



GLUTEN FREE MEAL PLAN - WEEK 6

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CLICK ON RECIPE NAME FOR LINK TO
FULL RECIPE

MONDAY

[CURRIED CARROT, SWEET POTATO & RED LENTIL SOUP WITH HOMEMADE FLATBREAD](#)

V

TUESDAY

[PASTA WITH A TOMATO, RICOTTA & VEGETABLE SAUCE](#)

V

WEDNESDAY

[MAPLE-GLAZED SALMON TACOS](#)

THURSDAY

[AUBERGINE PARMIGIANA WITH GARLIC BREAD AND SALAD](#)

V

FRIDAY

[PEA & RICOTTA PANCAKES WITH POACHED EGG AND CRISPY BACON/HALLOUMI](#)

VO

SATURDAY

[MOROCCAN BEEF TAGINE WITH JEWELLED RICE & TENDERSTEM BROCC](#)

VO

To make it veggie, omit the beef and add an extra can of chickpeas.

SUNDAY

[CHICKEN SIMLA CASSEROLE WITH BABY NEW POTATOES AND GREEN BEANS](#)

V = VEGGIE, VO = VEGGIE OPTION



SHOPPING LIST



FRUIT/VEG

- 2 LARGE WHITE ONIONS
- 2 BULBS GARLIC
- 400G SWEET POTATOES
- 500G CARROTS
- 3 AUBERGINES
- 1 COURGETTE
- 1 AVOCADO
- 90G PINEAPPLE
- 100G POMEGRANATE SEEDS
- 2 LIMES
- PACKET OF ROCKET OR PEA SHOOTS
- SIDE SALAD
- 500G BUTTERNUT SQUASH
- SMALL BUNCH FRESH CORIANDER
- TENDERSTEM BROCCOLI
- BABY NEW POTATOES
- GREEN BEANS

AMBIENT

- 150G DRIED RED LENTILS
- 400G GLUTEN FREE PLAIN FLOUR
- 120G GLUTEN FREE SELF-RAISING FLOUR
- 1 JAR SUNDRIED TOMATOES
- 50G GREEN OLIVES (OPTIONAL)
- 500G TOMATO PASSATA
- 250 GLUTEN FREE PASTA (ANY SHAPE, FUSILLI IDEAL)
- PACKET GLUTEN FREE TORTILLA WRAPS
- 3 TINS CHOPPED TOMATOES
- 1 TIN CHICKPEAS
- 2 GLUTEN FREE BREAD ROLLS
- 1 TBSP HARISSA
- 100G DRIED APRICOTS
- 300G EASY COOK BROWN RICE
- 50G FLAKED ALMONDS

DAIRY/EGGS/FRIDGE

- 300ML NATURAL YOGHURT
- 225G RICOTTA
- 60ML MILK
- 150G CHEDDAR OR PARMESAN CHEESE
- 75G BUTTER
- 5 EGGS
- 1 BLOCK HALLOUMI (IF FOLLOWING THE VEGGIE OPTION PLAN)
- 150ML SINGLE CREAM

MEAT/FISH

- 2 SALMON FILLETS
- 1 PACKET OF BACK BACON
- 400G BEEF BRAISING STEAK/CHUCK STEAK (IN CHUNKS)
- 4 CHICKEN BREASTS

FREEZER

- 220G 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)

Cumin powder
Paprika powder
Cajun spice mix
Ras el hanout spice mix
Ground cinnamon
Ground ginger
Garlic granules
Coriander powder
Hot chilli powder (optional)
Dried or fresh parsley
Dried oregano
Dried basil
Tamari
Sesame oil
Maple syrup
Vegetable stock
Chicken stock
Salt and pepper
Baking powder
Maldon salt
Olive oil
100ml red wine (optional)
Balsamic vinegar (optional)
Tomato puree
Sugar
Honey
French mustard
Henderson's relish or gluten free
Worcestershire sauce