



GLUTEN FREE DIET PLAN FOR BEGINNERS

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MONDAY

LUNCH: SPICY SWEETCORN FRITTERS &
GUACAMOLE STACK

DINNER: CHICKEN & MUSHROOM RISOTTO

TUESDAY

LUNCH: PEANUT BUTTER TAHINI NOODLES

DINNER: HONEY MUSTARD SAUSAGE TRAYBAKE

WEDNESDAY

LUNCH: FETA, COURGETTE & PESTO PUFF
PASTRY TART

DINNER: TERIYAKI SALMON SUSHI BOWL

THURSDAY

LUNCH: PAN-FRIED GNOCCHI WITH PANCETTA,
LEEK & PEAS

DINNER: SEABASS WITH LEMON CAPER BUTTER
SAUCE, HASSELBACK NEW POTATOES AND VEG

FRIDAY

LUNCH: ROASTED BUTTERNUT SQUASH SOUP
WITH HOMEMADE GF FLATBREAD

DINNER: NASI GORENG FRIED RICE

SATURDAY

LUNCH: HALLOUMI TRAYBAKE WITH SALAD

DINNER: CLASSIC LASAGNE WITH EASY GF
GARLIC BREAD

SUNDAY

LUNCH: CHEESE & ONION QUICHE WITH SALAD

DINNER: BEEF & RED WINE STEW WITH
MASHED POTATO AND GREEN VEG

