



# GLUTEN FREE MEAL PLAN - WEEK 4

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CLICK ON RECIPE NAME FOR LINK TO FULL RECIPE

## MONDAY

[AUBERGINE PARMIGIANA WITH PAN-FRIED ROAST POTATOES AND GREEN BEANS](#)

V

## TUESDAY

[CHICKEN SIMLA WITH RICE, SWEETCORN & BROCCOLI](#)

## WEDNESDAY

[GNOCCHI WITH SIZZLING CHORIZO PASTA SAUCE](#)

## THURSDAY

[SIMPLE STIR FRY WITH EGG FRIED RICE](#)

V

## FRIDAY

[MEGA HALLOUMI & AUBERGINE BURGERS WITH CHIPS AND SALAD](#)

V

## SATURDAY

[PAELLA WITH PRAWNS, CHORIZO & VEGGIES](#)

VO

To make it veggie, omit prawns and chorizo, add 1 tsp paprika, sundried tomatoes and marinated artichoke pieces

## SUNDAY

[BEEF STEW WITH DUMPLINGS WITH BAKED POTATOES & CABBAGE](#)

V = VEGGIE, VO = VEGGIE OPTION



# SHOPPING LIST



## FRUIT/VEG

- 3 AUBERGINES
- 2 RED ONIONS
- 1 BULB GARLIC
- SMALL PIECE FRESH GINGER
- 3 LARGE WHITE ONIONS
- A BAG OF SALAD LEAVES
- 1 AVOCADO
- 1 PACK GREEN BEANS
- 500G WHITE POTATOES
- A HEAD OF BROCCOLI
- 1 LEEK
- 1 PACK BABY SWEETCORN
- 1 RED PEPPER
- 100G TENDERSTEM BROCCOLI
- 1 PAK CHOI
- A BUNCH OF SPRING ONIONS
- 150G ASPARAGUS
- 1 SAVOY CABBAGE
- 2 LARGE CARROTS
- 1 LARGE PARSNIP
- 2 BAKING POTATOES
- 1 LEMON

## AMBIENT

- 4 GLUTEN FREE BURGER BUNS OR ROLLS
- GOOD QUALITY TOMATO CHUTNEY
- 2 TINS CHOPPED TOMATOES
- DIJON MUSTARD
- FLAKED ALMONDS
- TIN SWEETCORN
- PACKET GLUTEN FREE GNOCCHI
- CASHEW NUTS
- 250G BOMBA PAELLA RICE

## DAIRY/EGGS/FRIDGE

- HALLOUMI
- CHEDDAR CHEESE
- PARMESAN FLAKES
- SMALL POT SINGLE CREAM
- UNSALTED BUTTER
- 4 MEDIUM EGGS

## MEAT/FISH

- 4 CHICKEN BREASTS
- 2 CHORIZO RINGS
- 200G KING PRAWNS
- 600G LEAN BRAISING STEAK/CHUCK
- STEAK

## FREEZER

- CHIPS
- 500G FROZEN PEAS

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)**

Balsamic vinegar  
Brown sugar  
Dried mixed herbs or oregano  
Tomato puree  
Salt and pepper  
Sugar  
Dried or fresh rosemary  
Olive oil  
Maldon salt  
Gluten free plain flour  
Gluten free oat flour  
Basmati rice  
Henderson's relish/gluten free Worcestershire  
sauce  
Chicken stock  
Tamari  
Red or white wine vinegar  
Sweet chilli sauce  
Sesame oil  
Sesame seeds  
Sundried tomatoes  
Turmeric  
Smoked paprika  
Veggie stock  
Red wine  
Bay leaves  
Beef stock  
White wine