

Easy Assembly Gluten Free Meal Plans

Recipe fatigue has hit everyone this year, and this meal plan provides fresh meal ideas with easy assembly for gluten free(GF) shoppers to add to their meal rotation.

Breakfast	Lunch	Snack	Dinner
<ul style="list-style-type: none"> • Bob's Red Mill GF Oatmeal • Chopped Walnuts • Raisins 	<ul style="list-style-type: none"> • Tuna Salad with Avocado & Tomatoes • Blue Diamond GF Crackers 	<ul style="list-style-type: none"> • Nature's Bakery Fig Bar • Tea 	<ul style="list-style-type: none"> • Baked Chicken with Roasted Potatoes • Asparagus Spears • Cup 4 Cup GF Corn Muffin
<ul style="list-style-type: none"> • Canyon Bakehouse GF Toast • Almond Butter • Banana 	<ul style="list-style-type: none"> • Caulipower Individual Cauliflower Crust Pizza • Mixed Green Salad 	<ul style="list-style-type: none"> • Mozzarella Cheese Stix • Fresh Apple 	<ul style="list-style-type: none"> • Turkey Burger on Udis Freezer GF Bun • Sweet Potato Chips • Carrot & Celery Sticks
<ul style="list-style-type: none"> • Greek Yogurt • Bakery On Main GF Granola • Blueberries 	<ul style="list-style-type: none"> • Bean Nachos – Made With GF corn tortilla chips; cheese; avocado; tomato; salsa 	<ul style="list-style-type: none"> • Trail Mix – Nuts; Raisins; Mini Chocolate Chips 	<ul style="list-style-type: none"> • Ancient Harvest GF Pasta with Pasta Sauce & Lean Ground Beef • Green Beans • GF Garlic Toast With Canyon Bakehouse Bread
<ul style="list-style-type: none"> • Scrambled Eggs w/ Cheese, Spinach & Tomatoes • Canyon Bakehouse GF Toast • Orange Juice 	<ul style="list-style-type: none"> • Quinoa & Veggie Salad (add diced peppers; grape tomatoes; cucumbers; light balsamic dressing) • Crunch Master GF Crackers 	<ul style="list-style-type: none"> • Lundburg Rice Cakes • Nut Butter • Banana 	<ul style="list-style-type: none"> • Easy White Chicken Chili – 2 cups Shredded Chicken; 1 Jar Salsa; 48 oz. Cooked White Beans; Shredded Monterey Jack Cheese; Cumin • Garden of Eaten GF Blue Corn Chips • Tossed Green Salad
<ul style="list-style-type: none"> • Pamelas GF Muffins (from mix) • Mixed Fruit • Latte 	<ul style="list-style-type: none"> • Turkey & Cheese Sandwich on Dr. Schar GF Bun • Fresh Pear 	<ul style="list-style-type: none"> • Hummus • Vans GF Crackers • Cucumber Slices 	<ul style="list-style-type: none"> • Broiled Salmon • Lundburg GF Brown Rice Blend • Broccoli Florets • Sliced Strawberries
<ul style="list-style-type: none"> • EnviroKidz GF Whole Grain Cereal • Milk • Strawberries 	<ul style="list-style-type: none"> • Amy's GF Bean Soup • Cheese Chunks • Blue Diamond GF Crackers • Apple Slices 	<ul style="list-style-type: none"> • Hard-Boiled Egg • Melon Chunks 	<ul style="list-style-type: none"> • Ground Turkey Tacos –Mission Corn Tortillas; Cheese; Avocado; Lettuce; Tomato; Salsa • Fiesta Corn • Frozen Yogurt
<ul style="list-style-type: none"> • Vans GF Whole Grain Frozen Waffles w/Syrup • Orange Slices • Milk 	<ul style="list-style-type: none"> • Ancient Harvest GF Pasta Salad with Chicken & Veggies • Pamelas GF Blueberry Muffin 	<ul style="list-style-type: none"> • Natures Bakery GF Snack Bar • Apple 	<ul style="list-style-type: none"> • Roasted or Grilled Pork Tenderloin • Sweet Potatoes • Peas • Cup 4 Cup GF Brownies from Mix