

4-WEEK GLUTEN-FREE MEAL PLAN

FOR ATHLETES

- ✓ Complete Weekly Meal Plans with Macros
- ✓ Grocery Lists for Every Week
- ✓ Batch Cooking Strategies & Prep Guides
- ✓ High-Carb Dinner Ideas for Training Days
- ✓ Recovery Nutrition & Hydration Tips

WHAT'S INSIDE

■ How to Use This Plan

Macro targets, customization, and athlete guidelines

■ Week 1 — Base Building

Foundational meals for consistent fueling

■ Week 2 — Intensity Phase

Increased carbs for harder training sessions

■ Week 3 — Peak Training

Maximum carb loading for peak performance

■ Week 4 — Recovery & Taper

Anti-inflammatory focus for optimal recovery

■ Weekly Grocery Lists

Complete shopping lists for all 4 weeks

■ Batch Cooking Guides

Prep strategies to save 5+ hours per week

■ High-Carb Dinner Ideas

8 athlete-approved GF dinner recipes

■ Hydration & Recovery Tips

Performance nutrition beyond the plate

HOW TO USE THIS PLAN

This 4-week gluten-free meal plan is designed for athletes who train 4–6 days per week and need reliable, performance-focused nutrition without gluten. Every meal is 100% gluten-free and built around whole-food carbs, quality proteins, and healthy fats.

ATHLETE GUIDELINES

DAILY CALORIE RANGES BY TRAINING LEVEL

Light training (3x/week): 2,000 - 2,400 cal | Moderate (4-5x): 2,400 - 2,800 cal
 Intense (6x/week): 2,800 - 3,200 cal | Competition week: 3,000 - 3,500 cal

HOW TO CUSTOMIZE

- Increase portions of rice, potatoes, and pasta on heavy training days
- Add an extra snack (200-300 cal) on double-session days
- Scale protein up by 20-30g on strength-focused days
- Reduce carb portions slightly on rest/recovery days

MACRO BREAKDOWN

MACRO TARGETS (per lb of bodyweight)

- Carbs: 2.5 - 4.0g/lb (primary fuel for endurance & power)
- Protein: 0.7 - 1.0g/lb (muscle repair & recovery)
- Fat: 0.4 - 0.6g/lb (hormones, joint health, sustained energy)

Example for 170 lb athlete: 425-680g carbs | 119-170g protein | 68-102g fat

Key Symbols Used in This Plan:

- High-carb meal ideal for training days
- High-protein meal for recovery
- Can be made vegan/vegetarian with simple swaps
- ❄️ ■ Freezer-friendly — batch cook and store

Note: All meals in this plan are 100% gluten-free. Always verify labels on packaged ingredients, as manufacturing processes may change. When in doubt, look for certified GF labels.

WEEK 1 — BASE BUILDING

Establishing consistent fueling patterns, building glycogen stores with quality GF carbs.

Target: 2,400–2,800 cal/day | **Macros:** 50% Carbs | 25% Protein | 25% Fat

Day	Breakfast	Lunch	Dinner	Snacks
Mon	GF oat porridge + banana + almond butter	Turkey & rice bowl + veggies	GF pasta with chicken marinara + side salad	Rice cakes + PB; Greek yogurt
Tue	Smoothie: spinach, berries, protein, GF oats	Quinoa taco bowl + black beans + avocado	Baked salmon + sweet potato + broccoli	Trail mix (GF); apple + cheese
Wed	Eggs + GF toast + avocado + fruit	Chicken stir-fry + jasmine rice	Beef & potato stew (GF thickener) + GF bread	Protein shake; banana
Thu	GF overnight oats + chia + berries	Tuna salad + GF crackers + veggies	Shrimp fried rice (tamari) + edamame	Cottage cheese + pineapple; rice cakes
Fri	GF pancakes + maple syrup + eggs	Grilled chicken + sweet potato + greens	GF pizza on cauliflower crust + side salad	Energy balls (GF oats, honey, PB)
Sat	Veggie omelet + GF toast + fruit	Burrito bowl: rice, chicken, beans, salsa	Herb-crusted pork chop + mashed potatoes + green beans	Smoothie; GF granola bar
Sun	Acai bowl + GF granola + banana	Leftover pork + rice + veggies	Chicken & veggie curry + jasmine rice	Yogurt parfait; dark chocolate

■ BATCH PREP — WEEK 1

- Cook 3 cups rice in a rice cooker — portion into 6 containers for the week
- Grill 3 lb chicken breasts, slice, and store in 4 containers
- Prep overnight oats for Mon/Thu in mason jars
- Wash and chop all veggies; store in produce bags with damp paper towels
- Make a big batch of marinara sauce (GF) for pasta night and pizza
- Hard-boil 6 eggs for quick snacks

WEEK 2 — INTENSITY PHASE

Increasing carb density to fuel harder sessions. Pre/post workout nutrition prioritized.

Target: 2,600–3,000 cal/day | **Macros:** 55% Carbs | 25% Protein | 20% Fat

Day	Breakfast	Lunch	Dinner	Snacks
Mon	GF waffles + berries + whey protein shake	Chicken & quinoa power bowl + hummus	Teriyaki salmon + rice noodles + bok choy	Banana + almond butter; rice cakes
Tue	Loaded GF oatmeal + protein + honey	Turkey & avocado GF wrap + fruit	Spaghetti squash bolognese + GF garlic bread	Protein bar (GF); mixed nuts
Wed	Egg & potato breakfast skillet + fruit	Poke bowl: rice, tuna, avocado, edamame	Chicken fajitas + corn tortillas + beans	Greek yogurt + granola; dates
Thu	Smoothie bowl + GF granola + seeds	Lentil soup + GF bread + side salad	Grilled steak + baked potato + asparagus	Apple + PB; cheese stick
Fri	GF banana bread + eggs + fruit	Asian chicken salad + rice noodles	Shrimp & grits (GF cornmeal) + collard greens	Protein shake + banana
Sat	Breakfast burrito: eggs, potatoes, corn tortilla	Mediterranean bowl: rice, chicken, feta, olives	Herb-roasted chicken thighs + roasted potatoes + salad	Energy balls; dried mango
Sun	GF French toast + berries + syrup	Leftover chicken + sweet potato + veggies	Slow cooker chili + cornbread (GF) + salad	Popcorn; dark chocolate

■ BATCH PREP — WEEK 2

- Slow cook a big pot of chili on Sunday — freezes great for Wed/Sun
- Cook 4 cups quinoa and 4 cups rice — divide into 10 portions
- Marinate chicken thighs overnight for faster weeknight cooking
- Prep smoothie bags: pre-portion frozen fruit + spinach into 5 bags
- Make GF banana bread on Sunday for breakfasts + snacks
- Prep stir-fry veggie packs (pre-sliced) for quick dinners

WEEK 3 — PEAK TRAINING

Maximum carb loading for peak performance weeks. Emphasis on rapid recovery meals.

Target: 2,800–3,200 cal/day | **Macros:** 55–60% Carbs | 22% Protein | 18–23% Fat

Day	Breakfast	Lunch	Dinner	Snacks
Mon	Loaded rice bowl: eggs, avocado, tamari	Double chicken rice bowl + sweet plantains	GF penne + Italian sausage + roasted peppers	Rice cakes + jam; banana
Tue	GF oat pancakes + berries + protein	Turkey meatball sub on GF roll + soup	Salmon + coconut rice + mango salsa	Trail mix; protein shake
Wed	Potato hash + eggs + fruit + juice	Chicken Caesar salad (GF croutons) + quinoa	Thai red curry + jasmine rice + shrimp	Yogurt + honey; GF pretzels
Thu	GF bagel + cream cheese + smoked salmon	Steak & rice plate + veggies + guacamole	Baked ziti (GF pasta) + side salad + garlic GF bread	Banana + PB; cottage cheese
Fri	Acai smoothie bowl + seeds + GF granola	BBQ chicken + corn on the cob + potato salad	Fish tacos + corn tortillas + slaw + rice	Protein bar (GF); apple
Sat	Eggs Benedict on GF English muffins + fruit	Power bowl: quinoa, chickpeas, roasted veggies	GF lasagna + Caesar salad	Smoothie; dark chocolate
Sun	Belgian GF waffles + strawberries + cream	Leftovers buffet + fresh fruit	Slow cooker pot roast + potatoes + carrots	Popcorn; cheese & GF crackers

■ BATCH PREP — WEEK 3

- Double batch rice: cook 6 cups for the week's heavier carb needs
- Assemble GF lasagna on Sunday — bake half, freeze half
- Prep a large pot of Thai curry base — reheat with protein on Wed
- Grill 4 lb chicken + 1.5 lb steak on Sunday for the first 4 days
- Make energy balls (GF oats, PB, honey, chocolate chips) x 20
- Pre-make BBQ sauce and teriyaki glaze in bulk

WEEK 4 — RECOVERY & TAPER

Reducing training volume, maintaining carb quality. Anti-inflammatory foods emphasized.

Target: 2,200–2,600 cal/day | **Macros:** 50% Carbs | 28% Protein | 22% Fat

Day	Breakfast	Lunch	Dinner	Snacks
Mon	Turmeric smoothie + GF oats + ginger	Salmon salad + quinoa + beets + walnuts	Chicken & veggie soup + GF bread	Berries + yogurt; almonds
Tue	GF overnight oats + tart cherries + flax	Turkey & hummus GF wrap + veggies	Herb-baked cod + sweet potato + spinach	Cottage cheese + pineapple; tea
Wed	Eggs + GF toast + avocado + citrus fruit	Bone broth bowl + rice noodles + veggies	Grilled chicken + wild rice + roasted beets	Protein shake; walnuts
Thu	Smoothie: blueberries, spinach, protein, turmeric	Lentil & sweet potato bowl + tahini	Baked salmon + brown rice + steamed broccoli	Apple + almond butter; dark chocolate
Fri	GF banana oat muffins + eggs + fruit	Grilled chicken salad + GF croutons + berries	Shrimp stir-fry + rice + ginger-garlic sauce	Rice cakes + avocado; kombucha
Sat	Sweet potato hash + eggs + fresh herbs	Buddha bowl: quinoa, edamame, avocado, tahini	Herb-crusted pork tenderloin + roasted root veggies	Smoothie; GF granola
Sun	GF crepes + berries + whipped cream	Leftover pork + rice + salad	Comfort bowl: mashed potatoes, roast chicken, gravy (GF)	Yogurt parfait; chamomile tea

■ BATCH PREP — WEEK 4

- Simmer a large pot of bone broth — use in soups and bowls all week
- Roast a big tray of root vegetables on Sunday for multiple meals
- Prep anti-inflammatory smoothie packs: turmeric + berries + spinach
- Cook pork tenderloin on Sunday — slice for Mon/Tues meals
- Make a batch of GF muffins for grab-and-go breakfasts
- Prep Mason jar salads for 3 lunches

WEEKLY GROCERY LISTS

Each list covers everything you need for that week. Check your pantry first — many staples (oils, spices, GF soy sauce) carry over. Buy proteins in bulk and freeze what you won't use in 3 days.

WEEK 1 GROCERY LIST

Proteins

- Chicken breasts (3 lb)
- Ground turkey (1 lb)
- Salmon fillets (1 lb)
- Shrimp (1 lb)
- Pork chops (4)
- Ground beef (1 lb)
- Tuna cans (2)
- Eggs (2 dozen)
- Greek yogurt (32 oz)
- Cottage cheese (16 oz)
- Whey protein powder

Carbs & Grains

- GF oats (2 lb)
- GF pasta (2 boxes)
- Jasmine rice (2 lb)
- Quinoa (1 lb)
- GF bread (2 loaves)
- GF pizza crust (1)
- GF crackers (1 box)
- GF pancake mix
- Rice cakes
- Sweet potatoes (4)
- Russet potatoes (3 lb)
- Corn tortillas

Produce

- Bananas (6)
- Berries (3 pints)
- Avocados (4)
- Spinach (2 bags)
- Broccoli (2 heads)
- Green beans (1 lb)
- Mixed salad greens (2)
- Tomatoes (4)
- Onions (3)
- Garlic (1 head)
- Fresh herbs (cilantro, basil)
- Lemons (3)

Pantry & Other

- Almond butter
- Chia seeds
- Olive oil
- Tamari (GF soy sauce)
- GF chicken broth
- Canned black beans (2)
- Maple syrup
- Honey
- Dark chocolate
- Trail mix (GF)
- Salsa

WEEK 2 GROCERY LIST

Proteins

- Chicken breasts (3 lb)
- Chicken thighs (2 lb)
- Ground turkey (1.5 lb)
- Salmon fillets (1 lb)
- Shrimp (1 lb)
- Steak (1 lb)
- Eggs (2 dozen)
- Greek yogurt (32 oz)
- Whey protein powder
- Lentils (1 lb dry)

Carbs & Grains

- GF oats (2 lb)
- GF pasta (2 boxes)
- Jasmine rice (3 lb)
- Quinoa (1 lb)
- GF bread (2 loaves)
- GF waffle mix
- GF banana bread mix
- Corn tortillas (2 packs)
- GF cornmeal/grits
- Rice noodles (2 packs)
- Potatoes (4 lb)
- Sweet potatoes (4)

Produce

- Bananas (8)
- Berries (3 pints)
- Avocados (5)
- Spinach (2 bags)
- Bok choy (1 bunch)
- Asparagus (1 bunch)
- Bell peppers (4)
- Tomatoes (5)
- Onions (4)
- Garlic (2 heads)
- Collard greens (1 bunch)
- Lettuce (2 heads)
- Dried mango

Pantry & Other

- Almond butter
- Peanut butter
- Hummus
- Teriyaki sauce (GF)
- GF soy sauce
- Canned beans (3)
- Popcorn kernels
- Dark chocolate
- GF protein bars (box)
- Feta cheese
- Olives

WEEK 3 GROCERY LIST

Proteins

- Chicken breasts (4 lb)
- Italian sausage (GF, 1 lb)
- Salmon fillets (1.5 lb)
- Shrimp (1.5 lb)
- Steak (1.5 lb)
- Turkey meatballs (GF, 1 lb)
- Smoked salmon (8 oz)
- Eggs (3 dozen)
- Greek yogurt (32 oz)
- Whey protein powder

Carbs & Grains

- GF oats (2 lb)
- GF penne pasta (3 boxes)
- GF lasagna noodles (1 box)
- Jasmine rice (4 lb)
- Quinoa (1 lb)
- Coconut rice ingredients
- GF bread (2 loaves)
- GF bagels (4 pack)
- GF English muffins
- Corn tortillas (2 packs)
- GF pretzels
- Potatoes (5 lb)
- Sweet plantains (4)

Produce

- Bananas (8)
- Berries (4 pints)
- Mango (2)
- Avocados (4)
- Spinach (2 bags)
- Romaine lettuce (2)
- Bell peppers (5)
- Corn on the cob (4)
- Carrots (1 lb)
- Beets (4)
- Roasted pepper jar
- Fresh herbs
- Limes (4)

Pantry & Other

- Coconut milk (2 cans)
- Thai red curry paste
- BBQ sauce (GF)
- Cream cheese
- Guacamole
- GF croutons
- Chickpeas (2 cans)
- Popcorn
- Dark chocolate
- GF protein bars
- Tahini

WEEK 4 GROCERY LIST

Proteins

- Chicken breasts (3 lb)
- Salmon fillets (1.5 lb)
- Cod fillets (1 lb)
- Shrimp (1 lb)
- Pork tenderloin (1.5 lb)
- Ground turkey (1 lb)
- Eggs (2 dozen)
- Greek yogurt (32 oz)
- Cottage cheese (16 oz)
- Whey protein powder
- Bone broth (32 oz)

Carbs & Grains

- GF oats (2 lb)
- Brown rice (2 lb)
- Wild rice (1 lb)
- Quinoa (1 lb)
- GF bread (2 loaves)
- GF English muffins
- Sweet potatoes (6)
- Rice noodles (1 pack)
- Rice cakes
- Lentils (1 lb dry)
- GF crepe/pancake mix

Produce

- Bananas (6)
- Blueberries (3 pints)
- Tart cherries (dried, 1 bag)
- Avocados (4)
- Spinach (3 bags)
- Broccoli (2 heads)
- Beets (4)
- Root veggies (parsnips, turnips)
- Ginger root
- Turmeric root (or powder)
- Fresh herbs (rosemary, thyme)
- Lemons (4)
- Apples (4)

Pantry & Other

- Almond butter
- Walnuts
- Flaxseed
- Turmeric powder
- Tahini
- Kombucha (4 bottles)
- Chamomile tea
- Dark chocolate
- Edamame (frozen)
- GF gravy mix
- Olive oil

HIGH-CARB DINNER IDEAS

These eight dinners are designed to top up glycogen stores during hard training weeks. Each delivers 85–110g of carbs per serving alongside quality protein for recovery.

■ GF Pasta Primavera — 95g carbs

Cook GF penne, toss with olive oil, roasted bell peppers, zucchini, cherry tomatoes, garlic, and Parmesan. Add grilled chicken for

■ Chicken Teriyaki Rice Bowl — 110g carbs

Jasmine rice topped with GF teriyaki-glazed chicken thighs, steamed broccoli, edamame, and sesame seeds. Drizzle with tamarind

■ Sweet Potato & Black Bean Enchiladas — 100g carbs

Corn tortillas filled with roasted sweet potato, black beans, and cheese. Top with GF enchilada sauce, bake 20 min. ~100g carbs

■ Salmon & Coconut Rice — 90g carbs

Pan-seared salmon over coconut jasmine rice with mango salsa and steamed bok choy. Recovery powerhouse. ~90g carbs.

■ Loaded Baked Potato Bar — 105g carbs

Large baked Russets topped with chili, cheese, sour cream, and chives. Serve with a side salad. Easy crowd-pleaser. ~105g carb

■ GF Pizza Night — 85g carbs

GF crust loaded with marinara, mozzarella, grilled chicken, veggies. Serve with a side of roasted potatoes. ~85g carbs.

■ Thai Peanut Rice Noodles — 100g carbs

Rice noodles with GF peanut sauce, shrimp or chicken, bell peppers, carrots, cilantro, and crushed peanuts. ~100g carbs.

■ Slow Cooker Pot Roast — 95g carbs

Beef chuck with potatoes, carrots, and parsnips in GF broth. Serve over mashed potatoes. Ultimate comfort fuel. ~95g carbs.

HYDRATION & RECOVERY TIPS

Daily Hydration Formula

Drink half your body weight (in pounds) in ounces of water daily as a baseline. Add 16–24 oz for every hour of training. During intense sessions or hot weather, include an electrolyte drink (look for GF-certified brands).

■ PERFORMANCE HYDRATION & RECOVERY PROTOCOL

PRE-WORKOUT (1-2 hours before)

Easy-to-digest carbs: banana, rice cakes with honey, GF toast with jam

16 oz water + optional electrolytes

DURING WORKOUT (60+ min sessions)

Sip electrolyte drink every 15-20 minutes

For 90+ min: add simple carbs (GF energy chews, diluted juice)

POST-WORKOUT (within 30 minutes)

3:1 or 4:1 carb-to-protein ratio for maximum glycogen replenishment

Examples: chocolate milk (if tolerated), protein shake + banana, rice + chicken

RECOVERY NUTRITION PRIORITIES

Tart cherry juice: natural anti-inflammatory, supports sleep

Omega-3s: salmon, walnuts, flaxseed — reduce exercise-induced inflammation

Turmeric & ginger: add to smoothies, teas, and cooking for recovery

Sleep: 7-9 hours — this is when muscle repair peaks

■ HOMEMADE ELECTROLYTE RECIPE

GF ELECTROLYTE DRINK (DIY)

2 cups water + 1/4 cup fresh orange juice + 2 tbsp honey

1/8 tsp sea salt + 1/8 tsp potassium salt (optional)

Mix well and chill. Makes ~20 oz. Sip during training.

FUEL YOUR PERFORMANCE. LIVE GLUTEN-FREE.

For more gluten-free recipes, training tips, and product reviews:

LetsGoGlutenFree.com

This guide is for informational purposes only. Consult a registered dietitian or physician before making dietary changes, especially if you have celiac disease, food allergies, or medical conditions. Individual nutritional needs vary based on body composition, training intensity, and health status.

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