



GLUTEN FREE MEAL PLAN - WEEK 3

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CLICK ON RECIPE NAME FOR LINK TO
FULL RECIPE

MONDAY

[PUFF PASTRY TART SPRING VEG](#)

V

TUESDAY

[MUSHROOM AND LEEK PESTO PASTA](#)

V

WEDNESDAY

[WATERCRESS SOUP WITH
HOMEMADE FLATBREAD](#)

V

THURSDAY

[MEDITERRANEAN FISH ONE POT](#)

FRIDAY

[SESAME STEAK & SHIITAKE NOODLES](#)

SATURDAY

[INDIAN-STYLE CHICKEN CURRY WITH
HOMEMADE ONION BHAJIS](#)

VO

[CLICK HERE FOR VEGGIE CURRY ALTERNATIVE](#)

SUNDAY

[PARMESAN, PANCETTA & COURGETTE
QUICHE WITH NEW POTATOES AND
SALAD](#)

VO

To make it veggie, switch the pancetta for sundried tomatoesta

V = VEGGIE, VO = VEGGIE OPTION



SHOPPING LIST



FRUIT/VEG

- SPRING ONIONS BUNCH
- ASPARAGUS BUNDLE (150G APPROX.)
- 60G ROCKET OR PEA SHOOTS
- 200G CHESTNUT MUSHROOMS
- 75G SHIITAKE MUSHROOMS (CHESTNUT FINE IF YOU CANNOT FIND THESE)
- ONE LEEK
- GARLIC BULB
- 5 WHITE ONIONS
- 2 RED ONIONS
- 2 COURGETTES
- 1 MEDIUM WHITE POTATO
- 2 BAGS WATERCRESS (TOTAL 170G APPROX.)
- FRESH BASIL
- 150G BABY PLUM TOMATOES
- 1 RED CHILI
- SMALL PIECE OF FRESH GINGER
- 1 PACK BABY SWEETCORN
- 1 PAK CHOI
- 1 YELLOW OR ORANGE PEPPER
- 100G SPINACH LEAVES
- NEW POTATOES
- SALAD INGREDIENTS FOR ONE MAIN MEAL SIDE SALAD

AMBIENT

- 220G GREEN PESTO
- JAR OF SUNDRIED TOMATOES
- 350G GLUTEN FREE PLAIN FLOUR
- JAR OF GREEN OLIVES
- 200G BASMATI RICE
- SUNDRIED TOMATO PASTE
- AMOY STRAIGHT TO WOK GLUTEN FREERIBBON RICE NOODLES
- 1 TIN CHOPPED TOMATOES
- 80G GRAM FLOUR

DAIRY/EGGS/FRIDGE

- 280G PACK OF JUS ROL CHILLED GLUTEN FREE PUFF PASTRY (OR THE SAME QUANTITY OF ANOTHER GLUTEN FREE PUFF PASTRY OR HOMEMADE PASTRY)
- 400G GLUTEN FREE SHORTCRUST PASTRY (SHOP BOUGHT, ELSE HOMEMADE)
- 100G FETA CHEESE
- 6 MEDIUM EGGS
- 60G BUTTER
- 700ML MILK
- 125 ML DOUBLE CREAM
- 400ML NATURAL YOGHURT
- 80G PARMESAN

MEAT/FISH

- 400G HADDOCK LOIN
- 2 STEAKS (MINUTE/BAVETTE/SIRLOIN THIN CUT)
- 500G CHICKEN BREAST
- 8 RASHERS PANCETTA (100G)

**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)

Olive oil

Sesame oil

Sesame seeds

Dried oregano

Black pepper

Salt

Vegetable stock

Chicken stock

Baking powder

100ml white wine

Tamari

Garam masala

Turmeric

Cumin

Ground coriander

Cayenne pepper (optional)

Chilli powder