

GLUTEN FREE MEAL PLAN

| | BREAKFAST | LUNCH | DINNER | SNACK/DESSERT |
|-----------|--|--|---|--|
| MONDAY | <p><u>Chia Pudding</u> *good source of protein and energy</p> | <p><u>Roasted Vegetable Socca</u> <u>Hummus</u> (Serve with salad)</p> | <p><u>Sweet Potato, Black Bean and Chickpea Chili</u> (Serve with rice) *good source of protein</p> | <p><u>Chilli Chocolate Orange Brownies</u></p> |
| TUESDAY | <p><u>Breakfast Peanut Slices</u> <u>Green Juice</u> *cleansing, full of electrolytes</p> | <p><u>Roasted Butternut and Spinach Salad</u></p> | <p><u>Indonesian Inspired Noodles</u></p> | <p><u>Lime and Mango Cheesecake</u></p> |
| WEDNESDAY | <p><u>Tortilla Espanola</u></p> | <p><u>Chickpea Salad</u> *good source of protein <u>Sweet Potato Bread</u></p> | <p><u>Moroccan Vegetable Tagine</u></p> | <p><u>Peanut Butter Hummus</u></p> |
| THURSDAY | <p><u>Quinoa Breakfast Bowl Porridge</u></p> | <p><u>Zoodles with Pesto</u> *good source of fat</p> | <p><u>Mushroom and Thyme Quinoa Risotto</u> *good source of protein</p> | <p><u>Decadent Chocolate Tart</u></p> |
| FRIDAY | <p><u>The Best Simple Smoothie Ever</u> (Make with rice, oat, hemp or soya milk) *good source of calcium</p> | <p><u>Lemon and Ginger Quinoa</u></p> | <p><u>Lentil Lasagne</u></p> | <p><u>Macadamia Goji Bliss Balls</u> (Make in morning and include some for breakfast if wanting more bulk) *good source of calcium</p> |
| SATURDAY | <p><u>Buckwheat Pancakes</u></p> | <p><u>Sweet and Salty Tofu Salad</u> *good source of protein</p> | <p><u>Chickpea, Potato and Quinoa Burgers</u></p> | <p><u>Nak'd Mini Bakewell Tarts</u></p> |
| SUNDAY | <p><u>Banana and Blueberry Granola Bars</u> *good source of protein and fat <u>Blueberry Layered Dessert</u> *good source of calcium and protein</p> | <p><u>Moroccan Lentil, Chickpea and Kale Soup</u></p> | <p><u>Vegan Sausage and Mash</u></p> | <p><u>Blackberry and Apple Crumble</u></p> |

