



GLUTEN FREE MEAL PLAN - WEEK 1

WWW.MYGFGUIDE.COM

CLICK ON RECIPE NAME FOR LINK TO
FULL RECIPE

MONDAY

[SPRING VEGETABLE RISOTTO WITH
CRISPY BACON BITS](#)

To make it veggie, skip the bacon crumb

VO

TUESDAY

[CHEESY PASTA BAKE WITH AUBERGINE
AND COURGETTE](#)

V

WEDNESDAY

[SPICED CARROT & PARSNIP SOUP
WITH HOMEMADE FLATBREAD](#)

V

THURSDAY

[EASY CHORIZO STEW WITH BAKED
POTATOES WITH ONE GREEN VEGGIE](#)

FRIDAY

[SWEET POTATO & HALLOUMI FRITTERS
WITH SALAD](#)

V

SATURDAY

[SATAY COCONUT CHICKEN CURRY](#)

To make it veggie, switch the chicken for a tin of green lentils

VO

SUNDAY

[COD AND CHORIZO TRAYBAKE WITH
SALAD](#)

V = VEGGIE, VO = VEGGIE OPTION



SHOPPING LIST



FRUIT/VEG

- 5 WHITE ONIONS
- 125G ASPARAGUS
- 3 COURGETTES
- 2 AUBERGINES
- 1 LARGE BULB GARLIC
- 1 LEMON
- A BUNCH OF SPRING ONIONS
- 300G SWEET POTATOES
- 500G CARROTS
- 400G PARSNIPS
- 800G NEW POTATOES
- 100G SPINACH
- 2 BAKING POTATOES (ADD EXTRAS IF COOKING FOR MORE THAN 2 PEOPLE)
- 3 PEPPERS
- 400G CHERRY TOMATOES
- BAG OF SALAD LEAVES OR SALAD INGREDIENTS OF YOUR CHOICE (FOR TWO X MEAL SIDE SALADS)
- 1 LIME
- GREEN VEGGIE OF YOUR CHOICE – ENOUGH FOR A MAIN COURSE SIDE DISH

MEAT/FISH

- 150G-200G PANCETTA CUBES/BACON BITS
- 4 PIECES COD LOIN
- 1 WHOLE CHICKEN (TO POACH/ROAST, USE HALF THE MEAT THIS WEEK, HALF FOR WEEK 2 MEAL PLAN)
- A CHORIZO RING

FROZEN

- 450G FROZEN PEAS

DAIRY/EGGS

- 300ML NATURAL YOGHURT
- 1 BLOCK HALLOUMI CHEESE (APPROX. 220G)
- 100G PARMESAN CHEESE
- 200G CHEDDAR CHEESE
- 25G BUTTER
- 250ML MILK
- 3 MEDIUM EGGS

AMBIENT

- 250G ARBORIO RICE
- 250G GLUTEN FREE PASTA (FUSILLI IDEAL, PENNE ALSO GOOD)
- 1 JAR SUNDRIED TOMATOES
- 1 JAR GREEN OLIVES (OPTIONAL)
- 500G TOMATO PASSATA
- TIN CHOPPED TOMATOES
- 1 TIN BAKED BEANS
- 1 TIN COCONUT MILK
- BASMALTI RICE
- 1 BAG SALTED PEANUTS
- 450G GLUTEN FREE PLAIN FLOUR
- 175ML WHITE WINE

**Please also check
"Store Cupboard"
list on next page to
ensure you have
everything needed
for the meal plan.**



STORE CUPBOARD



ITEMS YOU'LL NEED FROM YOUR HOME STORE CUPBOARD (listing these in case you don't have any – many of my recipes use these bits so if you buy now they will be used in future weeks of this meal plan)

Veggie stock cubes

Black pepper

Salt

Olive oil

Oregano

Basil

Paprika (smoked or regular both fine)

Mixed herbs

Cumin

Turmeric

Ground coriander

Cayenne pepper

Balsamic vinegar

100ml red wine (optional)

Medium curry powder

Tomato ketchup

Baking powder

Peanut butter

Tamari