



MEAL PLANS – WHEAT, GLUTEN AND DAIRY FREE DIET

Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Warm berry pot with coconut yoghurt and seeds	Cardamom porridge	Toasted granola	Coconut and Blueberry porridge	Chocolate vegan pancakes	Spinach tomato and garlic omelette	Banana pancakes
Lunch	Celery Soup with gluten free soda bread	Spinach tomato and garlic omelette with a green salad or side of veggies	Carrot and ginger Soup with GF soda bread	Courgette and sweet potato pancakes	Courgette and Potato Soup with gluten free soda bread	Bell Pepper and Spinach Frittata with a side salad or mixed veg	Sweet Potato Fritters, with a side salad or mixed veg
Dinner	Aubergine and potato curry	GF Brown rice penne and spiced tomato sauce	Wild salmon with mixed vegetables and 2 baby potatoes.	Black Bean Quinoa	Organic free range chicken with veg/salad and small serving of wild rice.	Vegetable and bean curry.	Beetroot and Borlotti Bean Stew
Snacks	Small handful of raw almonds	Small pot of coconut yoghurt with berries	1 raw cacao energy ball	1 boiled egg and 2 GF oat cakes, small handful of cherry tomatoes	2 rice cakes with a scrapping of humous	Half a mashed avocado, seasoned with lemon, salt and pepper on a rice cake	Smoothie of choice.

Additional notes		Use gluten free oats if you are sensitive to gluten					
Breakfast							

