



GLUTEN
INTOLERANCE
GROUP™



4-Week

Tasty Gluten-Free Meal Plan

gluten.org



4-Week Tasty Gluten-Free Meal Plan

Looking for cooking inspiration? We've designed this 4-week gluten-free meal plan to make it easy for you to enjoy flavorful, gluten-free meals with some surprising and fun dishes. We included shopping lists to make things as simple as possible. You can adjust quantities based on the size of your household, and make substitutions based on your family's own unique tastes. Use this plan as a guide to save time.



A Few Notes About Ingredients

Beans:

Either [cook your own beans](#) (a simple process that can be done in advance) or use canned. (Beans are listed under both “dry goods” and “canned/shelf-stable/frozen” in Shopping Lists. Choose your preference.)

Vegetables and fruits:

Fresh is generally preferred, but frozen is a fine alternative.

Peanut butter:

Almond butter makes a good substitute, and there are non-nut alternatives too, like sunflower butter.

Cheeses:

When listed as “shredded” or “sliced,” purchase in that form for convenience or shred/slice your own.

Tips for saving money on quality fruits and vegetables:

- Choose fresh vegetables and fruits that are in season.
- Watch for coupons and local store specials.
- Visit local farmers' markets and produce stands.
- Look into whether local farms offer a “u-pick” option.
- Make use of organizations like [Imperfect Foods](#) that offer lower prices for produce that may not look perfect.
- Stock up on frozen vegetables when on sale. They provide a convenient alternative and are generally as nutritious as fresh.

IMPORTANT

Each time you shop, confirm that all ingredients you use are gluten-free (see our gluten-free [label reading](#) tips) and avoid [cross-contact](#) with food items that might contain gluten (including avoiding bulk bins).

Week 1

Check your stock of basic items like rice, eggs, corn tortillas, cheese, etc. before you head to the store. You may not need everything on this list. Before shopping, it's also a good idea to read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

The amounts you need to purchase may vary depending on your supply at home and the size of your family.

Snacks are not included. Don't forget to look at the Snack Options listed below the meal plan, and pick up enough for the week!

WEEK 1	BREAKFAST	LUNCH	DINNER
Monday	Scrambled eggs, Mexican-style: add in sautéed onion, tomato, spinach, and cheese. With corn tortillas.	Minestrone soup with GF crackers	Grilled salmon with green salad and arepas (double arepa recipe to have leftovers for Wednesday breakfast)
Tuesday	Gluten-free oatmeal* with chopped almonds, frozen berries, milk and a touch of brown sugar.	Vegetarian bean burgers (use GF BBQ sauce) with a side of spinach salad	Chicken Fajitas with corn tortillas
Wednesday	Arepas filled with cheese and scrambled eggs (use leftover arepas from Monday dinner)	Mediterranean zucchini and chickpea salad	Roasted chicken with steamed broccoli and brown rice (save bones for Thursday lunch recipe)
Thursday	Greek yogurt topped with sliced banana and GF granola	Leftover roast chicken soup with green beans and carrots	Vegetarian white bean chili
Friday	Scrambled eggs, Mexican-style with tomato, cheese, and onions. With corn tortillas	Chicken, Brussel sprouts and mushroom salad	Spaghetti squash casserole
Saturday	GF banana pancakes	Corn tortilla tacos filled with beans, quinoa, avocado and spinach pancakes	Grilled tilapia and roasted cauliflower. See "How to roast any vegetable"
Sunday	Omelet with tomatoes, mushrooms and spinach, with sliced apple on the side	Cheese quesadillas and tomato soup	Chicken stir fry with broccoli, onion, mushroom, and bell pepper served with rice (Use ½ recipe of all purpose stir-fry sauce)

*Use only oats/oatmeal that are certified gluten-free.

Dessert of the Week: [Frozen yogurt bites](#).

On other days, enjoy a piece of fruit to end your meal with something sweet.

Snack Options

- Piece of fresh fruit
- Cheese and rice crackers
- Banana, apple, or celery with peanut or almond butter
- Veggies with hummus
- Applesauce and string cheese
- Guacamole with veggies and corn tortilla chips
- Walnuts and dates

Week 1 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Zucchini (M, W, Sa)	Greek yogurt (Th, D)	GF all-purpose flour (Sa)	Chickpeas (W)
Tomatoes (M, W, F, Sa, Su)	Feta cheese (W)	Corn tortillas (M, Tu, F, Sa, Su)	Cannellini beans (M, Th)
Bell peppers (Tu, Su)	Whole chicken (W)	Pre-cooked white corn meal (for arepas) (M)	Black beans (Tu, Sa)
Red bell pepper (W)	Eggs (M, W, F, Sa, Su)	Almonds (Tu)	Corn (Tu)
Broccoli (W, Su)	Boneless chicken breasts (Tu, Th, F)	Brown Rice (Tu, W, Su)	Navy beans (Th)
Avocado (Th, Sa)	Shredded cheese (M, W, F, Su)	GF granola (Th)	Chickpeas (Th)
Brussel sprouts (F)	Tilapia (Sa)	Quinoa (Sa)	Diced green chiles (Th)
Banana (Th, Sa)	Salmon (M)	GF panko (Tu)	Kidney beans (M)
Onions (M, Tu, W, Th, F, Sa, Su)	Milk (Tu, Sa)	GF pasta (M)	Crushed tomatoes (F)
Berries (Tu, D)	Lean ground beef (F, Su)	GF crackers (M)	Fire roasted tomatoes (M)
Limes (Tu, Th)	Fontina cheese (F)	GF oats (Tu, Sat)	Tomato soup (S)
Spaghetti squash (F)		Beans (Tu, Sa)	
Spinach (M, Sa)			
Green beans (W, Th)			
Mushrooms (F, Su)			
Cauliflower (Th, Sa)			
Green chiles (Tu)			
Arugula (M, F)			
Celery (Tu, F)			
Apple (Su)			
Cilantro (Th)			
Carrots (Th)			
Oranges (Su)			
Basil (M)			
Potatoes (Th)			
Shallot (F)			

Miscellaneous: Tomato paste, vegetable broth, coconut aminos, fish sauce, sesame oil, rice vinegar, red wine vinegar, apple cider vinegar, salsa, honey, walnuts, maple syrup, sugar, mustard, ketchup, mayonnaise, Kalamata olives, capers, GF chicken stock, GF salad dressing or [make your own vinaigrette](#), avocado oil, olive oil, GF BBQ sauce, cinnamon, GF taco seasoning, salt, paprika, fresh rosemary, turmeric, cardamom, chili powder, cumin, smoked paprika, dried basil, rosemary, oregano, parsley flakes, garlic powder, ginger powder, cloves, black pepper, bay leaf, allspice, nutmeg, vanilla extract.

Week 2

Reminder: Check your stock of basic items like rice, eggs, corn tortillas, cheese, etc. before you head to the store – you may not need everything on this list. Before shopping, it's also a good idea to read through the recipes you plan to make – there may be some ingredients you'll choose to skip or substitute.

The amounts you need to purchase may vary depending on your supply at home and on the size of your family.

Snacks not included. Don't forget to look at the Snack Options from Week 1. And pick up enough for the week!

WEEK 2	BREAKFAST	LUNCH	DINNER
Monday	Mushroom and cheese Quesadillas with corn tortillas	Indian Coconut Vegetable Curry with brown rice	Stuffed Cabbage Rolls with ground beef and brown rice
Tuesday	Omelet with tomatoes, mushrooms and spinach with corn tortillas	Fish tacos with corn tortillas and mango salsa	Spaghetti Squash Pad Thai
Wednesday	Greek yogurt topped with sliced banana, GF granola, and a drizzle of honey	Chicken Tinga Tostadas with cabbage and salsa garnish	Sweet potato risotto
Thursday	Country Style Potatoes with an egg.	Honey Garlic Glazed Salmon (use GF soy sauce or tamari) with brown rice	Vegetable Enchiladas stuffed with cheese and beans
Friday	GF toast or corn tortilla, tomatoes, and scrambled eggs	Beef stuffed sweet potato	Teriyaki chicken stir fry with rice and broccoli (use GF teriyaki sauce)
Saturday	Omelet with tomatoes and spinach, with corn tortillas	Indian Aloo Gobi with rice	Tofu Stir-Fry with rice (use GF soy sauce or tamari)
Sunday	GF pancakes with berries	Rice, vegetable, and cheese bake	Roasted chicken with Garlic roasted potatoes and steamed green beans

Dessert of the Week: [Blooming apples](#) with ice cream

On other days, enjoy a piece of fruit to end your meal with something sweet.

Week 2 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Zucchini (M, Th)	Greek yogurt (W)	GF all-purpose flour (Su)	Tomato sauce (M, F)
Tomatoes (M, W, F, Sa, Su)	Eggs (M, Tu, W, Th, F, Sa, Su)	Corn tortillas (M, Tu, W, Sa, Su)	Canned chipotles (W, F) (confirm GF status)
Red, and any color bell peppers (Th, Sa)	Parmesan cheese (W)	Arborio rice (W)	Black beans (Th)
Green cabbage (M, W)	Greek yogurt (Th)	Peanuts (Tu)	Kidney beans (Th)
Avocado (Tu, W)	Shredded cheese (M, W, Th, F, Su)	Brown Rice (M, Th, F, Sa, Su)	Salsa (W)
Sweet potato (W, F)	Tilapia or Cod (Tu)	GF granola (W)	Chicken stock (Su)
Banana (W, Sa)	Salmon (Th)	Long grain rice (Su)	Coconut milk (M)
Onions (M, Tu, W, Th, F, Sa, Su)	Milk (M, Tu, Su)	Black Beans (Th)	Tomatoes (M)
Red onion (Tu, W)	Lean ground beef (M, F)	Kidney beans (Th)	Tomato puree (Th)
Broccoli (F, Sa, Su)	Boneless chicken breast (W, F, Su)		Chicken broth (Th)
Limes (Tu, Th)	Sour cream (Tu, W, F)		Brown rice flour (Su)
Mango (Tu)	Buttermilk (Su)		Frozen mixed vegetables (Su)
Spinach (Tu, W, Sa)	Ice cream (D)		
Green beans (M, Sa, Su)	Queso fresco (W)		
Mushrooms (M, Tu, Su)	Tofu (Tu, Sa)		
Cauliflower (M, Th, Sa)			
Green chiles (M, Tu)			
Potatoes (Th, Sa, Su)			
Squash (Tu)			
Pineapple (Tu)			
Bean sprouts (Tu)			
Carrots (M, Sa)			
Berries (Su)			
Apples (D)			
Garlic (M, Su)			
Ginger (M)			
Scallions (T, F, Sa)			
Cilantro (Tu, Th, Sa)			
Shallots (W)			
Parsley (Su)			
Jalapeño (Tu)			

Miscellaneous: Corn starch, tomato paste, GF teriyaki sauce, tamarind, salsa, honey, maple syrup, sugar, fish sauce, mustard, ketchup, mayonnaise, roasted salted peanuts, chopped pecans, GF bread/corn tortillas, curry powder, cinnamon, chili powder, cayenne pepper, cumin, coriander powder, GF taco seasoning, ginger, salt, paprika, turmeric, cardamom, dried basil, rosemary, oregano, parsley flakes, black pepper, allspice, nutmeg, dry mango powder, GF salad dressing or [make your own vinaigrette](#), olive oil, white wine vinegar.

Week 3

Reminder: Check your stock of basic items like rice, eggs, corn tortillas, cheese, etc. before you head to the store – you may not need everything on this list. Before shopping, it's also a good idea to read through the recipes you plan to make – there may be some ingredients you'll choose to skip or substitute.

The amounts you need to purchase may vary depending on your supply at home and the size of your family.

Snacks not included – don't forget to look at the Snack Options from Week 1 and pick up enough for the week!

WEEK 3	BREAKFAST	LUNCH	DINNER
Monday	Egg and potato scramble and orange or apple slices	Chicken quesadilla (corn/GF tortilla) with shredded lettuce, tomato and salsa	Steak and New Potato Toss with green salad
Tuesday	Greek yogurt with GF granola and peach or apple slices	Tuna salad sandwich on GF bread	Stuffed Baked Potato with Pesto and Eggs
Wednesday	Smoothie with frozen berries, Greek yogurt and milk with peanut butter and banana	Taco salad: rice, beans (canned or cook your own beans), onion, tomato, lettuce, salsa, and cheese	Chicken curry with vegetables with rice
Thursday	GF toast or corn tortilla, sliced avocado and fried egg	Grilled chicken sandwich on GF toast, with lettuce and tomato (Grill enough chicken to use in Friday night's stir fry.)	Lentil soup with tossed lettuce and tomato salad
Friday	GF oatmeal with banana and peanut butter	Turkey sandwich on GF bread with tomato and lettuce	Chicken stir-fry with broccoli, onion, mushroom and bell pepper served with brown rice (use ½ recipe of all purpose stir-fry sauce)
Saturday	Scrambled eggs with onion and peppers, and orange slices	Mediterranean Turkey Skillet (use canned beans, or cook your own beans)	Oven roasted chicken with lemon slices, onion, zucchini and red potato (save leftovers for Sunday lunch)
Sunday	Egg and banana pancakes with peanut butter	Tex-Mex Chicken Quinoa (use chicken leftovers from Sat. night)	California-style burger wraps with lettuce, tomato and avocado. (No bun required)

Dessert of the Week: [GF Peanut butter chocolate chunk cookies](#)

On other days, enjoy a piece of fruit to end your meal with something sweet.

Week 3 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Avocado (Th, Su)	Bacon (Tu)	GF Bread (M, Tu, Th, F, Su)	Beans (W, Sa, Su)
Bananas (F, Su)	Butter (Su)	GF Cracker (Th)	Pesto (Tu)
Banana Peppers (Sa)	Shredded Cheese (M,W,Su)	GF Flour (Su)	Tuna (Tu)
Broccoli (M, W, F)	Sliced Cheese (F)	GF Granola (Tu)	GF Chicken or Vegetable stock (Th)
Bell Peppers (M, F, Sa, Su)	Boneless Chicken Breast (M, W, Sa, Su)	GF Oatmeal (F)	Berries (W)
Carrots (W,Th)	Eggs (M, T, Th, Su)	Corn/ GF tortillas (M)	Coconut milk (W)
Lemon (Sa)	Beef steak (M)	Peanut butter (F, Su)	Diced tomatoes (W,Th,Sa)
Lime (W,Su)	Ground turkey (Sa)	Brown rice (F)	
Lettuce (M, W, Th)	Lean ground beef (Su)	Quinoa (W, Su)	
Bibb lettuce (Su)	Greek yogurt, plain (T, W)	Beans (W, Sa, Su)	
Mushroom (F)	Ice cream (dessert)	Lentils (Th)	
Spinach (Tu, Su)	Milk (W, Su, dessert)	Brown rice (F)	
Onion (M, W, Th, F, Sa,)	Sliced turkey (F)		
Red onion (Su)	Feta Cheese (Su)		
Summer Squash (Su)			
Tomato (M, W, Th, F, Sa, Su)			
Peaches (Tu)			
Potato (M, Tu)			
Red potatoes (M, Sa)			
Zucchini (Sa, Su)			
Apple/Orange (M)			
Garlic (Th,Sa)			
Orange (F,Sa)			
Cilantro (Su)			

Miscellaneous: Bittersweet chocolate, peanut butter, Miracle Whip Light, salsa, honey, brown sugar, maple syrup, balsamic vinegar, cider vinegar, rice vinegar, GF fish sauce, GF bread, pesto, salsa, red Thai curry paste, parmesan cheese, GF salad dressing or [make your own vinaigrette](#), cinnamon, thyme, mustard, ketchup, mayonnaise, garlic, salt, paprika, cumin, garlic powder, ginger powder, cumin, chili powder, turmeric, cardamom, dried basil, parsley flakes, black pepper, bay leaves, allspice, nutmeg, oregano

Week 4

Reminder: Check your stock of basic items like rice, eggs, corn tortillas, cheese, etc. before you head to the store – you may not need everything on this list. Before shopping, it's also a good idea to read through the recipes you plan to make – there may be some ingredients you'll choose to skip or substitute.

The amounts you need to purchase may vary depending on your supply at home and the size of your family.

Snacks not included – don't forget to look at the Snack Options from Week 1 and pick up enough for the week!

WEEK 4	BREAKFAST	LUNCH	DINNER
Monday	French toast with sliced banana on top (use gluten-free bread)	Chicken salad with celery sticks and GF crackers	Quinoa and baked chicken breast with sautéed zucchini and carrots
Tuesday	GF toast or corn tortilla, sliced avocado, sliced tomato and egg (scrambled or fried)	Taco salad: lettuce, beans, rice, tomato, avocado, and cheese	GF Chili Beef Pasta and green salad with spinach
Wednesday	GF oatmeal with chopped apple and a pinch of cinnamon	Lentil soup with GF crackers	Baked salmon with broccoli and brown rice
Thursday	Banana and peanut butter smoothie	Chicken quesadilla, with lettuce and tomato	Loaded Baked Potato Soup with tossed green salad
Friday	Breakfast scramble with egg, mushroom and spinach	Cauliflower bowls	Chicken stir-fry with onion, bell pepper, and zucchini served over Asian rice noodles (Use ½ recipe of all-purpose stir-fry sauce)
Saturday	Pancakes , with a dollop of yogurt and berries on top.	Grilled chicken, corn, bell pepper, and avocado on a green salad	Hamburger on GF bun with lettuce, tomato, and avocado.
Sunday	Scrambled eggs with sautéed bell pepper, onion and mushroom. Serve with sliced avocado on top and orange slices on the side.	Quinoa and Black Bean-Stuffed Peppers	Shepherd's Pie with tossed lettuce, cucumber, and tomato salad

Dessert of the Week: [Chewy gluten-free brownies](#)

On other days, enjoy a piece of fruit to end your meal with something sweet.

Week 4 Shopping List

PRODUCE	MEAT & DAIRY	DRY GOODS	CANNED/SHELF STABLE/FROZEN
Avocado (Tu, Sa, Su)	Bacon (Th, F)	Cocoa (dessert)	Beans (Tu, Su)
Bananas (M,Th)	Butter (W, Th, dessert)	GF Bread (M, Tu)	Corn (Sa)
Broccoli (W,Sa)	Shredded Cheese (Tu, Th, F, Su)	GF Cracker (M)	Lentil Soup (W)
Bell Peppers (F, Sa, Su)	Shredded Monterey Jack cheese (Su)	GF Flour (Sa, dessert)	Pesto (Th)
Carrots (M)	Sliced Cheese (Sa)	GF Oatmeal (W)	Tomato juice (Tu)
Celery (M)	Chicken Breast (M, Th, F, Sa)	GF Spiral pasta (Tu)	Tomato paste (Tu, Su)
Cucumber (Su)	Eggs (T, F, Sa, Su, dessert)	Corn Tortillas (Tu, Th)	Chicken or Vegetable stock (W)
Cauliflower (F, Su)	Lean ground beef (T, Sa)	Almond butter (Th)	Chicken broth (Th)
Lemon (W)	Ground beef or lamb (Su)	Rice (Tu)	Can diced tomatoes (W)
Lettuce (Tu, Th, Sa,Su)	Greek yogurt Vanilla (Su)	Brown rice (W)	Beef stock (Su)
Limes (M, F)	Milk (W, Th, Sa)	Xanthan gum (dessert)	
Mushroom (F,Su)	Salmon (W)	Quinoa (M, Su)	
Scallions (F)	Sour Cream (W, Th, F)	Lentils (W)	
Spinach (F, Sa)	Yogurt (Sa)	Asian rice noodles (F)	
Onion (M, F, Su)	Reduced fat ricotta cheese (Su)	GF hamburger buns (Sa)	
Oranges (Su)		Beans (Tu, Su)	
Tomato (Tu, Th, Sa, Su)			
Peas (W)			
Potatoes (Th, Su)			
Scallions (Th,F)			
Zucchini (M, F)			
Apple (W)			
Berries (Sa)			

Miscellaneous: Salsa, honey, maple syrup, sugar, mustard, ketchup, mayonnaise, cornstarch, GF Worcestershire sauce, arrowroot powder, vanilla, peanut butter, GF salad dressing or [make your own vinaigrette](#), cinnamon, salt, paprika, oregano, chili powder, black pepper, garlic powder, parsley, bay leaves, thyme, allspice, nutmeg.