

My One Week Gluten Free Menu

	Breakfast	Lunch	Dinner
Saturday Prep: GF baking	GF waffles w/berries bacon or ham beverage	chicken salad (<i>grilled chicken breast *L</i>) <i>rice pilaf (*L)</i>	* <i>vegetable beef soup</i> GF bread or crackers raw veggies and dip
Sunday Prep: GF baking	GF muffin scrambled eggs beverage	<i>vegetable beef soup (*L)</i> GF bread or crackers raw veggies & dip	* <i>oven baked chicken</i> * <i>mashed potatoes & gravy</i> green beans * <i>GF chocolate cupcakes</i>
Monday	GF cold cereal sliced bananas beverage	<i>cold chicken (*L)</i> <i>potato cakes (*L)</i> green salad	* <i>GF soft shell tacos</i> * <i>Spanish rice</i> green salad
Tuesday	GF waffles bacon or ham beverage	taco salad (<i>taco meat *L</i>) <i>Spanish rice (*L)</i>	* <i>GF chicken rice soup</i> GF bread or crackers raw veggies and dip
Wednesday	GF muffin scrambled eggs beverage	<i>GF chicken rice soup (*L)</i> GF bread or crackers raw veggies & dip	* <i>grilled salmon fillet</i> * <i>baked potatoes</i> steamed mixed vegetables
Thursday	GF cold cereal sliced peaches beverage	<i>grilled salmon fillet (*L)</i> <i>pan fried potatoes (*L)</i> raw veggies & dip	* <i>GF spaghetti</i> GF garlic toast green salad
Friday Prep: GF grocery shopping	GF toast scrambled eggs beverage	<i>GF spaghetti (*L)</i> green salad	* <i>grilled chicken breast</i> * <i>rice pilaf</i> steamed broccoli

1) Shop Friday for gluten free foods.

2) Do Ahead Saturday Food Preparation:

Mix all-purpose gluten free flour (if using "Bake It Better Gluten Free" recipes)

1 loaf rice bread (1 recipe)

12 rice waffles (2 recipes)

3) Do Ahead Sunday Food Preparation:

12 muffins (2 recipes)

12 cupcakes (1 recipe)

4) Daily Food Preparation:

Make two recipes of dinner meals

to use for lunches the next day.

Key: Italics = big meals, prepare extra

*Italics (*L) = use leftovers for lunch from previous night's big meal prep*