



Gluten Free Low Carb Meal Plan // Isabel Eats

Low Carb Enchilada Cabbage Rolls

Easy Chipotle Shakshuka

Spicy Chipotle Roasted Cauliflower

Baked Vegetarian Chile Rellenos

Apple Pear Salad with Honey Cilantro Vinaigrette

Produce

- large head cabbage (1)
- large white onion (1/4) (1)
- tomatoes (topping)
- avocado (topping)
- red bell pepper (1)
- garlic (1 T)
- cauliflower (1 large)
- lime (1/2)(1)
- poblano peppers (6 large)
- Roma tomatoes (2)
- baby kale (4 C)
- pear (1/2)
- red apple (1/2)

Herbs

- cilantro (topping) (2 T) (2/3 C)

Spices

- onion powder (1 t)
- garlic powder (1 t) (1/4 t)
- ancho chili powder (1/2 t)
- cumin (1/2 t) (1 t) (1/4 t)
- paprika (1 t)

Meat & Poultry

- chicken breasts (1 1/2 lbs)

Dairy & Eggs

- shredded mozzarella (1 1/4 C)
(1 1/2 C or chihuahua cheese)
- cotija cheese (1/2 C) (1/4 C)
- eggs (6 large)
- butter (1 T)
- sour cream / Greek yogurt (1/4 C)
- Manchego cheese (shaved, topping)

Dried Fruits and Nuts

- dried cranberries (1/4 C)
- chopped walnuts (1/4 C)

Pantry Items

- olive oil (1.5 T) (3 T) (1 T) (1/4 C)
- diced green chiles (4 oz) (8 oz)
- red enchilada sauce (2 C)
- chipotle pepper in adobo (1) (1)
- diced tomatoes with juice (2 X 15 oz cans)
- whole kernel corn in can (1/2 C)
- honey (2 T)