

Gallbladder Meal Plan

Created by Restored Identity LLC



Gallbladder Meal Plan

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Berry Banana Smoothie	Raspberry Banana Smoothie Bowl	Almond Butter Banana Wrap	Overnight Bircher Muesli	Black Bean Egg White Omelette	Chocolate Cherry Green Smoothie	Cinnamon Protein Oats
Snack 1	Yogurt with Pear	Chickpeas & Snow Peas Snack Box	Greek Yogurt & Clementines	Green Blender Juice or Smoothie	Apple	Yogurt & Berries	Apple
					Almonds		Almonds
Lunch	Taco Spiced Quinoa	Curried Chicken Wrap	Sweet Potato & Black Bean Salad	Quinoa & Roasted Chickpea Rainbow Salad	Baked Salmon with Broccoli & Quinoa	Pressure Cooker Chicken Taco Stuffed Sweet Potato	Chicken & Black Bean Wraps
Snack 2	Clementines & Almonds	Cream Cheese Crackers with Strawberries & Snap Peas	Chickpeas & Snow Peas Snack Box	Greek Yogurt & Clementines	Yogurt with Pear	Apple	Yogurt & Berries
						Almonds	
Dinner	Curried Chicken Wrap	Taco Spiced Quinoa	Baked Salmon with Broccoli & Quinoa	Lemon Dijon Chicken Drumsticks with Rice	Chicken & Black Bean Wraps	Roasted Red Pepper & Cauliflower Penne	Chickpea Picadillo with Rice

Gallbladder Meal Plan

60 items

Fruits

- 3 1/2 Apple
- 3 Banana
- 6 Clementines
- 2/3 Lemon
- 1 1/2 **tsps** Lime Juice
- 4 Pear
- 1/2 **cup** Strawberries

Breakfast

- 1/4 **cup** Almond Butter

Seeds, Nuts & Spices

- 1 **cup** Almonds
- 1/4 **tsp** Cinnamon
- 2 **tsps** Cumin
- 1/2 **tsp** Curry Powder
- 1 **tsp** Hemp Seeds
- 1 1/2 **tsps** Italian Seasoning
- 1/4 **tsp** Paprika
- 0 Sea Salt & Black Pepper
- 2 2/3 **tsps** Sunflower Seeds
- 1 1/4 **tsps** Taco Seasoning
- 1 **tbsp** Whole Flax Seeds

Frozen

- 3 **cups** Frozen Berries
- 1 **cup** Frozen Raspberries

Vegetables

- 1 1/2 **cups** Baby Spinach
- 2 **tsps** Basil Leaves
- 6 **cups** Broccoli
- 1/2 **head** Cauliflower
- 1 **cup** Cherry Tomatoes
- 1/4 **cup** Cilantro
- 1 Garlic
- 1 Green Bell Pepper
- 1 **cup** Kale Leaves
- 2/3 **cup** Parsley
- 1/2 Red Bell Pepper
- 1 **cup** Snap Peas
- 1 1/2 **cups** Snow Peas
- 1 Sweet Potato
- 1 Yellow Onion
- 1/4 Zucchini

Boxed & Canned

- 4 1/4 **cups** Black Beans
- 1 1/2 **cups** Chickpeas
- 2 **slices** Light Rye Crisp Bread
- 1 3/4 **cups** Quinoa
- 3/4 **cup** Salsa
- 1 1/2 **tsps** Tomato Paste
- 2 1/2 **cups** Vegetable Broth, Low Sodium
- 1 1/2 **cups** Whole Wheat Penne

Baking

- 1 **tsp** Unsweetened Coconut Flakes

Bread, Fish, Meat & Cheese

- 13 1/2 **ozs** Chicken Breast, Cooked
- 1/4 **cup** Cream Cheese, Regular
- 15 **ozs** Salmon Fillet
- 7 Whole Wheat Tortilla

Condiments & Oils

- 3 1/2 **tsps** Extra Virgin Olive Oil
- 2 1/2 **tsps** Mayonnaise
- 2 **tsps** Tahini
- 1 1/2 **cups** Tomato Sauce

Cold

- 1 1/2 **cups** Egg Whites
- 3/4 **cup** Plain Coconut Milk
- 5 1/8 **cups** Plain Greek Yogurt
- 1 1/16 **cups** Unsweetened Almond Milk

Other

- 1/2 **cup** Vanilla Protein Powder
- 4 1/8 **cups** Water

Berry Banana Smoothie

6 ingredients · 5 minutes · 1 serving



Directions

1. Add all ingredients into a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Leftovers

Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

No Protein Powder

Omit, or add a few spoonfuls of hemp seeds instead.

Nut-Free

Use nut-free milk such as oat milk.

Ingredients

1 cup Unsweetened Almond Milk

1 cup Frozen Berries

1/2 Banana

1 cup Kale Leaves

1/4 cup Vanilla Protein Powder

1 tbsp Whole Flax Seeds

Raspberry Banana Smoothie Bowl

7 ingredients · 5 minutes · 1 serving



Directions

1. In a blender, add the coconut milk, raspberries, banana, zucchini, and protein powder. Blend until smooth.
2. Pour the smoothie into a bowl and garnish with banana, coconut flakes, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is approximately 1 1/2 cups.

Additional Toppings

Raspberries, chia seeds, and/or pumpkin seeds.

Ingredients

- 3/4 cup** Plain Coconut Milk
- 1 cup** Frozen Raspberries
- 1/2** Banana (frozen, plus more for garnish)
- 1/4** Zucchini (frozen, chopped)
- 1/4 cup** Vanilla Protein Powder
- 1 tsp** Unsweetened Coconut Flakes
- 1 tsp** Hemp Seeds

Almond Butter Banana Wrap

3 ingredients · 5 minutes · 2 servings



Directions

1. Spread the almond butter evenly onto one side of the tortilla.
2. Place the banana on one end of the tortilla. Tightly roll, slice and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one to two days.

Gluten-Free

Use teff or brown rice tortilla instead of whole wheat.

Nut-Free

Use sunflower seed or pumpkin seed butter instead of almond butter.

Additional Toppings

Hemp seeds, chia seeds, crushed nuts or sliced strawberries.

Serving Size

One serving is equal to one wrap.

Ingredients

- 1/4 cup Almond Butter
- 2 Whole Wheat Tortilla (large)
- 2 Banana (medium)

Black Bean Egg White Omelette

7 ingredients · 10 minutes · 3 servings



Directions

1. Add the black beans, salsa, and cumin to a pot over medium. Cook for three to five minutes or until the salsa is simmering and the black beans have warmed through. Add the spinach and cook until wilted. If the sauce becomes too thick add a splash of water. Season with salt and pepper and set aside.
2. Heat the oil in a non-stick pan over medium heat. Season the egg whites with salt and pepper then pour into the pan and cook until almost set. Place the black beans on one half of the omelette and fold the other half over top. Remove from heat and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add red pepper flakes, cilantro, lime juice, or taco seasoning to the black beans.

Additional Toppings

Shredded or feta cheese, avocado slices, hot sauce, or more salsa.

No Spinach

Use another leafy green, like kale or arugula.

Ingredients

- 1 1/2 cups Black Beans (cooked and rinsed)
- 3/4 cup Salsa
- 1 1/2 tsps Cumin (optional)
- 1 1/2 cups Baby Spinach (chopped)
- Sea Salt & Black Pepper (to taste)
- 1 1/2 tsps Extra Virgin Olive Oil
- 1 1/2 cups Egg Whites

Yogurt with Pear

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into bowls. Top with pear and enjoy!

Notes

Dairy-Free

Use coconut or almond yogurt instead of Greek yogurt.

No Pear

Use any type of fresh fruit instead.

Likes it Sweet

Drizzle with honey or maple syrup.

Ingredients

1/2 Pear (halved and cored)

1 cup Plain Greek Yogurt

Chickpeas & Snow Peas Snack Box

4 ingredients · 8 minutes · 3 servings



Directions

1. In a saucepan, bring water to a boil. Add the snow peas and cook for one minute. Drain and rinse.
2. Serve the snow peas with the chickpeas and pear. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Sauté the snow peas in butter and lemon juice. Season chickpeas with your choice of herbs or spices.

Ingredients

- 3 cups Water
- 1 1/2 cups Snow Peas
- 1 1/2 cups Chickpeas (cooked, rinsed)
- 3 Pear (sliced)

Greek Yogurt & Clementines

2 ingredients · 5 minutes · 1 serving



Directions

1. Add the yogurt to a bowl and top with clementine slices. Enjoy!

Notes

Leftovers

Best enjoyed immediately or you can meal prep by storing in an airtight container for up to three days.

Make it Vegan

Use coconut yogurt instead of Greek yogurt.

More Flavor

Add maple syrup or honey.

Additional Toppings

Top with coconut flakes, granola, nuts, and seeds.

Ingredients

1/2 cup Plain Greek Yogurt

2 Clementines (peeled, sectioned)

Apple

1 ingredient · 2 minutes · 1 serving



Directions

1. Slice into wedges, or enjoy whole.

Ingredients

1 Apple

Almonds

1 ingredient · 2 minutes · 1 serving



Directions

1. Place in a bowl and enjoy!

Notes

Leftovers

Store in an airtight container in the pantry.

More Flavor

Roast, toast and/or season with salt.

Ingredients

1/4 cup Almonds (raw)

Yogurt & Berries

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide yogurt into glasses or bowls. Top with thawed frozen fruit. (Do the reverse if you like the fruit on the bottom.) Enjoy!

Notes

Dairy-Free

Use a dairy-free yogurt like coconut, almond or cashew.

No Frozen Berries

Use any type of fresh fruit instead.

Ingredients

- 1 cup Plain Greek Yogurt
- 1 cup Frozen Berries (thawed)

Taco Spiced Quinoa

8 ingredients · 30 minutes · 2 servings



Directions

1. Heat a splash of the broth in a pot over medium-high heat.
2. Add the onion and the bell pepper and cook for five minutes or until the broth is absorbed. Add the quinoa and cook for another five minutes, stirring frequently, until the quinoa begins to toast and turn lightly golden.
3. Add the remaining broth, tomato paste, and taco seasoning. Stir well and bring to a boil. Cover, reduce heat to low and simmer for 12 to 15 minutes.
4. Remove the lid and fluff with a fork. Add the beans and let stand for five minutes to absorb the remaining liquid, if necessary.
5. Divide evenly between plates, garnish with the cilantro and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving is approximately two cups.

More Flavor

Add sliced jalapeños, green onions, and/or diced tomatoes. Add cooked tempeh or tofu.

Additional Toppings

Lime wedges, avocado, sour cream or yogurt, red pepper flakes, nutritional yeast, and/or tortilla chips.

No Black Beans

Use chickpeas, kidney beans, pinto beans, or white navy beans.

Ingredients

- 2 1/2 cups Vegetable Broth, Low Sodium (divided)
- 1 Yellow Onion (medium, finely diced)
- 1 Green Bell Pepper (medium, finely diced)
- 1 cup Quinoa (rinsed and drained)
- 1 1/2 tbsps Tomato Paste
- 1 tbsp Taco Seasoning
- 2/3 cup Black Beans (cooked, rinsed)
- 1/4 cup Cilantro (chopped)

Curried Chicken Wrap

6 ingredients · 10 minutes · 1 serving



Directions

1. In a bowl, mix together the chicken, mayonnaise, curry powder, and apple until combined.
2. Lay the tortilla flat and add the chicken mixture. Top with parsley, roll the tortilla tightly and enjoy!

Notes

Leftovers

For best results, enjoy the day of.

Egg-Free

Use vegan mayonnaise instead.

Additional Toppings

Top with sprouts, additional herbs of choice, or feta cheese.

Ingredients

3 ozs Chicken Breast, Cooked (shredded or chopped)

1 1/2 tsps Mayonnaise

1/4 tsp Curry Powder

1/4 Apple (chopped)

1 Whole Wheat Tortilla

1 tbsp Parsley (optional)

Sweet Potato & Black Bean Salad

13 ingredients · 25 minutes · 2 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a large baking sheet with parchment paper.
2. In a large mixing bowl, combine diced sweet potato, olive oil, cumin, cinnamon and paprika. Transfer to baking sheet and bake for 25 minutes.
3. Meanwhile, make your tahini dressing by whisking together tahini, lemon juice, minced garlic and almond milk.
4. In the mixing bowl, combine black beans, tomatoes, chopped parsley and sweet potato. Drizzle with your desired amount of dressing. Season with salt and pepper to taste.

Notes

No Black Beans

Use lentils, chickpeas or quinoa instead.

No Tahini

Use hummus instead.

Storage

Refrigerate in air-tight container up to 3-5 days.

Ingredients

- 1 Sweet Potato (diced into 1/2 inch cubes)
- 1 1/2 **tsps** Extra Virgin Olive Oil
- 1/2 **tsp** Cumin
- 1/4 **tsp** Cinnamon
- 1/4 **tsp** Paprika
- 2 **tbsps** Tahini
- 1/4 Lemon (juiced)
- 1 Garlic (cloves, minced)
- 1 **tbsp** Unsweetened Almond Milk
- 1 **cup** Black Beans (cooked, drained and rinsed)
- 1 **cup** Cherry Tomatoes (halved)
- 1/2 **cup** Parsley (chopped)
- Sea Salt & Black Pepper (to taste)

Clementines & Almonds

2 ingredients · 5 minutes · 1 serving



Directions

1. Divide the clementines and almonds onto plates. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days, or longer if the clementines are left unpeeled.

Serving Size

One serving is equal to two clementines and 1/4 cup almonds.

Ingredients

- 2 Clementines
- 1/4 cup Almonds

Cream Cheese Crackers with Strawberries & Snap Peas

4 ingredients · 10 minutes · 1 serving



Directions

1. Spread the cream cheese evenly over top of each crisp bread. Serve with snap peas and strawberries. Enjoy!

Notes

Leftovers

Best enjoyed immediately as the crispbread will soften over time.

Dairy-Free

Use vegan cream cheese instead.

Additional Toppings

Smoked salmon, capers, red onion, or cucumber.

No Crispbread

Use cucumber slices, toasted bread, rice cakes, or any other type of cracker instead.

Ingredients

1/4 cup Cream Cheese, Regular (plain, Regular)

2 slices Light Rye Crisp Bread

1 cup Snap Peas (trimmed)

1/2 cup Strawberries

Baked Salmon with Broccoli & Quinoa

7 ingredients · 20 minutes · 3 servings



Directions

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. Place the salmon fillets on the baking sheet and season with sea salt and black pepper.
3. Toss the broccoli florets in olive oil and season with sea salt and black pepper. Add them to the baking sheet, arranging them around the salmon fillets. Bake the salmon and broccoli in the oven for 15 minutes, or until the salmon flakes with a fork.
4. While the salmon cooks, combine the quinoa and water together in a saucepan. Bring to a boil over high heat, then reduce to a simmer. Cover and let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid and fluff with a fork. Set aside.
5. Remove the salmon and broccoli from the oven and divide onto plates. Serve with quinoa and a lemon wedge. Season with extra sea salt, black pepper and olive oil if you like. Enjoy!

Notes

Leftovers

Store covered in the fridge up to 2 days.

Speed it Up

Cook the quinoa ahead of time.

Vegan

Use tofu steaks instead of salmon fillets.

Ingredients

- 15 ozs** Salmon Fillet
- Sea Salt & Black Pepper (to taste)
- 6 cups** Broccoli (sliced into small florets)
- 1 1/2 tbsps** Extra Virgin Olive Oil
- 3/4 cup** Quinoa (uncooked)
- 1 1/8 cups** Water
- 1/3** Lemon (sliced into wedges)

Chicken & Black Bean Wraps

8 ingredients · 15 minutes · 3 servings



Directions

1. In a medium sized bowl, mix together the beans, taco seasoning, yogurt, mayonnaise, and lime juice.
2. Add the chicken and season with salt and pepper. Mix to combine.
3. Place the tortilla on a plate and top with the chicken and bean mixture. Fold in the sides of the tortilla and roll it up. Slice the wrap in half. Enjoy!

Notes

Leftovers

Best enjoyed immediately. Ingredients can be refrigerated separately in airtight containers for up to three days.

Serving Size

One serving is equal to one wrap.

Additional Toppings

Add greens such as baby spinach, arugula, or kale. Or add avocado.

Gluten-Free

Use a gluten-free tortilla.

Dairy-Free

Use dairy-free unsweetened yogurt.

Ingredients

- 1 1/8 cups Black Beans (cooked, rinsed)
- 3/4 tsp Taco Seasoning
- 3 tbsps Plain Greek Yogurt
- 1 1/2 tbsps Mayonnaise
- 1 1/2 tsps Lime Juice
- 7 1/2 ozs Chicken Breast, Cooked (shredded)
- Sea Salt & Black Pepper (to taste)
- 3 Whole Wheat Tortilla (large)

Roasted Red Pepper & Cauliflower Penne

9 ingredients · 45 minutes · 2 servings



Directions

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. Add the cauliflower and red peppers to a baking sheet. Toss everything to coat in oil and season with salt and pepper. Cook for 25 to 30 minutes or until tender.
3. Meanwhile, cook the pasta to al dente, according to package directions.
4. Add the red peppers, sunflower seeds, tomato sauce, and Italian seasoning to a blender or food processor. Blend until smooth.
5. Drain the pasta and return it to the pot over low heat. Add the sauce, roasted cauliflower, and basil. Stir until warm, about one to two minutes.
6. Divide the pasta evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving is approximately two cups.

More Flavor

Use cashews instead of sunflower seeds.

More Protein

Add lentils or white beans to the sauce. Top with cooked protein of choice.

Ingredients

- 1/2 head** Cauliflower (medium, cut into florets)
- 1/2** Red Bell Pepper (large, coarsely chopped)
- 1 tbsp** Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1 1/2 cups** Whole Wheat Penne (dry)
- 2 2/3 tbsps** Sunflower Seeds (toasted)
- 1 1/2 cups** Tomato Sauce
- 1 1/2 tsps** Italian Seasoning
- 2 tbsps** Basil Leaves (chopped, plus more for garnish)