

# ●●● Gluten-Free, Dairy-Free, Egg-Free, Nut-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><a href="#"><u>White Bean, Artichoke &amp; Vegetable Soup</u></a></p> <p><a href="#"><u>Chia Seed Dinner Rolls</u></a> or <a href="#"><u>Rosemary Sea Salt Breadsticks</u></a></p> <p>Green Salad</p> <p>Dessert:</p> <p><i>Prep for tomorrow: Marinate the chicken</i></p>	<p><a href="#"><u>Honey Sesame Chicken Skewers</u></a></p> <p>Sliced Pineapple or Melon</p> <p>Steamed White/Brown Rice or Quinoa</p> <p><i>Prep for tomorrow: Soak the pinto beans</i></p>	<p><a href="#"><u>Slow-Cooker Mexican Pinto Beans</u></a></p> <p><a href="#"><u>Easy, Roasted Sweet Potato Medallions</u></a></p> <p>Steamed Vegetable or Green Salad</p>	<p><a href="#"><u>Slow-Cooker Island Pork</u></a></p> <p>Steamed White/Brown Rice or Quinoa</p> <p>Steamed Vegetable</p>	<p>Leftover Night!</p> <p>(The pinto beans and island pork taste delicious together. Or if you're low on leftovers make breakfast for dinner!)</p>	<p><a href="#"><u>Skillet Chicken with Mexican Green Rice</u></a></p> <p>Organic Corn Tortilla Chips</p> <p>Green Salad or Steamed Vegetable</p>	<p><a href="#"><u>Beef &amp; Vegetable Mung Bean Noodle Bowls</u></a></p> <p>or</p> <p><a href="#"><u>Spicy Beef &amp; Shredded Vegetable Stir-Fry</u></a></p> <p>Steamed Brown/White Rice</p>



<p><b><u>Breakfast Ideas:</u></b></p> <ul style="list-style-type: none"> <li>● <a href="#"><u>Banana Chia Seed Custards</u></a> (omit egg yolks for egg-free)</li> <li>● <a href="#"><u>Green Smoothie</u></a> + Sausage/Bacon + Frozen Hashbrowns                             <ul style="list-style-type: none"> <li>● <a href="#"><u>Overnight Oatmeal</u></a></li> </ul> </li> <li>● <a href="#"><u>Gluten-Free Toast</u></a> (make bread ahead of time and freeze individual slice, or use store-bought bread) spread w/Sunflower Seed Butter &amp; Fruit                             <ul style="list-style-type: none"> <li>● Sausage/Bacon, Avocado, Sliced Fruit/Smoothie</li> </ul> </li> </ul>	<p><b><u>Lunch Ideas:</u></b></p> <ul style="list-style-type: none"> <li>● Hummus Wrap - La Tortilla Factory wrap with hummus, avocado, olives, pepperoncini, cucumber &amp; hummus</li> <li>● Turkey Roll Ups - Turkey slice with avocado, pickle and mustard rolled inside                             <ul style="list-style-type: none"> <li>● Canned Wild Alaskan Salmon over greens with dressing/vegetables of choice</li> <li>● Leftovers from dinner!</li> </ul> </li> </ul>
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## 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 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:**

**Baking/Spices:**

**Canned Goods/Jarred Goods:**

**Dry Goods (beans, grains, etc.)**

**Frozen:**