







7 days of simple gluten free meal ideas!

From Glutafin's Dietitian, Katie

Glutafin

GLUTEN FREE

	Breakfast	Lunch	Dinner
Monday	Gluten Free Toast  top with jam, marmalade or chocolate spread	Gluten Free Pasta Salad serve with grated cheese, mayonnaise and chopped veggies	Chilli  Veggie or beef chilli con carne with rice
Tuesday	Boiled Egg serve with gluten free toast soldiers	Baked potato with tuna and cheese or beans	Chicken Casserole  serve with baked potato
Wednesday	Porridge top with honey and fresh fruit (check you're using gluten free oats)	Salad bowl with boiled egg, salmon, mixed pulses and cold new potatoes	Mushroom Risotto  serve with a side salad or homemade garlic bread
Thursday	Gluten Free Breakfast Cereal add dried fruit and nuts	Gluten Free Toastie why not try cheese and ham, tuna melt or mozzarella and tomato	Grilled Salmon serve with veg and new potatoes
Friday	Gluten Free Sausage Sandwich Or you could choose bacon or egg if you prefer	Sushi  check the ingredients panel for gluten containing ingredients	Gluten Free Pizza serve with a side salad
Saturday	Fresh Fruit serve with yogurt	Slice of Gluten Free Pizza leftovers from the night before	Spaghetti Bolognese or other hot pasta dish (made with gluten-free pasta)
Sunday	Mushrooms on Gluten Free Toast crumble over some feta if you like	Gluten Free Crispbreads with cottage cheese and cucumber	Roast Dinner  (using gluten free gravy granules or cornflour to thicken gravy if required)

 *PTO for Katie's top tips' & Snacks*



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Katie's top tips'

- 1 Use separate pots of butter, jams and spreads to avoid other members of your household leaving gluten containing crumbs behind!
- 2 Sushi ingredients are naturally gluten free, but always read the label to confirm that no gluten containing ingredients have been added. Avoid the soy sauce as this will contain gluten.
- 3 Recipes for these dishes are commonly free of gluten containing ingredients so if you don't have already have a preferred recipe, try searching in your favourite cookbook or online. Look out for any ingredients that aren't gluten free, for example flour may be suggested for thickening a sauce. Remember, wheat flour can be easily replaced with cornflour or flour mix.
- 4 The main ingredients of a roast dinner are naturally gluten free! Use meat or poultry that hasn't been processed or breaded, and remember use cornflour or flour mix to thicken the meat juices for gravy. If you're including 'pigs in blankets', use gluten-free sausages. You can make your own gluten free Yorkshire puddings using our flour mix.
- 5 Cereal isn't just for breakfast! Packed with carbohydrate, fibre and vitamins, cereals are a great snack for 'on the go' moment. Just fill a small, sealable container with your favourite cereal (hold the milk – of course!) and enjoy a healthy snack later in the day.

Snacks Ideas



Yogurt

Rice pudding pot

Piece of fresh fruit

Handful of nuts

Handful of dried fruit


Carrot and Cucumber sticks

Cheese portion

Gluten free biscuits

Gluten free crackers

Rice cakes, crisps and vegetable/lentil packet snacks

Handful of gluten free  cereal

Gluten free cereal bar

Gluten free bread sticks and sour cream dip

Gluten free cake portion



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