Gluten free on a budget

coeliac uk

7-day meal plan

	Breakfast	Lunch	Dinner
Day 1	Overnight oats with banana and fresh berries	Poached egg on toast with avocado and tomato	Chestnut mushroom and spinach curry
Day 2	Gluten free banana pancakes with fruit	Sweet jacket potato with salad	Gluten free toad in the hole with roast onion and mustard gravy
Day 3	Apple and cinnamon baked porridge	Tomato soup with mascarpone	Green lentil and halloumi salad
Day 4	Gluten free granola (oat free) with yoghurt	Chicken and potato traybake	Gluten and yeast free pizza
Day 5	Boiled egg and gluten free toast	Tomato, butterbean and mascarpone pasta	Budget fish and chips
Day 6	Gluten free granola (oat free) with milk	Tomato soup with cheese croutons	Turkey burgers and sweet potato chips
Day 7	Baked beans on gluten free toast	Bean ratatouille	Salmon and pea fishcakes

The meal plan serves two people per day, while each snack/ dessert suggestion serves one. Together, these provide around 2,000 calories per person per day. The snack/ dessert ideas are suggestions only, using shopping list ingredients or recipe leftovers. Portion sizes can be adjusted to suit individual appetite.