FREE PRINTABLE · MY CLEAN BOWL

The Free 7-Day Allergy-Friendly Meal Plan

A full week of breakfasts, lunches and dinners your family will actually eat — planned around leftovers, so you cook far less than you think.

FREE FROM ALL NINE MAJOR US ALLERGENS

TOP 9

Wheat	Milk	Egg	Peanut	Tree nut	Soy	Sesame	Fish	Shellfish
⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘	⊘

COOK ONCE, EAT TWICE

THE WHOLE IDEA

MON DINNER Sheet-pan chicken	→	TUE LUNCH Chicken & veg soft tacos
WED DINNER Tater-tot casserole	→	THU LUNCH Casserole + carrot sticks
FRI DINNER Taco night	→	SAT LUNCH Loaded baked potato bar
SAT DINNER Roast chicken & rice	→	SUN LUNCH + DINNER Big chicken salad, then fried rice

So the week costs you seven dinners — and four lunches plus one more dinner come out of them for free. Anything marked LEFTOVERS in this plan needs no new cooking at all.

READ THIS BEFORE YOU SHOP

5 MIN

- ☐ **Oats must say "certified gluten-free."** Standard oats are cross-contacted with wheat in the field and at the mill.
- ☐ **Choose oat milk and oat-based yogurt.** Almond, cashew and coconut are labeled tree nuts in the US, and most other dairy-free yogurts are soy or coconut.
- ☐ **Corn tortillas aren't always corn only.** Some brands blend in wheat flour — read the ingredient list, not the front of the pack.
- ☐ **Taco seasoning packets, broth and gravy** are the quiet gluten sources in a week like this. Buy plain spices and a labeled gluten-free broth.
- ☐ **"May contain" warnings are voluntary.** Silence on a label is not proof of a clean line.
- ☐ **Every brand can reformulate.** Re-read a label whenever the packaging changes.

The week at a glance

Stick this page on the fridge. The full method for every meal is on pages 3 and 4.

DAY	BREAKFAST	LUNCH	DINNER	SNACK
Mon Day 1	Vanilla maple overnight oats	Turkey & avocado rice bowl	Sheet-pan chicken & sweet potatoes	Apple slices + sunflower butter
Tue Day 2	Banana oat pancakes	Chicken & veg soft tacos	Beef & pepper rice skillet	No-bake energy balls
Wed Day 3	Berry smoothie bowl	Chickpea “no-tuna” salad	Tater-tot casserole	Fruit & seed granola bars
Thu Day 4	Chocolate baked oats	Casserole + carrot sticks	Lentil & vegetable soup	Frozen yogurt bark
Fri Day 5	Peach chia pudding	Rice & black bean bowl	Taco night	Nut-free trail mix
Sat Day 6	Waffles + berries	Loaded baked potato bar	Roast chicken thighs & rice	Banana oat muffins
Sun Day 7	Sweet potato breakfast hash	Big chicken salad	Clean-the-fridge fried rice	Dairy-free lemon bars

SWAP IT BACK IN

IF IT’S SAFE FOR YOU

This plan avoids all nine major allergens so it works for the strictest household at the table. If your family only avoids one or two, put the rest back:

IN THE PLAN	SWAP TO	WHERE IT SHOWS UP
Sunflower seed butter	Peanut or almond butter	Snacks and energy balls — not for school lunchboxes
Oat milk & oat yogurt	Any milk you tolerate, dairy or plant	Every breakfast
Banana as the binder	1 egg per batch	Pancakes, waffles, muffins
GF broth + lemon	Tamari, if soy is fine	Sunday fried rice
Dairy-free white sauce	Butter and milk	Wednesday’s casserole

Monday to Thursday

Ten minutes of hands-on time for most meals. Dinner quantities assume a family of four.

DAY 1 · MONDAY

COOK ONCE

BREAKFAST

Vanilla maple overnight oats

½ cup certified GF oats + ½ cup oat milk + 1 tsp chia + 1 tsp maple. Jar it overnight. *Make four — they keep 4–5 days.*

LUNCH

Turkey & avocado rice bowl

Cooked rice, sliced deli turkey (check the label), avocado, cucumber, olive oil and lemon.

DINNER

Sheet-pan chicken & sweet potatoes

Chicken thighs, cubed sweet potato and green beans with olive oil, paprika, garlic powder and salt. 425°F for 30–35 min. *Roast two extra thighs for tomorrow.*

SNACK

Apple slices + sunflower butter

DAY 2 · TUESDAY

FAST

BREAKFAST

Banana oat pancakes

Blend 1 cup GF oats, 1 banana, ¾ cup oat milk and 1 tsp baking powder. No egg needed — the banana binds.

LUNCH

Chicken & veg soft tacos LEFTOVERS

Last night's chicken shredded into warm corn tortillas with lettuce and salsa.

DINNER

Beef & pepper rice skillet

Brown 1 lb ground beef; add diced bell pepper, onion, a can of diced tomatoes and cooked rice. Season with cumin and oregano.

SNACK

No-bake energy balls

Rolled on Sunday — see the prep plan on page 5.

DAY 3 · WEDNESDAY

COOK ONCE

BREAKFAST

Berry smoothie bowl

Frozen berries, banana and oat milk blended thick. Top with GF oats and pumpkin seeds.

LUNCH

Chickpea "no-tuna" salad

Mash a can of chickpeas with olive oil, lemon, diced celery, salt and pepper. Serve on rice cakes or GF bread.

DINNER

Tater-tot casserole

Ground beef and mixed vegetables under a tater-tot lid, bound with a dairy-free white sauce of oat milk and GF flour. *Bake a 9×13 — half is tomorrow's lunch.*

SNACK

Fruit & seed granola bars

DAY 4 · THURSDAY

EASY

BREAKFAST

Chocolate baked oats

GF oats, cocoa, mashed banana, oat milk and baking powder, baked 20 min at 350°F. Tastes like cake, isn't.

LUNCH

Casserole + carrot sticks LEFTOVERS

DINNER

Lentil & vegetable soup

Sauté onion, carrot and celery; add 1 cup red lentils, 6 cups gluten-free broth, a can of tomatoes and thyme. Simmer 25 min. *Freezes well — double it.*

SNACK

Frozen yogurt bark

Oat-based dairy-free yogurt spread thin with berries, frozen 2 hours, snapped into shards.

Friday to Sunday

The weekend does the heavy lifting: one tray of roast chicken carries Saturday dinner, Sunday lunch and Sunday dinner.

DAY 5 · FRIDAY

FAMILY NIGHT

BREAKFAST

Peach chia pudding

3 tbsp chia + 1 cup oat milk + maple, stirred twice and chilled overnight. Top with diced peaches.

LUNCH

Rice & black bean bowl

Rice, rinsed black beans, corn, salsa, lime and cilantro. Good cold from a lunchbox.

DINNER

Taco night

Ground turkey with cumin, paprika, garlic and oregano — skip packet seasoning, it often hides wheat. Corn tortillas, lettuce, tomato, guacamole. *Cook 1½ lb; the extra is Saturday's potato bar.*

SNACK

Nut-free trail mix

Pumpkin seeds, sunflower seeds, raisins and GF cereal.

DAY 6 · SATURDAY

SLOW MORNING

BREAKFAST

Waffles + berries

GF flour blend, oat milk, oil and baking powder. Freeze the extras for a weekday toaster breakfast.

LUNCH

Loaded baked potato bar LEFTOVERS

Baked potatoes topped with Friday's taco meat, salsa, chives and avocado.

DINNER

Roast chicken thighs & rice

A tray of thighs with lemon, garlic and rosemary; rice pilaf cooked in GF broth; roasted carrots alongside. *Roast the whole pack.*

SNACK

Banana oat muffins

DAY 7 · SUNDAY

RESET

BREAKFAST

Sweet potato breakfast hash

Diced sweet potato crisped in olive oil with onion, spinach and smoked paprika. Add a scoop of black beans to make it filling.

SNACK

Dairy-free lemon bars

LUNCH

Big chicken salad LEFTOVERS

Saturday's chicken over greens with shredded carrot and cabbage, dressed with olive oil, apple cider vinegar, maple and mustard.

DINNER

Clean-the-fridge fried rice

Day-old rice fried hard in a hot pan with whatever vegetables are left, plus any last chicken. Season with GF broth, lemon and green onion.

Two hours on Sunday

Do this once and the week more or less runs itself. Everything overlaps — the oven works while you chop.

THE SUNDAY TIMELINE

2 HOURS

0:00 OVEN — Roast a tray of **sweet potato and carrots** while everything else happens. They become Monday's dinner and Sunday's hash.

0:15 STOVETOP — Cook a big pot of **rice** — it feeds Monday lunch, Tuesday dinner, Friday lunch and Sunday dinner.

0:35 FRIDGE — Fill four jars of **overnight oats** for Monday and a jar of **chia pudding** for Friday. Two breakfasts, already done.

1:00 COUNTER — Roll a batch of **energy balls** and bake the **granola bars**. Cool them, then box them for lunches.

1:30 CHOP — Wash and cut **carrot and cucumber sticks**, shred cabbage for Sunday's salad, and portion fruit into grab bags.

1:50 LABEL — Date every container. If someone in the house has a severe allergy, keep the safe shelf at the **top** of the fridge, never under an open packet.

HOW LONG IT KEEPS

LEFTOVERS

A plan built on leftovers only works if the leftovers are still good. USDA guidance for cooked food is 3–4 days refrigerated — cool it fast, reheat it to steaming hot, and reheat any portion only once.

WHAT	FRIDGE	FREEZER
Cooked chicken, beef, turkey	3–4 days	2–3 months
Cooked rice — chill within 1 hour	3–4 days	1 month
Lentil soup, tater-tot casserole	3–4 days	1–3 months
Overnight oats, chia pudding	4–5 days	Not recommended
Pancakes & waffles	3 days	1 month
Energy balls, granola bars, muffins	1 week	3 months
Cut carrot & cucumber sticks	3–4 days in water	—

One trip, one week

Quantities suit a family of four. Tick what you already have before you leave the house.

PRODUCE

- ☐ Bananas × 7
- ☐ Apples × 6
- ☐ Lemons × 3
- ☐ Limes × 2
- ☐ Avocados × 4
- ☐ Sweet potatoes × 4
- ☐ Russet potatoes × 6
- ☐ Carrots, 2 lb
- ☐ Green beans, 1 lb
- ☐ Bell peppers × 3
- ☐ Onions × 4
- ☐ Celery, 1 bunch
- ☐ Cucumber × 2
- ☐ Tomatoes × 3
- ☐ Salad greens
- ☐ Cabbage, ½ head
- ☐ Spinach, 1 bag
- ☐ Green onions
- ☐ Garlic, fresh
- ☐ Rosemary, fresh

PROTEINS

- ☐ Chicken thighs, bone-in — 2 packs
- ☐ Ground beef, 1 lb
- ☐ Ground turkey, 1½ lb
- ☐ Sliced deli turkey — **check for gluten and milk**

REFRIGERATED & FROZEN

- ☐ Oat milk, unsweetened × 2
- ☐ Oat-based dairy-free yogurt, 1 tub
- ☐ Frozen mixed berries, 1 bag
- ☐ Frozen peas & carrots, 1 bag
- ☐ Tater tots, 1 bag — **check for wheat**
- ☐ Frozen peaches, small bag

PANTRY

- ☐ **Certified gluten-free oats**, large bag
- ☐ Gluten-free flour blend
- ☐ Long-grain rice, 2 lb
- ☐ Corn tortillas — **corn only**
- ☐ Rice cakes
- ☐ Gluten-free bread
- ☐ Gluten-free cereal, plain
- ☐ Red lentils, 1 lb
- ☐ Chickpeas × 2 cans
- ☐ Black beans × 2 cans
- ☐ Diced tomatoes × 2 cans
- ☐ Sweet corn × 1 can
- ☐ Gluten-free broth × 2
- ☐ Salsa, 1 jar
- ☐ Sunflower seed butter
- ☐ Pumpkin & sunflower seeds
- ☐ Raisins
- ☐ Chia seeds
- ☐ Maple syrup
- ☐ Cocoa powder
- ☐ Olive oil
- ☐ Apple cider vinegar
- ☐ Mustard
- ☐ Baking powder
- ☐ Cumin, paprika, oregano
- ☐ Smoked paprika, thyme

Before you shop: pair this list with the free **Clean & Allergy-Friendly Grocery Checklist** and the **Beyond the Label** guide, both at mycleanbowl.com. They cover the 30-second label scan, the hidden-name decoder and the questions worth asking a manufacturer.

Full recipes for the pancakes, baked oats, overnight oats, chia pudding, waffles, energy balls, granola bars, banana muffins, trail mix, yogurt bark, tater-tot casserole and lemon bars are all free on the site too.

This plan is general information, not medical advice — always check current labels and follow your allergist's advice.