

2-Week Gluten-Free Dinner Plan (No Beans, No Beef, No Sweet Potatoes)

Week 1

Week 1 Dinners:

Mon - Baked Chicken Thighs with garlic-roasted carrots and rice

Tue - Turkey & Rice Skillet with onions, spinach, and simple spices

Wed - Coconut Chicken Curry over jasmine or brown rice

Thu - Turkey Meatballs with roasted zucchini and gluten-free pasta or rice

Fri - Chicken Fajita Bowl with peppers, onions, and avocado over rice

Sat - Lemon-Garlic Roasted Drumsticks with green beans and white rice

Sun - Tuna Cakes with salad and roasted carrots

Week 2

Week 2 Dinners:

Mon - Turkey Burger Patties with mashed cauliflower and steamed broccoli

Tue - Chicken Stir-Fry with frozen veggies over rice

Wed - Baked Salmon or Salmon Patties with quinoa and asparagus

Thu - Zucchini Noodles + Turkey Marinara

Fri - Almond-Crusted Chicken Tenders with roasted carrots and peas

Sat - Egg & Veggie Fried Rice with tamari and veggies

Sun - Lemon-Herb Roasted Chicken with root vegetables

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Shopping List

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Proteins:

- Chicken thighs, drumsticks, tenders (5-6 lbs total)
- Ground turkey (3-4 lbs)
- Eggs (2 dozen)
- Canned tuna (3-4 cans)
- Canned salmon or 1-2 fresh fillets
- Turkey burger patties (or use ground turkey)

Grains & Substitutes:

- White or brown rice (2-3 lbs)
- Quinoa (1 lb)
- Gluten-free pasta (1 box)
- Zucchini for noodles (3-4 medium)
- Almond flour (for crusts/cakes)

Dairy:

- Cheese (block or shredded)
- Butter or ghee (optional for roasting)

Produce:

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- Carrots (2-3 lbs)
- Onions (2-3)
- Garlic (1-2 bulbs)
- Bell peppers (3-4)
- Broccoli (fresh or frozen)
- Green beans
- Cauliflower (fresh or frozen)
- Spinach (fresh or frozen)
- Mixed frozen vegetables
- Avocados (2-3)
- Parsnips or other root vegetables
- Fresh herbs (parsley, thyme, rosemary, optional)
- Lemons (2-3)

Pantry:

- Coconut milk (2 cans)
- Olive oil or avocado oil
- Tamari or coconut aminos (GF soy sauce substitute)
- Salt, pepper, dried herbs (thyme, oregano, garlic powder)