



GLUTEN FREE MEAL PLAN - WEEK 7

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CLICK ON RECIPE NAME FOR LINK TO
FULL RECIPE

MONDAY

[SPICED PARSNIP & CARROT SOUP WITH](#) **V**
[HOMEMADE FLATBREAD](#)

TUESDAY

[TERIYAKI SALMON SUSHI BOWL](#) **VO**
To make it veggie, use tofu instead of salmon

WEDNESDAY

[MAC N CHEESE WITH PANFRIED](#) **V**
[SPINACH](#)

THURSDAY

[CRISPY CHICKPEA BOWL WITH](#) **V**
[AVOCADO](#)

FRIDAY

[COD & CHORIZO TRAYBAKE](#)

SATURDAY

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

SUNDAY

[STEAK SHIITAKE NOODLES](#)

V = VEGGIE, VO = VEGGIE OPTION



SHOPPING LIST



FRUIT/VEG

- 2 WHITE ONIONS
- 2 RED ONION
- 9 CLOVES GARLIC
- 500G CARROTS
- 400G PARSNIPS
- 11 SPRING ONIONS
- 150G EDAMAME BEANS
- 2 AVOCADOS
- 100G SPINACH
- 3 LEMON
- 1 LIME
- 800G NEW POTATOES
- 3 PEPPERS (RED/ORANGE/YELLOW ANY COMBO FINE)
- 1 RED PEPPER
- 1 YELLOW PEPPER
- 400G CHERRY TOMATOES
- 1/4 RED CABBAGE PORTION
- 3 RADISHES
- 1 SMALL APPLE
- 1 RED CHILLI
- SMALL PIECE FRESH GINGER (2CM)
- 1 PACK BABY SWEETCORN
- 1 PAK CHOI
- 150G MUSHROOMS (MIX OF SHIITAKE AND CHESTNUT IDEAL)
- FRESH CORIANDER (OPTIONAL)

AMBIENT

- 400G GLUTEN FREE PLAIN FLOUR
- 180G SUSHI RICE
- 250G GLUTEN FREE MACARONI PASTA
- 2 TINS CHICKPEAS
- 150G CRUNCHY PEANUT BUTTER
- 1 PACK AMOY STRAIGHT TO WOK GLUTEN FREE RIBBON RICE NOODLES (OR EQUIVALENT)

DAIRY/EGGS/FRIDGE

- 75G BUTTER
- 200ML WHOLE MILK
- 450ML SEMI SKIMMED MILK
- 350ML PLAIN YOGHURT
- 100G CREAM CHEESE
- 200G CHEDDAR CHEESE

MEAT/FISH

- 2 SALMON FILLETS
- 110G CHORIZO
- 4 PIECES COD LOIN
- 8 CHICKEN DRUMSTICKS
- 2 BEEF STEAKS
(MINUTE/BAVETTE/SIRLOIN)

FREEZER

- 250G 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)

Medium curry powder

Veggie stock

Chicken stock

Baking powder

Maldon salt

Rice vinegar

Cider vinegar

Caster sugar

Dark brown sugar

Fine salt

Maple syrup

Sesame oil

Olive oil

Tamari

Sweet chilli sauce

Garlic granules

Chilli flakes

Paprika

Zatar spice mix

Dried mint

Mirin

Sesame seeds

Black pepper

Nutmeg (optional)

Mustard