



A Few {Gluten-Free} Meal Ideas

Breakfast

- Pancakes (gluten-free of course) with eggs or made into pb&j
- Sausage, egg & cheese scramble
- Omelette muffins
- Eggs & smoothies
- Smoothies and eggs
- Meat, egg & veggie scramble
- Gluten-free granola, yogurt, berries
- Eggs & bacon or sausage
- Grain-free waffles, whipped cream, berries
- Maple acorn squash with bacon
- Sweet potato apple casserole (+ bacon and whipped cream for extra goodness)

Lunch

- Leftovers
- Gigantic salad
- Hard-boiled eggs
- Egg salad on almond flour crackers
- Tuna salad on crackers
- Trail mix
- Fruit & cheese
- Apples and nut butter
- Apples and cheese
- Veggies and hummus
- Pb&j on banana bread
- Grilled cheese & tomato on thick almond cracker with pesto mayo

Dinner

Stuffed Bell Peppers (can use cauliflower instead of rice)
Shepherd's Pie (can use cauliflower instead of potatoes)
Chili with cheese
Fajitas (steak or chicken with onion and bell pepper) with rice and beans
Roast chicken with veggies
Roast beef with veggies
Fried chicken (almond meal & coconut breading), green beans, mashed potatoes
Carne asada, salsa
Balsamic chicken w/spaghetti squash
Lasagna made with zucchini noodles
Coconut shrimp w/veggie stir-fry
Fried rice with veggies & sausage
Chunky meat & veggie stew w/almond biscuits
Zucchini noodles or spaghetti squash with meat sauce
Baked potato bar with broccoli, sausage or bacon
Bacon-wrapped chicken, green beans, scalloped potatoes
Steak strips, carrots, onion, zucchini
Cheesy potatoes & broccoli, diced steak, mushrooms & onions
Brinner!
Beef w/broccoli, onion & mushrooms
Pad Thai
Pho
Thai-Spiced chicken, rice and stir-fried veggies (google it or check out Cookshelf Thai)
Thai Sausage and Rice soup (also in cookshelf thai)

Snacks

Gluten-free chocolate chip cookies
Hard-boiled eggs
Almonds or other nuts
Popcorn
Hummus and veggie sticks
Apples and cheese or nut butter
Smoothies

Sample Menu Plan

	Breakfast	Lunch	Dinner
Week 1:			
Monday	Egg scramble	Burritos	Spaghetti Squash w/ marinara & sausages
Tuesday	Apple pie oatmeal	Leftovers	Zucchini Lasagna
Wednesday	Eggs + sausage	Tortilla soup	Stir Fry
Thursday	Oatmeal w/ nuts and berries	Leftovers	Fajitas
Friday	Yogurt w/ granola + berries	Baked potatoes	Potato soup
Saturday	Pumpkin Muffins	Grilled cheese w/pesto mayo	Enchiladas, rice + beans
Sunday	Smoothies + eggs	Pizza	Roast chicken + veggies
Week 2:			
Monday	Hard boiled eggs + fruit	Chicken soup	Sweet Potato Apple Casserole + Bacon
Tuesday	Omelettes	Burritos	Thai Rice Soup
Wednesday	Steel cut oats + apples	Leftovers	Pad Thai
Thursday	Pancakes + eggs	PB+J on banana bread	Roast chicken thighs + veggies
Friday	Yogurt w/granola	Chili	Shepherd's Pie
Saturday	Quinoa + apples	Pizza	Steak strips, mushrooms + sugar snap peas
Sunday	Maple squash + bacon	Leftovers	Chicken tacos, rice + beans
Week 3:			
Monday	Smoothies + toast	Burritos	Roast chicken + veggies
Tuesday	Quinoa + apples	Leftovers	Chicken stir fry, veggies + rice
Wednesday	Sweet Potato Apple Cass.	Tortilla soup	Sloppy Joes
Thursday	Yogurt w/ granola + berries	Sausages & sweet potatoes	Thai Rice Soup
Friday	Oatmeal w/ nuts and berries	Baked potatoes	Pizza
Saturday	Apple pie pancakes	Grilled cheese	Thai Cilantro Chicken
Sunday	Eggs + sausage	Pizza	Burritos
Week 4:			
Monday	Yogurt w/granola	Pizza	Zucchini Lasagna
Tuesday	Smoothies + eggs	Leftovers	Stir Fry w/rice noodles
Wednesday	Oatmeal + berries	Fried rice + veggies	Pho
Thursday	Omelettes	Leftovers	Potato Soup
Friday	Oatmeal w/ nuts and berries	Potato soup	Fajitas
Saturday	Eggs + bacon	Leftovers	Pad Thai
Sunday	Pancakes	Stir Fry	Chicken tacos, rice + beans

Menu Plan	Breakfast	Lunch	Dinner
Week 1			
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			
Week 2			
Monday			
Tuesday			
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Friday			
Saturday			
Sunday			
Week 3			
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Week 4			
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Wednesday			
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Saturday			
Sunday			

Produce	Pantry (cont.)	Frozen	Supplies
Apples	Evaporated cane juice	Mixed Berries	Castile Soap
Bananas	Beans	Orange Juice	Washing Soda
Oranges	Raisins	Strawberries	Borax
Seasonal/sale	Chocolate Chips		Steel Wool Scrubbers
Cabbage	Cocoa Powder		Dish Soap
Lettuce	Sucanat		
Limes/lemons	Tea	Refrigerated	
Cilantro	Flour	Cheese - Cheddar, Feta, Mozzarella	
Ginger	Almond Meal	Butter	Toiletries
Sweet Potatoes	Coffee	Sausage	Toothbrushes
Carrots	Shredded Coconut	Whole Chicken/Thighs	Razors
Potatoes	Oil - Olive, Coconut	Ground Beef	Floss
Zucchini	Salt/Pepper	Bacon	Peroxide
Onion	Baking Soda	Pesto	Epsom Salts
Garlic	Vanilla	Ranch	Alcohol
Spinach	Vinegar	Sour Cream	Toilet Paper
Broccoli	Baking Powder	Beer	Contact Solution
Bell Peppers	Herbs	Milk	
Shallots	Spices	Yogurt	
Squash	Almonds	Eggs	
	Rice Noodles		
Pantry	Diion Mustard		Where I Shop
Oats	Gluten-Free Soy Sauce		Costco
Yeast	Raw Honey		Trader Joes
Ketchup/Mayo/Mustard	Maple Syrup	Canned	Whole Foods
Flax Seeds	Stock - Chicken, Beef	Tomato - Sauce, Diced	Buying Club
Sesame Seeds	Fish Sauce	Artichoke Hearts	Cash & Carry
Peanuts	Peanut Butter	Applesauce	Fred Meyer
Jelly	Popcorn	Pumpkin	Safeway
Sriracha	Non-Dairy Milk	Tuna	Farm
	Gluten-Free Flour	Coconut Milk	

