



GLUTEN FREE MEAL PLAN - WEEK 2

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CLICK ON RECIPE NAME FOR LINK TO FULL RECIPE

MONDAY

[PEANUT BUTTER TAHINI NOODLES WITH CHICKEN](#)

VO

To make it veggie, swap the chicken for an extra vegetable or tofu

TUESDAY

[BUTTERNUT SQUASH & PANCETTA RISOTTO](#)

VO

To make it veggie, skip the pancetta

WEDNESDAY

[COURGETTE, PEA & FETA FRITTERS WITH SALAD](#)

V

THURSDAY

[SATAY CHICKEN DRUMSTICKS WITH RICE & RAINBOW SLAW](#)

FRIDAY

[MAC AND CHEESE WITH HIDDEN VEGGIES](#)

V

SATURDAY

[COD WITH PEAS, LENTILS AND PANCETTA](#)

SUNDAY

[HALLOUMI & ROASTED VEGETABLE TRAYBAKE WITH POMEGRANATE & MINTED YOGHURT DRESSING WITH SALAD](#)

V



V = VEGGIE, VO = VEGGIE OPTION



SHOPPING LIST



FRUIT/VEG

- A BUNCH OF SPRING ONIONS
- 1 PACK SUGAR SNAP PEAS
- 1 CARROT
- 1 BULB OF GARLIC
- 1 WHITE ONION
- 1 LARGE BUTTERNUT SQUASH
- 1 SMALL RED CABBAGE
- 3 RADISHES
- 2 COURGETTES
- 1 SMALL APPLE
- 4 PEPPERS – RED/ORANGE/YELLOW MIX
- 500G BROCCOLI AND CAULIFLOWER
- 2 LEEKS
- 500G NEW POTATOES
- 1 PACKET COOK BABY BEETROOT (APPROX.180G)
- 100G CHERRY TOMATOES
- INGREDIENTS OF YOUR CHOICE FOR TWO SIDE SALADS
- 2 LIMES
- 3 LEMONS

MEAT/FISH

- LEFTOVER ROAST CHICKEN (FROM LAST WEEK'S PLAN, IF NOT BUY 200-300G OF CHICKEN BREAST/BONELESS THIGHS)
- 2 X 150G PACKETS OF PANCETTA CUBES
- 8 CHICKEN DRUMSTICKS
- 2 PORTIONS COD LOIN (APPROX. 350G)

FROZEN

- 300G FROZEN PEAS

DAIRY/EGGS

- 150G PARMESAN CHEESE
- 100G FETA CHEESE
- 2 MEDIUM EGGS
- 650ML MILK
- 200ML GREEK YOG
- A BLOCK OF SALTED BUTTER
- 100G CRÈME FRAICHE
- 200G CHEDDAR CHEESE
- 225G HALLOUMI

AMBIENT

- 300G READY COOKED GLUTEN FREE
- RICE NOODLES (AMOY STRAIGHT TO WOK GLUTEN FREE RIBBON RICE NOODLES ARE IDEAL)
- 250G ARBORIO RICE
- 250G GLUTEN FREE MACARONI PASTA (MORRISONS/SAINSBURYS BOTH HAVE THIS)
- 1 TIN GREEN LENTILS

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)

Cooking oil
Tamari
Tahini
Peanut butter
Sweet chilli sauce
White wine (350ml needed)
Chicken stock cubes
Vegetable stock cubes
Dried or fresh thyme
Black pepper
Gluten free self-raising flour
Gluten free plain flour
Dried mint
Rice wine vinegar
Sesame oil
Mustard
Cider vinegar
Dark brown sugar
Nutmeg (optional)
Paprika
Mixed herbs
Turmeric
Pumpkin seeds
Balsamic vinegar
Rice