

Gluten Free Meal Plan

	Breakfast	Lunch	Dinner	Snack/Dessert
Mon	<p>Chia Pudding <i>*good source of protein and energy</i></p>	<p>Roasted Vegetable Socca Hummus <i>(Serve with salad)</i></p>	<p>Sweet Potato, Black Bean and Chickpea Chili <i>(Serve with rice)</i> <i>*good source of protein</i></p>	<p>Chilli Chocolate Orange Brownies</p>
Tues	<p>Breakfast Peanut Slices Green Juice <i>*cleansing, full of electrolytes</i></p>	<p>Roast Butternut and Spinach Salad</p>	<p>Indonesian Inspired Noodles</p>	<p>Lime and Mango Cheesecake</p>
Weds	<p>Tortilla Espanola</p>	<p>Chickpea Salad <i>*good source of protein</i> Sweet Potato Bread</p>	<p>Moroccan Vegetable Tagine</p>	<p>Peanut Butter Hummus</p>
Thurs	<p>Quinoa Breakfast Bowl Porridge</p>	<p>Zoodles with Pesto <i>*good source of fat</i></p>	<p>Mushroom and Thyme Quinoa Risotto <i>*good source of protein</i></p>	<p>Decadent Chocolate Tart</p>
Fri	<p>The Best Simple Smoothie Ever <i>(Make with rice, oat, hemp or soya milk)</i> <i>*good source of calcium</i></p>	<p>Lemon and Ginger Quinoa</p>	<p>Lentil Lasagne</p>	<p>Macadamia Goji Bliss Balls <i>(Make in morning and include some for breakfast if wanting more bulk)</i> <i>*good source of calcium</i></p>

Sat	Buckwheat Pancakes	Sweet and Salty Tofu Salad <i>*good source of protein</i>	Chickpea, Potato and Quinoa Burgers	Nak'd Mini Bakewell Tarts
Sun	Banana and Blueberry Granola Bars <i>*good source of protein and fat</i> Blueberry Layered Dessert <i>*good source of calcium and protein</i>	Moroccan Lentil, Chickpea and Kale Soup	Vegan Sausage and Mash	Blackberry and Apple Crumble

NOTES: