Gluten free on a budget 7-day meal planner: Nutritional information

coeliac uk

Breakfasts

Recipes	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Apple and cinnamon baked porridge	466	9.1	40.6	28.6	5.3
Baked beans on gluten free toast	298	10.9	42.1	9.1	10.2
Boiled egg and gluten free toast	450	18.3	29.4	28.8	5.5
Gluten free banana pancakes with fruit	440	10.9	72.1	11.9	5.6
Gluten free granola with Greek-style yoghurt	614	19.2	30	46.2	4.6
Gluten free granola with milk	519	18	30.5	36	4.6
Overnight oats with banana and fresh berries	398	15.2	67.3	7.2	10.9

Lunches

Recipes	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Bean ratatouille	491.7	31.2	44.2	22.6	14.8
Chicken and potato traybake	425.6	37.2	54.9	26.3	12.0
Poached egg on toast with avocado and tomato	435	13.0	21.5	27.0	7.7
Sweet jacket potato with salad	685	13.0	92.5	27.0	16.3
Tomato soup with cheese croutons	391.7	13.5	22.4	27.5	4.6
Tomato soup with mascarpone	458	7.8	26.9	32.9	4.1
Tomato, butterbean and mascarpone pasta	445	10.3	50.5	21.5	7.1

Dinner

Recipes (per serving)	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
Budget fish and chips	587	36.9	78.2	14.2	7.8
Chestnut mushroom and spinach curry	827	31.5	87.5	37.4	20
Gluten and yeast free pizza	788.6	35.8	112.4	21.9	2.9
Gluten free toad in the hole with roast onion and mustard gravy	694	26.8	54.4	40.8	3.7
Green lentil and halloumi salad	435	13.0	24.0	32.0	3.7
Salmon and pea fishcakes	560	34.0	47.6	26.0	2.0
Turkey burgers and sweet potato chips	703.6	42.5	73.9	27.3	9.6
Average daily for 3 meals	1587	63.8	157.5	78.9	23.3

Snacks or desserts

Recipes (per serving)	Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fibre (g)
25g mixed nuts and raisins (budget mix)	120	3.5	7.9	8.5	1.1
30g houmous	69	1.8	3.6	5.0	1.3
30g soft cream cheese	68	1.6	1.3	6.3	0.1
30g sultanas	87.4	0.8	20.8	0.1	0.6
80g frozen fruit	21.4	0.8	4.4	0.1	3.0
80g carrot/ cherry tomatoes/ cucumber (average)	15.1	0.6	2.9	0.2	0.9
100g coconut yoghurt	115	1.2	6.8	10	0.7
125g Greek-style yoghurt	124	4.6	5.3	9.4	0.0
200ml soya milk	68.2	6.6	1.9	3.9	0.8
Apple	89	0.6	21.5	0.2	3.6
Banana	105	1.3	27.0	0.4	3.1
Average daily for 3 snacks	422	11.4	53.4	19.1	8.3
Average daily for 3 meals and 3 snacks	2009	75.2	211	98	31.6

Additional Recipes – Nutritional information					
Recipes (per serving)	**Calories (kcal)**	**Protein (g)**	**Carbs (g)**	**Fat (g)**	**Fibre (g)**
Tomato base sauce	62	1.7	6.7	3.2	1.2
Fakeaway chicken gyros	347.1	23.6	16.4	21	3.6
Coconut & banana froyo with sesame & cinnamon chips	258.9	5.1	37.3	10.2	3

About this 7-day meal plan

This meal plan, snacks included, is designed to provide an average of around 2,000 calories per day. The nutrition information shown for each meal, snack/ dessert is based on one serving. The additional recipes are not included within the 7-day meal plan, with the exception of the tomato base sauce, which is included in the nutritional information for any recipes where it is used.

Nutritional values have been calculated using full-fat products or sugar-sweetened varieties, unless otherwise stated. Everyone's nutritional needs are different, so you may need to adjust portion sizes, snacks and drinks to suit your appetite, age, activity level and individual health needs. If you have been advised to reduce your fat or sugar intake, choose lower-fat or lower-sugar alternatives where appropriate, and speak to your healthcare team or dietitian if you are unsure whether this meal plan is suitable for you.