



# GLUTEN FREE MEAL PLAN - VEGETARIAN WEEK (WEEK 5)

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CLICK ON RECIPE NAME FOR LINK TO  
FULL RECIPE

## MONDAY

[CRISPY SPICED CHICKPEA BOWL](#)

## TUESDAY

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

## WEDNESDAY

[MAC N CHEESE WITH HIDDEN VEGGIES](#)

## THURSDAY

[PUFF PASTRY SPRING TART  
WITH NEW POTATOES](#)

## FRIDAY

[SHAKSHUKA BAKED EGGS](#)

## SATURDAY

[PANEER & GREEN LENTIL CURRY WITH  
HOMEMADE ONION BHAJIS AND RICE](#)

## SUNDAY

[VEGETARIAN CHILLI WITH TORTILLA  
CHIPS](#)



# SHOPPING LIST



## FRUIT/VEG

- 3 RED ONIONS
- 5 WHITE ONIONS
- 2 AVOCADOS
- A LEMON
- A LARGE BULB OF GARLIC
- 2CM CUBE FRESH GINGER
- 400G SWEET POTATOES
- 5 SPRING ONIONS
- 500G BROCCOLI AND CAULIFLOWER MIX
- 300G NEW POTATOES
- SIDE SALAD FOR ONE MEAL
- 8-10 SPEARS ASPARAGUS
- PACKET OF FRESH ROCKET OR PEA
- SHOOTS
- 3 PACK PEPPERS (ONE TO BE GREEN)
- 300G SPINACH
- 2 MEDIUM CARROTS

## AMBIENT

- 400G TIN CHICKPEAS
- 8 MEDIUM EGGS
- 250G GLUTEN FREE MACARONI PASTA
- HALF JAR GREEN PESTO
- JAR SUNDRIED TOMATOES
- 50G GREEN OLIVES
- TOMATO PUREE
- 4 TINS CHOPPED TOMATOES
- BASMATI RICE
- 390G TIN GREEN LENTILS
- 80G GRAM FLOUR
- 400G TIN BLACK BEANS
- 200G TIN SWEETCORN
- 200G TORTILLA CHIPS
- 510G PLAIN GLUTEN FREE FLOUR

## DAIRY/EGGS/FRIDGE

- 350ML PLAIN YOGHURT
- 225G BLOCK HALLOUMI
- 110ML MILK
- 100G SALTED BUTTER
- 100G CRÈME FRAICHE
- 50G PARMESAN CHEESE
- 250G CHEDDAR CHEESE
- 1 X 280G PACKET PRE-ROLLED  
GLUTEN FREE PUFF PASTRY (JUS ROL  
IDEAL)
- 100G FETA CHEESE
- 200G PANEER CHEESE

**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  
paprika  
zaatar spice mix  
sea salt  
dried mint  
Baking powder  
Balsamic vinegar  
Black pepper  
Nutmeg (optional)  
Dried oregano  
Vegetable stock  
Cayenne pepper  
Dried parsley (or fresh)  
Ground ginger  
Garam masala  
Turmeric  
Cumin  
Ground coriander  
Vegetable oil  
Chilli powder  
tamari