



E-BOOK
— 38 —
RECIPES



gluten-free meal plan

USING STAPLE RECIPES FOUND IN EVERYDAY
GLUTEN-FREE TO HELP YOU MASTER THIS DIETARY
LIFESTYLE - ALL WHILE STAYING ADDITIVE-FREE

DINNER WEEK 1

monday



[easy butter chicken](#)

- serve with naan bread found on page 22 of everyday gluten-free
- double batch cook the naan bread and freeze for another night's meal

tuesday



[roasted vegetable pizza](#)

- use pizza base recipe found on page 42 of everyday gluten-free
- great as leftovers for lunch the next day

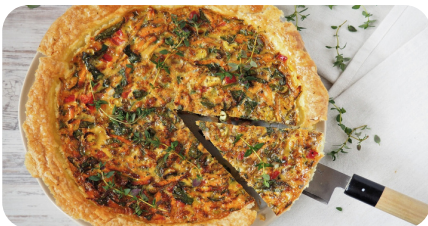
wednesday



[meat pie](#)

- use puff pastry recipe found on page 30 of everyday gluten-free
- great as leftovers for lunch the next day or freeze for leftover dinner another night

thursday



[easy quiche](#)

- use shortcrust pastry recipe found on page 35 of everyday gluten-free
- use the signature flour blend in this recipe found page 9 of everyday gluten-free

friday



[curried chicken enchiladas](#)

- use wraps recipe found on page 18 of everyday gluten-free

saturday



[boosted beef burgers](#)

- use bread rolls recipe found on page 14 of everyday gluten-free
- make the rolls the day of using or the day before if prepping in advance

sunday



[cottage pie](#)

- use signature flour blend in this recipe found on page 9 of everyday gluten-free
- great as leftovers for lunch the next day

DINNER WEEK 2

monday



[mexican chicken burgers](#)

- blitz leftover bread rolls from last week's meal into breadcrumbs and use in the patties in this recipe
- serve with any of the side dish ideas

tuesday



[herb crusted salmon](#)

- use bread recipe found on page 10 of everyday gluten-free for the breadcrumbs
- serve with any of the side dish ideas

wednesday



[parmesan crusted tofu](#)

- use bread recipe found on page 10 of everyday gluten-free for the breadcrumbs
- use signature flour blend in this recipe found on page 9 of everyday gluten-free

thursday



[curried sausages](#)

- use the signature flour blend in this recipe found page 9 of everyday gluten-free
- serve with any of the side dish ideas

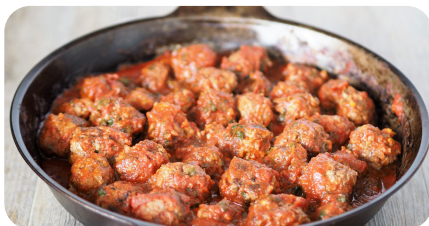
friday



[oven fried chicken](#)

- use the signature flour blend in this recipe found page 9 of everyday gluten-free
- serve with any of the side dish ideas

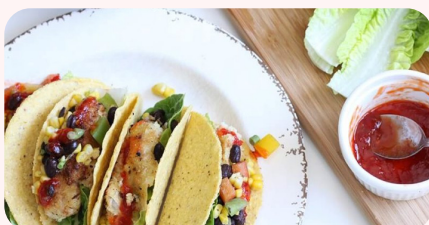
saturday



[beef meatballs](#)

- use bread recipe found on page 10 of everyday gluten-free for the breadcrumbs
- serve with gluten-free pasta

sunday



[fish tacos](#)

- use bread recipe found on page 10 of everyday gluten-free for the breadcrumbs
- use signature flour blend in this recipe found on page 9 of everyday gluten-free

SIDE DISH IDEAS

option 1



[pumpkin and halloumi salad](#)

- use as a side dish to any of the dinner recipes
- make extra for an easy lunch the next day

option 2



[spicy wedges \(oven baked\)](#)

- use signature flour blend in this recipe found on page 9 of everyday gluten-free
- use as a side dish to any of the dinners

option 3



[coleslaw with mum's mayo](#)

- use as a side dish to any of the dinner recipes

option 4



[mashed potato & steamed veggies](#)

- use as a side dish to any of the dinner recipes

option 5



[creamy potato bake](#)

- use as a side dish to any of the dinner recipes

NOTES

- Feel free to add whatever side dishes you like to the dinner recipes, but these will give you some ideas
- The salads even make great lunches the next day

BREAKFAST IDEAS

monday



pancakes/pikelets

- page 47 of everyday gluten-free
- also makes a great lunch recipe
- make extra for ready to go breakfasts

tuesday



bircher muesli with berry compote

- page 49 of everyday gluten-free
- also makes a great snack recipe
- make the night before

wednesday



granola

- page 51 of everyday gluten-free
- serve with yoghurt and berries

thursday



potato rosti

- page 53 of everyday gluten-free
- also makes a great lunch recipe

friday



cauli waffles

- use signature flour blend in this recipe found on page 9 of everyday gluten-free
- make extra for ready to go breakfasts and/or lunches

saturday



acai bowl

- top with granola recipe found on page 51 of everyday gluten-free
- make extra for additional breakfasts

sunday



chia & buckwheat pudding

- top with granola recipe found on page 51 of everyday gluten-free
- make extra for additional breakfasts

LUNCH IDEAS

monday



[zucchini fritters](#)

- use signature flour blend in this recipe found on page 9 of everyday gluten-free
- make extra for ready to go breakfasts and/or lunches

tuesday



[savory toast](#)

- use bread recipe found on page 10 of everyday gluten-free for the toast
- double this recipe if desired as they freeze well for quick lunches

wednesday



[savory muffins](#)

- page 61 of everyday gluten-free
- also makes a great snack recipe or grab and go lunchbox fillers

thursday



[scrolls](#)

- page 26 of everyday gluten-free
- also makes a great after school snack recipe to fill those hungry tummies

friday



[wraps](#)

- page 18 of everyday gluten-free
- use whatever fillings you like to make delicious gluten-free and additive-free lunch wraps

saturday



[protein powder pancakes](#)

- use signature flour blend in this recipe found on page 9 of everyday gluten-free
- be sure to add 1/2 tsp to the pancake batter otherwise they won't rise

sunday



[vegetarian sausage rolls](#)

- use puff pastry recipe found on page 30 of everyday gluten-free
- make a double batch and freeze the leftovers for grab and go lunchbox fillers

SNACK IDEAS

option 1



crackers

- page 55 of everyday gluten-free
- serve with dip or enjoy on their own
- dip recipes can be found on our [website](#)

option 2



scones

- page 57 of everyday gluten-free
- make an extra batch and freeze to keep on hand for any unexpected visitors

option 3



caramel slice

- page 62 of everyday gluten-free
- make an extra batch and freeze to keep on hand for any unexpected visitors

option 4



lemon loaf

- page 74 of everyday gluten-free
- make an extra batch and freeze to keep on hand for any unexpected visitors

option 5



lemon kiss biscuits

- page 78 of everyday gluten-free
- make an extra batch and freeze to keep on hand for any unexpected visitors

NOTES

- Feel free to make any or all of these snacks
- If some are your faves, then double batch cook them and freeze so you have on hand for whenever needed