



MEAL PLANS – WHEAT FREE, DAIRY FREE, LOW SUGAR DIET

Item	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Omelette with cherry tomatoes, onions, spinach and mushrooms	Coconut porridge	Smoothie with Nuzest vanilla pea protein, berries and spinach	Coconut and Blueberry porridge	Blueberry Flatbread	Spinach tomato and garlic omelette	Pumpkin seed butter on GF Soda bread
Lunch	GF soda bread with smashed avocado	Courgette and Potato Soup with one piece of soda bread.	Carrot and ginger Soup with 1 piece of soda bread	Courgette and sweet potato pancakes	Courgette and Potato Soup, with one piece of soda bread.	Bell Pepper and Spinach Frittata with salad.	Sweet Potato Fritters, with salad
Dinner	Aubergine and potato curry, with a small portion of wild or basmati brown rice.	Penne and Spiced tomato sauce, with a side green salad or mixed veg.	Beetroot and Borlotti Bean Stew, with a side green salad or green veg.	Black Bean Quinoa	Baked Tofu pasta	Herby Omelette with Salad	Coriander and pumpkin seed burger, with green salad and small portion of wild rice. Or a few baby potatoes.
Snacks (only if needed)	Apple, pear or berries	Raw Cocoa energy ball	2 rice cakes with 2 tbsp humous	Small pot plant based yoghurt	Bowl of soup	Smoothie	Piece of gluten free soda bread with 1 tbsp almond butter
Additional notes Breakfast		Use gluten free oats if you are sensitive to gluten. No more than a 50g serving		No more than a 50g serving of porridge. Eat with coconut yoghurt and some berries			

