



CULTIVATING
Wellness

Masterclass

30 Day

Action Plan





Masterclass Welcome



Thank you for coming to our Masterclass.

Your 30 Day action pack includes :

- Shopping list
- Pantry audit
- My favourite online stores
- Your 30-day meal plan.

This is the next step creating and succeeding to change your food choices & habits.

We know what it's like to arrive home with a glossy new recipe book with all good intentions only to realise I had absolutely no ingredients in the cupboard that were remotely relevant to what was in the book.

So to make it that little bit easier for you to succeed in your quest for change, Ros has included a list of ingredients that you will need.

I have created an audit list of the foods & products that you will not need to use again if you follow her recipes and meal plans.

If you are extremely intolerant to gluten & dairy like Ros then you really do need to be extra vigilant in reading labels and ingredients to make sure there is nothing that will react with you and everyone is different.

We hope you enjoy the meal plans and ideas Ros has put together and inspires you to start you on your journey.

Feel free to email us with any questions or ask in the facebook group.

Happy Baking!!

Ros Rees

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GrainFreeRecipes.com.au

Happy Baking!!

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SHOPPING LIST

Flours

Almond Meal
Coconut Flour
Banana Flour
Hazelnut Meal
Buckwheat Flour

Nuts

Almonds -
Whole - Slivered - Flaked
Hazelnuts
Pecans
Walnuts
Macadamia
Brazil

Miscellaneous

Coconut Aminos
Gelatin
Vanilla essence
Baking Soda
Baking Powder
Cacao Dark
Cooking Chocolate (85%+)
Chocolate Drops
(organictimes.com.au)

Oils

Olive
Coconut
Avocado
Macadamia

Coconut

Flakes
Desiccated
Shredded

Milk

Almond
Macadamia
Coconut
Coconut Cream

Seeds

Sunflower Seeds (Kernels)
Pepitas (Pumpkin Kernels)
Pine Nuts
Sesame
Poppy

Herbs and Spices Crushed or minced (in jars): -

Garlic -
Ginger -
Chilli
Cajun Spice Red or Green Curry
Paste
Curry Powder

Sugars

Coconut Sugar
Rapadura Honey
Maple Syrup
Dates
Coconut Flakes
Desiccated Shredded

Animal Fats

Pork Beef
Lamb
Duck
Seafood
Salmon
Tinned Tuna



PANTRY AUDIT

Use this pantry audit as a guide to help you remove the products in your pantry that may contain gluten. Replace & restock with healthier options on the right side.

"If it isn't in the pantry or fridge you won't be tempted."

FLOURS CONTAINING GLUTEN

- Wholemeal flours
- Self Raising Flour
- Plain Flour
- Barley Flour
- Rye Flour
- Spelt Flour
- Triticale Flour
- Semolina
- Malt
- Gravox
- Corn Flour & Thickeners
- Oats (cross-contamination with other grains)
- Rice

RESTOCK WITH:

- Coconut Flour
- Almond Meal
- Banana Flour
- Hazelnut Meal



PANTRY AUDIT

SUGARS AND OILS

SUGARS:

- Refine Sugar
- Icing Sugar
- Castor Sugar
- Glucose
- Soft Drinks
- Agarve
- Fruit Juices
- Cordial

RESTOCK WITH:

- Honey
- Maple Syrup
- Rapadura
- Coconut Sugar

OILS:

- Canola Oil
- Sunflower Oil
- Mixed Vegetable Oils
- Cotten Seed Oil
- Palm Oil
- Grape Seed
- Rice Bran Oil
- Margarine
- Peanut Oil

RESTOCK WITH:

- Beef & Lamb Tallow
- Duck Fat
- Olive Oil
- Coconut Oil



PANTRY AUDIT

GLUTEN & DAIRY PRODUCTS

- Biscuits, Cakes or Baked Goods
- Energy Bars
- Crackers
- Noodles
- Pasta
- Cereals
- Sauces & Gravy
- Salad Dressings
- Marinades
- Soy Sauce
- Season Potato Chips
- Bread
- Gluten Free Bread
- Rice

RESTOCK WITH:

- Coconut Aminos

MILKS:

- Milk
- Cream
- Powdered Milk
- Cheese
- Butters
- Yoghurt
- Soy

RESTOCK WITH:

Almond Milk
Coconut Milk
Coconut Cream



PANTRY AUDIT

Online Order Options

Banana Flour - Natural Evolution Foods
<https://www.naturalevolutionfoods.com.au/>

Source Bulk Foods

<https://thesourcebulkfoods.com.au/>

Spices & All Things Nice

<https://gewurzhaus.com.au>

Herbie Spices

<https://herbies.com.au>

Chocolate - Dairy Free, Soy Free & Gluten Free

<https://www.originchocolate.com.au>



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Be Inspired ~ Grain Free Recipes ~ Meal Plan

1

SUNDAY

Breakfast
Apply & Maple Syrup Pancakes
Pg: 26

Snack

Lunch
Honey Turmeric Chicken Cauliflower Rice
Pg: 48,92

Snack

Dinner
Slow Roasted Marinated Lamb Shoulder Apple Crumble
Pg: 114, 138

MONDAY

Breakfast
Plain Muesli with 1 serve fruit Nut milk or Coconut Yogurt
18

Snack

Energy Bar Slice
Pg: 184

Lunch
Left Over Cold Lamb and Waldorf Salad
Pg: 66

Snack

Sultana & Seed Energy Balls
Pg: 202

Dinner
Spicy Pork Pockets
Pg: 42

TUESDAY

Breakfast
Scrambled Eggs with tomatoes and Mushrooms
Pg: 36

Snack

Lunch
Fish Patties with Mediterranean Salad
Pg: 52, 80

Snack

Dinner
Lamb or Beef Koftas with Roasted Sweet Potato & Beetroot Salad
Pg: 62, 74

WEDNESDAY

Breakfast
Tuna Omlette
Pg: 28

Snack

Lunch
Cajun Chicken Salad
Pg: 44

Snack

Dinner
Sticky Chilli Pork Ribs with Cabbage & Apple Stir Fry
Pg: 100, 94

THURSDAY

Breakfast
Toasted Crunchy Muesli with 1 piece of fruit
Pg: 20

Snack

Lunch
Bacon & Mince Muffins Tomato & Green Bean Salad
54, 78

Snack

Dinner
Baked Thai Green Chicken Curry Cauliflower Rice
Pg: 102, 92

FRIDAY

Breakfast
Buckwheat pikiets with some fresh berries
Pg: 24

Snack

Lunch
Herb and Vegetable Frittata with Mango & Almond Salad
Pg: 40,76

Snack

Dinner
Cauliflower Shepherd's Pie Roasted Greens
Pg: 122, 88

SATURDAY

Breakfast
Bacon & eggs with Sweet Potato Rosti
Pg: 30

Snack

Lunch
Cauliflower Fried Rice
Pg: 96

Snack

Dinner
Beef Bolognese Sauce with Zucchini Noodles
Pg: 120



Be Inspired ~ Grain Free Recipes ~ Meal Plan

2

SUNDAY

Breakfast
Apply & Maple Syrup Pancakes
Pg: 26

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Honey Turmeric Chicken Cauliflower Rice
Pg: 48,92

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Slow Roasted Marinated Lamb Shoulder
Roasted Vegetables

MONDAY

Breakfast
Plain Muesli with 1 serve fruit
Nut milk or Coconut
Pg: 18 Yogurt

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Left Over Cold Roast Fritters & Hazelnut Salad
Pg: 72

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Spicy Pork Pockets
Pg: 42

TUESDAY

Breakfast
Scrambled Eggs with tomatoes and Mushrooms
Pg: 36

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Fish Patties with Mediterranean Salad
Pg: 52, 80

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Lamb or Beef Koftas with Roasted Sweet Potato & Beetroot Salad
Pg: 62, 74

WEDNESDAY

Breakfast
Bacon & eggs with Sweet Potato Rosti
Pg: 30

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Mango & Almond Salad
Bacon & Mince Muffins
Pg: 44

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Barramundi with Mango Salad
Pg: 110

THURSDAY

Breakfast
Toasted Crunchy Muesli with 1 piece of fruit
Pg: 20

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Cajun Salad
Pg: 44

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Sticky Chilli Pork Ribs with Cabbage & Apple Stir Fry
Pg: 100, 94

FRIDAY

Breakfast
Tuna Omelette
Pg: 28

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Broccoli Soup + Crispy Crackers
Pg: 130, 216

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Baked Thai Green Chicken Curry
Cauliflower Rice
Pg: 102, 92

SATURDAY

Breakfast
Buckwheat piklets with some fresh berries
Pg: 24

Snack
Chocolate Hazelnut Balls
Pg: 198

Lunch
Lemon Mint Chops + Tomato Green Bean Salad
Pg: 116, 78

Snack
Mango Salsa + Crispy Crackers
Pg: 232, 216

Dinner
Roasted Sweet Potato with Chilli Mince Filling - Avocado Mousse
Pg: 56, 144



Be Inspired ~ Grain Free Recipes ~ Meal Plan

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SUNDAY

Breakfast
Bacon & Eggs with
Sweet Potato Rosti &
Paleo Almond & Seed
Pg: 220 Bread

Snack

Lunch
Chicken & Vegetable
Quiche with Sweet
Potato Base + Mango
& Almond Salad
Pg: 50,76

Snack

Dinner
Rich Tomato & Red
Wine Lamb Shanks

Pg: 112

MONDAY

Breakfast
Plain Muesli with 1
serve fruit
Nut milk or Coconut
Pg: 18 Milk

Snack

Chocolate Coconut
Crunches

Pg: 200

Lunch

Thai Beef Salad

Pg: 58

Snack

Guacamole with
Crispy Crackers
+ Tomato Chilli Salsa
Pg: 222, 216, 234

Dinner

Baked Thai Green
Chicken Curry

Pg: 102

TUESDAY

Breakfast
Tuna Omelette
+ Bone Broth
Pg: 28, 210

Snack

Lunch

Cauliflower Fried
Rice

Pg: 96

Snack

Dinner

Lemon Thyme &
Garlic Roast Chicken
+ Roast Vegetables

Pg: 104, 84

WEDNESDAY

Breakfast
Meat Fritters with Left
Over Chicken
+ Bone Broth
Pg: 22

Snack

Lunch

Waldorf Salad

Pg: 66

Snack

Dinner

Curry Beef Casserole
with Cauliflower
Dumplings

Pg: 118

THURSDAY

Breakfast
Toasted Crunchy
Muesli with 1 piece of
fruit with choice of milk
Pg: 20

Snack

Apricot & Almond
Energy Balls

Pg: 204

Lunch

Beef Vegetable Soup
+ Paleo Almond &
Seed Bread

Pg: 134, 220

Snack

Dinner

Salmon with
Cauliflower Mash

Pg: 108

FRIDAY

Breakfast
Scrambled Eggs
+ Bone Broth
Pg: 36

Snack

Lunch

Honey Turmeric
Chicken

Pg: 48

Snack

Dinner

Lemon Mint Chops &
Roasted Greens

Pg: 116, 88

SATURDAY

Breakfast
Bone Broth
+ Mini Bacon Quiche
Pg: 32

Snack

Lunch

Fish Patties + Roast
Sweet Potato &
Beetroot Salad

Pg: 52, 74

Snack

Dinner

Sticky Chilli Pork
Ribs

Pg: 100



Be Inspired ~ Grain Free Recipes ~ Meal Plan

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SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Breakfast

Bacon & Eggs with Sweet Potato Rosti + Broth

Pg: 30

Snack

Lunch

Herb & Vegetable Frittata

Pg: 40

Snack

Dinner

Lemon Thyme & Garlic Roast Chicken + Mediterranean Vegetables

Pg: 104

Breakfast

Plain Muesli with 1 serve fruit Nut milk or Coconut Milk

Pg: 18

Snack

Carrot Cake

Pg: 158

Lunch

Thai Beef Salad

Pg: 58

Snack

Roasted Beetroot Dip + Crispy Crackers

Pg: 218, 216

Dinner

Beef Chow Mein

Pg: 60

Breakfast

Scrambled Eggs with Tomatoes & Mushrooms + Broth

Pg: 26

Snack

Lunch

Thick Vegetable Chicken Soup + Paleo Almond Seed Bread

Pg: 132, 220

Snack

Dinner

Roasted Marinated Slow Lamb Shoulder + Roasted Greens

Pg: 114, 88

Breakfast

Tuna Omelette + Broth

Pg: 28

Snack

Lunch

Cauliflower Fried Rice with Cold Left Over Roast

Pg: 96

Snack

Dinner

Cauliflower Shepherd Pie

Pg: 122

Breakfast

Toasted Crunchy Muesli with 1 piece of fruit with choice of milk

Pg: 20

Snack

Sweet Potato Chocolate Slice

Pg: 180

Lunch

Smoked Cod Kedegree

Pg: 106

Snack

Dinner

Honey & Turmeric Chicken + Mango Almond Salad

Pg: 48, 76

Breakfast

Mini Bacon Quiches

Pg: 32

Snack

Lunch

Roasted Pumpkin Soup + Crispy Crackers

Pg: 128, 216

Snack

Dinner

Curry Beef Casserole + Cauliflower Dumblings

Pg: 118

Breakfast

Apple & Maple Syrup Pancakes

Pg: 26

Snack

Lunch

Roasted Sweet Potato with Chilli Mince Filling

Pg: 56

Snack

Dinner

Beef Bolognese with Zucchini Noodles

Pg: 120