to eat by the handful or toss in a salad instead of croutons.

Chickpea salad

With chopped onions, sun dried tomatoes, black olives, herbs, and lemon juice.

Nuts, but not too many.

I say not too many because I have a tendency to overindulge in these. Your digestive tract will not be happy if you overindulge. Always eat them raw, not roasted or salted. Roasted nuts are toxic because of the rancid oil used in processing.

Riced Cauliflower

ALDI sells bags of frozen cooked riced cauliflower or frozen cooked quinoa, plain or with kale. I always have these in the freezer as a backup. Add in peas, broccoli, sweet potatoes, round purple potatoes, butternut squash chunks.



Quinoa is the only plant-based complete protein. You can make a large pot on Sunday and eat it all week all different ways. The Red variety will hold up much better than the white variety. Plus I think it tastes better. You decide!

EMPOWERED HEALING FOOD

Blueprint

Mid-Afternoon

This is where I want sweet and/or crunchy.

- Whole dates. Either plain or eat them with another apple.
- Carrots and hummus or cilantro dairy-free sour cream
- Sliced bell peppers with hummus and *Everything But The Bagel Seasoning*.
- Clementines or oranges. Peel and eat. Keep in the fridge, so refreshing mid-afternoon.
- Celery sticks with almond butter.
- Strawberries with shredded coconut
- Raisins and walnuts make a great snack.
- Coconut based yogurt with fruit.

Mid-Afternoon Ideas:

EMPOWERED HEALING FOOD

Blueprint

Dinner

This is always something quick I throw together usually from the food I prepared the previous weekend. If you're doing chicken, stick with organic, free range. If you're doing red meat, always get grass-fed. Grass is what cows are supposed to eat. Not corn. When cows eat what they were intended to eat, their meat is less acidic. Less acid for us means less cholesterol is released by our body when we eat it. Stick with grass-fed, it's well worth the extra dollars.

I highly recommend the Medical Medium Cleanse to Heal book. It's my absolute favorite go-to book for gluten and dairy free foods that will heal your body and taste good at the same time. I like the information as well as the ease of recipes in the book. All the recipes are just a few whole-food ingredients that I never thought to put together, but taste amazing.



Brown rice is completely gluten-free. I don't eat it because it severely bloats me. So even if a food is completely gluten-free, you still have to listen to your body.

My Usual Dinner:

Changes I want to make:

Possible Substitutions:

Things to find that are gluten free:

Things to find that are dairy free:

EMPOWERED HEALING FOOD

Blueprint

Dinner - healing recipes and ideas:

Bagged Frozen Shrimp

Here's a great time saving idea! One bag of frozen, cooked shrimp from Costco goes a long way...

- Shrimp with garlic and gluten-free pasta
- Shrimp tacos - toss thawed shrimp in a gallon bag with some gluten-free flour, add seasoning to the bag. I usually do chili powder and whatever else I have in the drawer that smells appealing to me. Then saute in coconut oil until nice and brown. Put on a paper towel, serve with bib lettuce as the wrap, diced bell peppers, cilantro, squeeze of lime, and top with cilantro dairy free sour cream.
- Toss frozen shrimp with frozen vegetable from Costco in the Wok with a little coconut oil and lots of kale or spinach.

Salmon

Individually wrapped frozen salmon fillets with your quinoa you made last weekend.

Vegetable Medley

Frozen vegetable from Costco in the Wok with a little coconut oil and lots of kale or spinach.

Fennel Salad

Chop a fennel bulb and the fronds (dill-like greens), chop an apple, add olive oil, salt, and lemon.

Pumpkin Burgers

Oats, walnuts, chipotle peppers, garlic and a can of pumpkin puree or if you have sweet potatoes leftover, mash them up.

Maple Roasted Brussels Sprouts

Saute the sprouts in a pan with coconut oil and maple syrup. If you think you don't like Brussels sprouts, try this recipe and then decide.



Buy in bulk and keep the kale and spinach in the freezer. As you're cooking a skillet meal, add handfuls of the frozen spinach or kale towards the end of the cooking process. You will be surprised at how much flavor it adds not to mention the amount of nutrients.

EMPOWERED HEALING FOOD

Blueprint

Dessert / Comfort Foods

This category is probably these most important one. And I'm completely serious about that. No one can stick to anything if they feel deprived and unsatisfied. We need comfort in our lives every day. Find your comfort foods first. Identify your go-to foods and then go find a gluten free and dairy free substitution. Here are some of mine.

- Frozen sliced bananas with maple syrup, shredded coconut, chopped walnuts
- Dragon Fruit in the blender comes out like ice cream. Add mini dark chocolate chips and berries.
- Caramel Apple soft serve: 1 frozen chopped apple, 1 frozen sliced banana, 3 dates, tsp vanilla, water as needed. Blend.
- Wild Blueberry Oatmeal. Use real oats, not quick-cooking, add wild blueberries in with the water. Cook just until soft. Put in a bowl and add cinnamon, maple syrup, sliced bananas, walnuts, and shredded coconut.
- Sweet potato chips - easy to find in any grocery store
- Apple Pie filling. Blend together $\frac{1}{2}$ cup of dates, $\frac{1}{2}$ cup water, $\frac{1}{4}$ teaspoon cinnamon and a pinch of nutmeg. Add to 3 chopped apples. Enjoy it cold or heat it up.
- Coconut Milk or Cashew Milk ice cream. Found in most grocery stores. The brand I like is 'So Delicious'. Trust me when I tell you finding this ice cream is worth it!
- Avocado on gluten-free toast with Everything But the Bagel Seasoning and Sriracha



Dairy-free sour cream in place of oil adds moisture and great texture to any gluten-free baked good.

Ground flaxseed is an egg replacer. 1 tablespoon ground flaxseed to 3 tablespoons water is equal to one egg. Keep mixing. The texture will be that of an egg within a few minutes.

EMPOWERED HEALING FOOD

Blueprint

My Usual Comfort Foods/Desserts:

Changes I want to make:

Possible Substitutions:

Things to find that are gluten free:

Things to find that are dairy free:

EMPOWERED HEALING FOOD

Blueprint

Final Thoughts

Transitioning to a gluten-free lifestyle takes a little time. I recommend taking at least a few weeks to make the complete transition. Each week when you grocery shop, try new foods to incorporate in your day.

As you go through your week, be mindful of the ingredients you're using and what you need to replace. Make a list throughout the week of the foods you want to replace or new foods you want to experiment with. Keep the list in your phone, add to it during the week as you think of new things, then when you're at the grocery store, you have your list right in your phone. This is an evolution, not a race, so go slow and enjoy the process.

Notes/Takeaways/Doodles