

the TICK CHICKS



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7-Day Alpha-Gal & Dairy-Free Meal Plan

Simple • Safe • Delicious

WEEKLY PLAN

Day 1

Breakfast: Veggie Egg Scramble

Lunch: Grilled Chicken Salad

Dinner: Lemon Garlic Salmon + Steamed Broccoli

Day 2

Breakfast: Overnight Oats

Lunch: Turkey Avocado Wrap

Dinner: Garlic Herb Chicken Thighs + Roasted Potatoes

Day 3

Breakfast: Avocado Toast + Egg

Lunch: Quinoa Chickpea Bowl

Dinner: Shrimp Tacos + Cilantro Lime Rice

Day 4

Breakfast: Smoothie Bowl

Lunch: Tuna Lettuce Wraps

Dinner: Turkey Stuffed Peppers + Mixed Greens Salad

Day 5

Breakfast: Sweet Potato Turkey Hash

Lunch: Shrimp Noodle Stir Fry

Dinner: Teriyaki Chicken Bowl + Green Beans

Day 6

Breakfast: Veggie Egg Scramble

Lunch: Grilled Chicken Salad

Dinner: Baked Cod + Honey Glazed Carrots

Day 7

Breakfast: Overnight Oats

Lunch: Quinoa Chickpea Bowl

Dinner: Tofu Veggie Stir Fry + Chili Lime Corn

RECIPES

BREAKFAST

Veggie Egg Scramble – Sauté veggies, add eggs, cook

Overnight Oats – Mix + refrigerate overnight

Avocado Toast – Toast, mash avocado, add egg

Smoothie Bowl – Blend fruit + plant milk

Sweet Potato Turkey Hash – Roast potatoes, cook turkey, combine

LUNCH

Grilled Chicken Salad – Grill chicken, toss with greens

Turkey Wrap – Layer + roll

Quinoa Chickpea Bowl – Combine grains, veggies, tahini

Tuna Lettuce Wraps – Mix + serve

Shrimp Noodle Stir Fry – Cook noodles, stir fry all

DINNER

Salmon – Bake 400°F (12–15 min)

Chicken Thighs – Roast 400°F (35–40 min)

Shrimp Tacos – Cook + assemble

Stuffed Peppers – Bake 30 min

Teriyaki Bowl – Cook + sauce

Cod – Bake 375°F (15 min)

Tofu Stir Fry – Brown tofu, add veggies + sauce

SIDE DISHES

Roasted Potatoes
Steamed Broccoli
Cilantro Lime Rice
Green Beans + Almonds
Honey Glazed Carrots
Chili Lime Corn
Mixed Greens Salad

TIPS

No mammal meat or dairy
Check labels (gelatin, whey, casein)
Use olive, avocado, or coconut oil
Batch cook proteins and grains
Watch sauces, breads, and tortillas