



GLUTEN
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4-Week Vegan Gluten-Free Meal Plan

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4-Week Vegan Gluten-Free Meal Plan

Are you gluten-free and vegan, too? Meal planning around multiple dietary restrictions can be challenging. This Gluten-Free Vegan Meal Plan is filled with delicious options to make it easier to shop and prepare healthy meals. If you are gluten-free and looking to make your diet more plant-based, this meal plan can be a great resource for you, too. If you are on a long-term vegan diet, it is important to consult with your personal healthcare team and/or a registered dietitian to ensure that you are getting all the essential nutrients you need.



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).

This meal plan is intended to provide guidance and inspiration for planning gluten-free meals. The meal plan includes a variety of nutritious foods, but is for informational purposes only and does not constitute medical dietary advice. Consult with your personal healthcare team when considering this information.

Week 1

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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Use this meal plan as a guide, and adjust quantities based on the size of your household. Make substitutions based on your family's own unique tastes.

When you see "make extra", look ahead a day or two in the Meal Plan to find out how you will use the leftovers. "Make extra and freeze" means you'll use the item more than two or three days after making.

WEEK 1	BREAKFAST	LUNCH	DINNER
Monday	Smoothie with frozen berries, peanut butter, spinach, banana, unsweetened almond milk, ice cubes optional	Mexican-inspired salad with spinach, bell pepper, cucumber, corn, avocado, black beans, tomato, and salsa to top	GF Falafel plate with Mediterranean Chickpea Salad , serve with hummus <i>(Make extra)</i>
Tuesday	GF oatmeal with peanut butter, banana, walnuts, sprinkle of maple syrup	Leftover Mediterranean Chickpea Salad in a gluten-free tortilla	Southwestern Sweet Potato Boats <i>(Make extra sweet potatoes)</i>
Wednesday	Mashed sweet potato with banana, peanut butter, cinnamon, drizzle of maple syrup	Hummus and veggie wrap with avocado, cucumber, spinach, carrot, bell pepper on a gluten-free tortilla	GF pasta with mushrooms, spinach, and marinara sauce <i>(Make extra)</i>
Thursday	Blueberry Smoothie with GF oats, spinach, cinnamon, maple syrup, unsweetened almond milk, ice cubes	Leftover GF pasta with oil, nutritional yeast, lemon, assorted mixed frozen vegetables	Burrito bowl with brown rice, black beans, corn, salsa, and avocado <i>(Make enough filling for tomorrow's lunch)</i>
Friday	GF oatmeal with frozen blueberries, peanut butter, and chia seeds with a drizzle of maple syrup	Leftover burrito with gluten-free tortilla, black beans, salsa, avocado, and corn	Peanut Tofu with assorted mixed frozen vegetables and brown rice <i>(Make extra tofu and veg)</i>
Saturday	Basic Tofu Scramble with spinach, mushrooms, and potatoes <i>(Make extra)</i>	Leftover Peanut Tofu with assorted mixed frozen vegetables served over rice noodles	Sweet potato nachos: Baked sweet potato coins topped with black beans, avocado, corn, salsa <i>(Make extra sweet potatoes)</i>
Sunday	Breakfast burrito on gluten-free tortilla, tofu scramble, avocado, black beans, salsa	Leftover Baked sweet potato boats filled with black beans, avocado, corn, salsa	Sheet pan dinner: Roasted potatoes, onion, carrot, chickpea, frozen vegetables served with avocado and brown rice

Dessert of the Week:

Apple Nachos (sliced apples with nut butter and chopped nuts on top)

Snack Options

- Carrots or bell pepper with hummus
- Banana with peanut butter
- Tortilla chips with guacamole
- Rice cakes with hummus or peanut butter

Week 1 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
<i>Spinach</i>	<i>Unsweetened almond milk</i>	<i>Peanut butter</i>	<i>Black beans</i>
<i>Banana</i>	<i>Hummus</i>	<i>GF oats</i>	<i>Marinara sauce</i>
Sweet potato	<i>Tofu (firm/extra firm)</i>	Walnuts	<i>Chickpeas</i>
Parsley		<i>Maple syrup</i>	Full-fat coconut milk
Mushrooms		<i>Tamari</i>	
Potatoes		<i>Chia seeds</i>	
<i>Avocado</i>		<i>Brown rice</i>	
Carrot		GF pasta (Legume-based pastas tend to hold up better in the fridge for leftovers)	
Red and white onion		Rice noodles	
Bell pepper		Gluten-free tortilla	
<i>Garlic</i>		Tortilla chips	
Lemons		Rice cakes	
Tomato			
Cucumber			
Lime			
Apples			
Fresh mint			
Fresh ginger			
<i>Frozen mixed vegetables</i>			
<i>Frozen corn</i>			
<i>Frozen blueberries/mixed berries</i>			

Miscellaneous: Nutritional yeast, turmeric, cinnamon, paprika, cumin, coriander, olive oil, cooking oil, cayenne pepper, salsa, corn starch

Week 2

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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WEEK 2	BREAKFAST	LUNCH	DINNER
Monday	Non-dairy yogurt with GF granola, banana, peanut butter and cinnamon	GF lasagna with marinara sauce, Tofu Ricotta and GF noodles, assorted frozen vegetables (Make extra and freeze)	Brown rice bowl with frozen stir fry vegetables, Korean Style Spicy Tofu * (Make extra tofu and extra rice)
Tuesday	Smoothie with unsweetened almond milk, frozen blueberries, GF oats, peanut butter, cinnamon, spinach, ice cubes	Korean lettuce wraps with leftover Korean Style Spicy Tofu , lettuce, shredded carrots, cilantro, lime juice	Quick Vegan and GF Chana Masala - use canned chickpeas (Make extra)
Wednesday	Sautéed spinach and sweet potato bowl with tofu scramble	Leftover Quick vegan and GF Chana Masala	Homemade GF 'pizza' flatbread on GF tortilla with marinara sauce base, spinach, tofu, bell pepper, onion, utilize leftover tofu ricotta if any (Make extra)
Thursday	Chia Seed Pudding with chia seeds, unsweetened almond milk, maple syrup, unsweetened cocoa powder, vanilla extract, cinnamon	Leftover Homemade GF 'pizza' flatbread	Mediterranean Sweet Potato Boats with sweet potato, chickpeas, cumin, lemon juice, garlic and topped with hummus, cherry tomatoes, olives (Make extra chickpeas)
Friday	Green Smoothie with frozen banana, avocado, kale, unsweetened almond milk, non-dairy yogurt, peanut butter instead of protein powder	Brown rice and black bean burrito on GF brown rice tortilla with salsa, avocado, frozen stir fry vegetables	GF Lentil soup with frozen mixed vegetables and side of brown rice (Make extra)
Saturday	GF oatmeal topped with frozen blueberries, maple syrup, nut butter	Leftover lentil soup and rice	Chickpea "chicken" salad on bed of spinach, cherry tomatoes, carrots, red grapes on the side (Make extra)
Sunday	Southwestern tofu scramble with firm tofu, frozen stir fry vegetables, seasoned black beans, GF brown rice tortilla, sliced avocado (Make extra)	Leftover Chickpea "chicken" salad on bed of spinach, cherry tomatoes, carrots, red grapes on the side	GF lasagna with marinara sauce, Tofu Ricotta and GF noodles, assorted frozen vegetables (thaw leftovers)

Dessert of the Week: [3-Ingredient Peanut Butter Cookies](#) (use GF oats)

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Snack Options:

Dairy-free yogurt with blueberries
Hummus or salsa with carrots, bell pepper, celery
Apples and peanut butter
Roasted chickpeas

*tofu marinade: replace sugar with maple syrup and gochujang with tomato paste and cayenne pepper if you cannot find GF gochujang at the store.

Week 2 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Banana	<i>Dairy-free yogurt</i>	GF granola	<i>Whole tomatoes</i>
Spinach	<i>Unsweetened almond milk</i>	<i>Peanut butter</i>	<i>Black beans</i>
Sweet potato	<i>Firm tofu</i>	GF oats	<i>Chickpeas</i>
Lemon	Hummus	GF lasagna noodles	
Lime juice		<i>Brown rice</i>	
Garlic		<i>GF tortilla</i>	
Red onion		<i>Dried lentils</i>	
Lettuce		<i>Maple syrup</i>	
Fresh ginger		<i>Tamari</i>	
Celery		Vegetable stock	
Shredded carrots		<i>Vegan mayo</i>	
Bell pepper		<i>Yellow mustard</i>	
Cherry tomatoes		Marinara sauce	
Red grapes		Tomato paste	
Cilantro		<i>Cashews</i>	
<i>Avocado</i>		<i>Dates</i>	
<i>Frozen mixed vegetables</i>			
Frozen blueberries			
Canned diced tomatoes			
Frozen stir fry vegetable			

Miscellaneous: Cinnamon, nutritional yeast, olive oil, cumin, coriander, turmeric, salsa, garam masala spice mix

Week 3

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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WEEK 3	BREAKFAST	LUNCH	DINNER
Monday	Chocolate overnight GF oats with cocoa powder, banana, chopped dates, peanut butter, chia seeds, maple syrup	GF pasta salad with cherry tomatoes, spinach, avocado, carrot, lemon, olive oil	Red Lentil Dahl with spinach served over brown rice <i>(Make extra dahl and extra brown rice)</i>
Tuesday	3-Ingredient Breakfast Cookies with GF oats, overripe bananas, peanut butter, chocolate chips <i>(Make enough)</i>	Leftover Red Lentil Dahl with spinach and GF toast	Sheet pan dinner with chickpeas, tofu, carrots, onion, frozen vegetables, olive oil, and spices served with brown rice and avocado <i>(Make extra)</i>
Wednesday	GF toast with hummus and smashed avocado topped with cherry tomatoes	Veggie hummus sandwich on GF bread with carrots, tomato, avocado, spinach, sliced tofu	GF fried brown rice (use leftover rice) with olive oil, tofu, frozen mixed vegetables, green onions, lime, tamari
Thursday	Leftover 3-Ingredient Breakfast Cookies with GF oats, overripe bananas, peanut butter, chocolate chips	Leftover Homemade GF 'pizza' flatbread	GF Mushroom Stroganoff with GF noodles topped with green onions served with GF garlic toast <i>(Make extra)</i>
Friday	Smoothie with frozen berries, dates, chia seeds, peanut butter, banana, spinach, unsweetened almond milk, ice cubes optional	Leftover GF Mushroom Stroganoff with GF noodles served with GF garlic toast	Quinoa burrito bowl with black beans, avocado, frozen corn, tomatoes, with salsa and lime on top <i>(Make extra)</i>
Saturday	Basic Tofu Scramble with kale, tomatoes, topped with avocado and served with GF toast	Leftover burrito bowl made with quinoa, black beans, avocado, frozen corn, tomatoes, with salsa and lime on top	Red lentil Bolognese made with GF red lentils, marinara sauce, onion, garlic, Italian seasoning over GF noodles served with sautéed kale <i>(Make enough)</i>
Sunday	GF toast with peanut butter, sliced banana, chia seeds, drizzle of maple syrup	Hummus and avocado sandwich on GF bread with mashed chickpeas, spinach, tomato, carrot	Leftover Red lentil Bolognese made with red lentils, marinara sauce, onion, garlic, Italian seasoning over GF noodles

Dessert of the Week: [Peanut Butter Cup Energy Bites](#)

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Snack Options:

- Carrots and hummus
- Dairy free yogurt with frozen or fresh fruit
- Rice cakes with peanut butter and banana
- Rice cakes with hummus and avocado
- Peanut butter stuffed dates and chocolate chips

Week 3 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
<i>Banana</i>	<i>Unsweetened almond milk</i>	<i>GF oats</i>	<i>Diced tomatoes</i>
<i>Cherry Tomatoes</i>	<i>Hummus</i>	<i>Cocoa powder</i>	<i>Chickpeas</i>
<i>Spinach</i>	<i>Tofu (firm/extra firm)</i>	<i>Peanut butter</i>	<i>Brown rice</i>
<i>Yellow onion</i>	<i>Dairy-free yogurt</i>	<i>Chia seeds</i>	<i>Black beans</i>
<i>Garlic</i>		<i>Maple syrup</i>	<i>Marinara sauce</i>
<i>Fresh ginger</i>		<i>GF/DF chocolate chips</i>	
<i>Lemon</i>		<i>GF/V bread of choice</i>	
<i>Avocado</i>		<i>Tamari</i>	
<i>Celery</i>		<i>GF pasta (Legume-based pastas tend to hold up better in the fridge for leftovers)</i>	
<i>Carrots</i>		<i>Quinoa</i>	
<i>Kale</i>		<i>Red lentils</i>	
<i>Green onions</i>		<i>Dates</i>	
<i>Lime</i>		<i>Vegetable broth</i>	
<i>Mushrooms</i>			
<i>Frozen mixed vegetables</i>			
<i>Frozen corn</i>			
<i>Frozen blueberries/mixed berries</i>			

Miscellaneous: Garam Masala spice, red chili flakes, cayenne pepper, nutritional yeast, turmeric, cinnamon, paprika, cumin, coriander, Italian seasoning, olive oil, cooking oil, salsa, corn starch

Week 4

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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WEEK 4	BREAKFAST	LUNCH	DINNER
Monday	GF baked oatmeal (use walnuts instead of pecans) <i>(Make extra)</i>	Veggie sandwich on GF bread with cucumber, tomato, lettuce, avocado, mashed chickpeas	Brown rice bowl with cherry tomatoes, lentils, spinach <i>(Make extra)</i>
Tuesday	GF toast with avocado, onion, tomatoes, and tofu scramble	Leftover brown rice bowl with cherry tomatoes lentils, spinach	Teriyaki Tempeh and Vegetables <i>(Make extra)</i>
Wednesday	Leftover GF baked oatmeal	Leftover Teriyaki tempeh and vegetables	Baked potato with black beans and frozen mixed vegetables with salsa
Thursday	GF peanut butter toast topped with sliced apples, cinnamon, chia seeds, maple syrup	Hummus sandwich on GF bread, topped with avocado, bell pepper, salsa, lettuce, carrots	Red Lentil Chili over brown rice <i>(Make extra)</i>
Friday	Smoothie with unsweetened soy milk, kale, apple, ginger, avocado, frozen berries	Leftover Red lentil chili	Quinoa bowl with roasted potatoes, asparagus, onions, broccoli, marinated tempeh <i>(Make extra)</i>
Saturday	Berry vanilla chia seed pudding with frozen berries, chia seeds, soy milk, vanilla extract	Roasted potatoes, asparagus, onions, broccoli, marinated tempeh over a bed of kale	Vegan Pad Thai <i>(Make extra)</i>
Sunday	GF toast with avocado, onion, tomatoes, tofu scramble	Leftover Vegan Pad Thai	Quinoa bowl (with leftover quinoa & roasted potatoes) with roasted potatoes, mixed frozen vegetables, avocado

Dessert of the Week: [Vegan Fudge](#) (Peanut butter and chocolate chips)

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Snack Options:

- Hummus plate with bell pepper
- Celery with peanut butter
- Olives and cucumber on a sliced corn tortilla
- Tortilla chips and salsa

Week 4 Shopping List

Cooking essentials in italics

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Apples	Dairy-free yogurt	<i>Peanut butter</i>	<i>Whole tomatoes</i>
Broccoli	<i>Unsweetened soy milk</i>	<i>GF oats</i>	<i>Black beans</i>
Potatoes	<i>Firm tofu</i>	<i>Brown Rice</i>	<i>Chickpeas</i>
Lemon	Tempeh	<i>GF/ V bread</i>	Salsa
Lime juice		<i>GF tortillas</i>	
Garlic		Quinoa	
Red onion		<i>Dried lentils</i>	
Kale (or spinach)		<i>Marinara sauce</i>	
Fresh ginger		<i>Chia seeds</i>	
Shredded carrots		<i>Maple syrup</i>	
<i>Avocado</i>		Brown sugar	
Cherry tomatoes		<i>Tamari sauce</i>	
Bell pepper		Walnuts	
<i>Frozen mixed vegetables</i>		Tomato paste	
<i>Frozen mixed berries</i>			

Miscellaneous: Sesame oil, corn starch, rice vinegar, salsa