

●●● Gluten-Free, Dairy-Free, Whole-Food Weekly Meal Plan #1: ●●●

From Meaningful Eats (meaningfuleats.com)

All underlined text is a link to a recipe. Meal plan for an average family of 4.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><u>Spaghetti & Turkey Meatballs with Veggie Sauce</u> (omit parmesan cheese in meatballs)</p> <p>Green Salad</p> <p><u>Rosemary Sea Salt Breadsticks</u> (optional)</p> <p>Dessert: <u>Flourless Oatmeal Almond Butter Chocolate Chip Cookies</u></p> <p><i>Prep for tomorrow: Soak the pinto beans</i></p>	<p><u>Slow-Cooker Mexican Pinto Beans</u></p> <p><u>Easy, Roasted Sweet Potato Medallions</u></p> <p>Steamed Vegetable or Green Salad</p>	<p><u>Potato & Spinach Frittata</u> (omit cheese)</p> <p><u>One-Bowl Cafe Green Salad</u></p>	<p><u>Skillet Chicken with Mexican Green Rice</u></p> <p>Organic Corn Tortilla Chips</p> <p>Green Salad or Steamed Vegetable</p>	<p>Leftover Night</p> <p>(Use leftover pinto beans with corn tortillas for easy tacos or if you are low on leftovers make breakfast for dinner!)</p>	<p><u>White Bean, Artichoke & Vegetable Soup</u></p> <p><u>Chia Seed Dinner Rolls</u> or <u>Mini Cornbread Muffins</u></p> <p>Green Salad</p>	<p><u>Beef & Vegetable Mung Bean Noodle Bowls</u></p> <p>or</p> <p><u>Spicy Beef & Shredded Vegetable Stir-Fry</u></p> <p>Steamed Brown/White Rice</p>



Breakfast Ideas:

- [Banana Chia Seed Custards](#)
- [Green Smoothie](#) + [Healthy GF Muffin](#) + Hard Boiled Egg
 - [Overnight Oatmeal](#)
- [Gluten-Free Waffle](#) (make-ahead and keep in the freezer) spread w/Nut Butter & Fruit
 - Scrambled Eggs, Avocado, Sliced Fruit/Smoothie
 - [Quiche](#) (make-ahead and reheat by the slice)

Lunch Ideas:

- Hummus Wrap - La Tortilla Factory wrap with hummus, avocado, olives, pepperoncini, cucumber & hummus
- Turkey Roll Ups - Turkey slice with avocado, pickle and mustard rolled inside
 - Canned Wild Alaskan Salmon over greens with dressing/vegetables of choice
 - Leftovers from dinner!

Grocery List:

Gluten-Free Pantry Items (Items you might not have normally, links are to some of my favorite products):

- [Gluten-Free Spaghetti Noodles](#)
- For the Rosemary Breadsticks: [Brown Rice Flour](#), [Arrowroot Powder](#), [Ground Flax Seed](#), [Whole Husk Psyllium](#)
- For the Cornbread Muffins: [Gluten-Free Cornmeal](#), [Arrowroot Powder](#), [Brown Rice Flour](#)
- For the Chia Seed Dinner Rolls: [Sorghum Flour](#) (or [Brown Rice Flour](#)), [Arrowroot Powder](#), [Chia Seeds](#), [Whole Husk Psyllium](#)
- [Mung Fettuccine Bean Noodles](#) (if making Beef and Vegetable Mung Bean Noodle Bowls)

Vegetables/Produce:

Meat/Eggs/Cheese:

Baking/Spices:

Canned Goods/Jarred Goods:

Dry Goods (beans, grains, etc.)

Frozen: