

4-WEEK GLUTEN-FREE MEAL PLAN

Complete Weekly Menus & Grocery Lists
for Busy Families

28 Days of Meals

Full Grocery Lists

Family-Friendly

LetsGoGlutenFree.com
Your trusted guide to delicious gluten-free living

Welcome to Your Meal Plan!

Going gluten-free doesn't mean giving up flavor, variety, or the joy of cooking for your family. This 4-week meal plan was designed by the team at [LetsGoGlutenFree.com](https://lets-go-gluten-free.com) to make your transition as smooth and delicious as possible. Every recipe is naturally gluten-free or uses trusted GF substitutes, and each week comes with a complete grocery list so you can shop once and cook all week.

How to Use This Plan

Customize freely. Swap meals between days, double up on favorites, or skip what doesn't appeal. This is a guide, not a rulebook.

Check the grocery lists. Each week has a categorized shopping list. Cross off what you already have and add your family's staple snacks.

Prep ahead. Look for the meal prep tips throughout. A little Sunday prep goes a long way on busy weeknights.

Leftovers are intentional. Many lunches use previous night's dinner to save time and reduce waste.

Allergen note: This plan contains dairy, eggs, nuts, fish, and shellfish. Adapt as needed for your family's allergies.

Important: Always verify that packaged products are certified gluten-free. Manufacturers change formulas frequently. When in doubt, contact the manufacturer directly or check our verified product database at [LetsGoGlutenFree.com](https://lets-go-gluten-free.com).

Meal Plan at a Glance

Week	Theme	Highlight Meals
Week 1	Getting Started	Lemon herb chicken, GF pizza night, slow cooker chili
Week 2	Expanding Your Palate	Thai basil chicken, Korean bulgogi, shakshuka
Week 3	Meal Prep Like a Pro	Egg muffins, sheet pan sausage, chicken fajitas
Week 4	Celebration & Variety	Fish tacos, chicken Parm, herb-crusted prime rib

Week 1: Getting Started

Simple, family-friendly favorites to build your confidence

Day	Breakfast	Lunch	Dinner	Snack
Monday	Greek yogurt parfait with GF granola & berries	Turkey & avocado lettuce wraps with sweet potato chips	Lemon herb chicken thighs with roasted broccoli & rice	Apple slices with almond butter
Tuesday	Scrambled eggs with spinach & GF toast	Black bean & corn salad with lime dressing	Beef stir-fry with tamari, veggies & jasmine rice	Carrot sticks & hummus
Wednesday	Banana oat smoothie (certified GF oats)	Leftover stir-fry rice bowl with a fried egg	Baked salmon with dill, quinoa & steamed green beans	Trail mix (nuts, seeds, dark chocolate chips)
Thursday	GF waffles with fresh strawberries & maple syrup	Chicken Caesar salad (GF croutons, anchovy-free option)	Slow cooker chili with cornbread muffins	Cheese & GF crackers
Friday	Overnight chia pudding with mango	Tuna salad stuffed bell peppers	Homemade GF pizza on cauliflower crust	Frozen grapes
Saturday	Veggie-loaded frittata	GF pasta salad with Italian dressing & veggies	Grilled shrimp tacos with corn tortillas & cabbage slaw	Celery with peanut butter
Sunday	Fluffy GF pancakes with blueberry compote	Leftover shrimp taco bowl	Roast chicken with mashed potatoes & roasted carrots	Popcorn with seasoning

Week 1 Grocery List

Proteins

- 2 lbs chicken thighs (bone-in)
- 1 lb ground beef (85/15)
- 1 lb wild-caught salmon
- 1 lb shrimp (peeled, deveined)
- 1 whole roasting chicken (4-5 lbs)
- 1 can albacore tuna
- 1 lb sliced deli turkey (GF verified)
- 1 dozen large eggs
- Greek yogurt (32 oz)

Produce

- Spinach (10 oz bag)
- Broccoli (2 crowns)
- Green beans (1 lb)
- Carrots (2 lb bag)
- Bell peppers (6 assorted)
- Romaine lettuce (2 heads)
- Avocados (4)
- Cabbage (1 small head)
- Sweet potatoes (3)
- Celery (1 bunch)
- Bananas (6)
- Blueberries (2 pints)
- Strawberries (1 lb)
- Mango (2)
- Apples (4)
- Lemons (4)
- Limes (3)
- Fresh herbs: dill, cilantro, basil

Pantry & Grains

- Jasmine rice (2 lb bag)
- Quinoa (1 lb)
- Certified GF oats (18 oz)
- GF pasta (16 oz)
- GF bread (1 loaf)
- GF waffle mix
- GF pancake mix
- GF pizza/cauliflower crust (2)
- Corn tortillas (1 pack)
- GF cornbread mix
- GF crackers
- GF granola
- Chia seeds
- Almond butter
- Peanut butter
- Tamari (GF soy sauce)
- Olive oil
- Maple syrup
- Dark chocolate chips

Dairy & Refrigerated

- Shredded cheese (8 oz)
- Parmesan cheese (4 oz)
- Hummus (10 oz)
- Salad dressings: Caesar (GF), Italian (GF), lime vinaigrette

Frozen

- Frozen corn (1 bag)
- Frozen grapes tip: freeze fresh ones

Spices & Staples

- Salt, pepper, garlic powder, onion powder
- Paprika, cumin, chili powder, Italian seasoning
- Popcorn kernels
- Trail mix (or make your own)

Pro Tip: Always Read Labels

Even products you've bought before can change formulations. Check every time for hidden gluten in sauces, seasonings, and processed foods.

Week 2: Expanding Your Palate

International-inspired dishes your whole family will love

Day	Breakfast	Lunch	Dinner	Snack
Monday	Sweet potato hash with eggs & salsa	Vietnamese-inspired rice noodle bowl with veggies	Herb-crusted pork tenderloin with roasted potatoes & asparagus	Edamame with sea salt
Tuesday	Smoothie bowl: banana, berries, GF granola	Mediterranean chickpea salad with feta	Thai basil chicken with coconut rice	Rice cakes with almond butter & banana
Wednesday	Eggs Benedict on GF English muffin (easy hollandaise)	Leftover Thai basil chicken lettuce cups	Baked cod with lemon-caper sauce, mashed cauliflower	Sliced pear with cheese
Thursday	GF banana bread slice with butter	Turkey & veggie GF wrap with ranch	Mexican stuffed peppers with rice, beans & cheese	Guacamole with corn chips
Friday	Açai bowl with fresh fruit & coconut flakes	Egg drop soup with steamed rice	Lemon garlic shrimp with GF linguine & side salad	Dark chocolate square & almonds
Saturday	Ham & cheese GF crêpes	Leftover stuffed pepper filling as a burrito bowl	Korean-inspired beef bulgogi with rice & kimchi	Yogurt with honey & walnuts
Sunday	Shakshuka (eggs poached in spiced tomato sauce)	Chicken tortilla soup (corn tortillas)	Herb roasted lamb chops with roasted vegetables & quinoa	GF pretzels with mustard

Week 2 Grocery List

Proteins

- 1.5 lb pork tenderloin
- 2 lbs chicken breast
- 1 lb cod fillets
- 1 lb shrimp
- 1 lb beef sirloin (thinly sliced)
- 4 lamb chops
- 8 oz sliced ham
- 1 dozen eggs
- Greek yogurt (32 oz)

Produce

- Sweet potatoes (3)
- Asparagus (1 bunch)
- Cauliflower (1 head)
- Bell peppers (6)
- Tomatoes (6 + 1 can diced)
- Avocados (3)
- Lettuce & mixed greens
- Cucumber (2)
- Pears (3)
- Bananas (6)
- Berries (2 pints)
- Limes (4)
- Lemons (3)
- Fresh basil, cilantro, mint
- Ginger root (1 piece)
- Garlic (2 bulbs)

Pantry & Grains

- Rice noodles (8 oz)
- GF linguine (16 oz)
- Jasmine rice (or coconut rice)
- Quinoa
- GF English muffins
- GF banana bread mix (or make from scratch)
- GF wraps
- Corn tortillas
- Corn chips
- GF pretzels
- Rice cakes
- Coconut flakes
- Açai packets (frozen)
- Chickpeas (2 cans)
- Black beans (1 can)
- Capers
- Coconut milk (1 can)
- Tamari
- Fish sauce (GF)
- Sesame oil

Dairy & Refrigerated

- Feta cheese (4 oz)
- Shredded cheese (8 oz)
- Butter
- Ranch dressing (GF)
- Kimchi (GF verified)

Frozen

- Edamame (1 bag)
- Açai smoothie packs

Spices & Staples

- Cumin, smoked paprika, coriander
- Red pepper flakes, gochujang (GF)
- Honey, Dijon mustard
- Walnuts, almonds, dark chocolate

Pro Tip: Prep on Sundays

Batch-cook proteins, wash and chop veggies, and portion out snacks. A 2-hour Sunday prep saves 5+ hours during the week.

Week 3: Meal Prep Like a Pro

Batch-cooking strategies to save time all week

Day	Breakfast	Lunch	Dinner	Snack
Monday	Meal prep egg muffins (make 12 Sunday night)	Mason jar Greek salad with grilled chicken	Sheet pan Italian sausage with roasted veggies	String cheese & GF crackers
Tuesday	Egg muffin + fruit	Sausage & veggie leftover bowl with rice	Crockpot chicken tortilla soup	Banana with sunflower seed butter
Wednesday	Overnight oats with PB & chocolate chips	Tortilla soup leftovers with corn chips	Turkey meatballs with GF spaghetti & marinara	Veggies with ranch dip
Thursday	Egg muffin + smoothie	Turkey meatball sub in GF hoagie roll	Honey garlic salmon with bok choy & jasmine rice	Apple & cheese slices
Friday	GF toast with smashed avocado & everything seasoning	Salmon rice bowl with leftover veggies	Homemade burgers on GF buns with sweet potato fries	Popcorn
Saturday	Breakfast burritos (corn tortillas, eggs, cheese)	Burger leftovers as a salad	Chicken fajitas with peppers, onions & corn tortillas	Frozen fruit bar (GF)
Sunday	GF cinnamon rolls (from GF mix or scratch)	Fajita quesadillas (corn tortillas & cheese)	Prep-ahead: roast chicken + egg muffins for next week	Yogurt parfait

Week 3 Grocery List

Proteins

- 1 lb Italian sausage (GF verified)
- 3 lbs chicken (breasts + thighs)
- 1 lb ground turkey
- 1 lb salmon fillets
- 1.5 lbs ground beef (for burgers)
- 1 dozen eggs + 6 extra (egg muffins)
- String cheese (12 ct)
- Greek yogurt (32 oz)

Produce

- Bell peppers (6)
- Onions (4)
- Zucchini (2)
- Bok choy (1 bunch)
- Tomatoes (4 + canned diced x2)
- Cucumber (2)
- Avocados (3)
- Mixed greens (2 bags)
- Sweet potatoes (4)
- Bananas (6)
- Apples (4)
- Lemons (3)
- Limes (4)
- Cilantro, parsley

Pantry & Grains

- GF spaghetti (16 oz)
- Jasmine rice
- GF bread & GF hoagie rolls
- GF hamburger buns
- Corn tortillas (2 packs)
- GF crackers
- Certified GF oats
- GF cinnamon roll mix
- Marinara sauce (GF, 24 oz jar)
- Corn chips
- Sunflower seed butter
- Peanut butter
- Honey
- Everything bagel seasoning
- Popcorn kernels
- Olive oil, avocado oil

Dairy & Refrigerated

- Shredded cheddar (16 oz)
- Sliced cheese
- Butter
- Ranch dip (GF)

Frozen

- Frozen fruit bars (GF)
- Sweet potato fries (GF)

Spices & Staples

- Italian seasoning, garlic powder, onion powder
- Chili powder, cumin, smoked paprika
- Salt, pepper, cinnamon

Pro Tip: Stock Your Freezer

Double recipes and freeze half. Soups, meatballs, and casseroles freeze beautifully and make busy-night dinners effortless.

Week 4: Celebration & Variety

Fun, creative meals to keep your family excited

Day	Breakfast	Lunch	Dinner	Snack
Monday	GF French toast sticks with berry dipping sauce	Asian chicken salad with sesame ginger dressing	Stuffed portobello mushrooms with sausage & cheese	Trail mix
Tuesday	Green smoothie (spinach, banana, almond milk, PB)	Portobello leftover grain bowl with quinoa	Fish tacos with mango salsa & corn tortillas	Cucumber slices with tzatziki
Wednesday	Breakfast potato skillet with peppers & eggs	Fish taco bowl (deconstructed leftovers)	Chicken Parmesan with GF breadcrumbs & GF pasta	GF granola bar
Thursday	Yogurt & GF granola with sliced peaches	Chicken Parm leftover over mixed greens	Beef & broccoli with jasmine rice	Pear slices with dark chocolate drizzle
Friday	Ham & cheese egg cups	Beef & broccoli rice bowl	Family pizza night: GF pizza with everyone's toppings	Frozen banana bites with chocolate
Saturday	GF blueberry muffins (bake a batch!)	Pizza leftovers + side salad	BBQ chicken with coleslaw & corn on the cob	Ants on a log (celery, PB, raisins)
Sunday	Leisurely brunch: GF quiche with side fruit	BBQ chicken salad	Celebrate! Herb-crusted prime rib with twice-baked potatoes	GF brownie sundae

Week 4 Grocery List

Proteins

- 2 lbs chicken breast
- 1 lb Italian sausage (GF)
- 1.5 lbs white fish (cod or mahi-mahi)
- 1.5 lbs beef sirloin
- 3-4 lb prime rib roast
- 8 oz sliced ham
- 1.5 dozen eggs
- Greek yogurt (32 oz)

Produce

- Portobello mushrooms (6 large)
- Broccoli (2 crowns)
- Bell peppers (4)
- Potatoes (5 lbs)
- Corn on the cob (6 ears)
- Spinach (10 oz)
- Mixed greens (2 bags)
- Cabbage (for coleslaw)
- Mango (2)
- Bananas (6)
- Blueberries (2 pints)
- Peaches (4)
- Pears (3)
- Lemons (3)
- Limes (4)
- Celery (1 bunch)
- Cucumber (2)
- Fresh rosemary, thyme, parsley

Pantry & Grains

- GF pasta (16 oz)
- GF breadcrumbs (for chicken Parm)
- Jasmine rice
- Quinoa
- GF pizza crusts (2)
- Corn tortillas
- GF bread (for French toast)
- GF blueberry muffin mix
- GF brownie mix
- GF granola & granola bars
- BBQ sauce (GF)
- Marinara sauce (GF)
- Almond milk
- Peanut butter
- Dark chocolate chips
- Raisins
- Trail mix
- Sesame ginger dressing (GF)
- Olive oil, avocado oil

Dairy & Refrigerated

- Mozzarella (shredded, 8 oz)
- Parmesan (4 oz)
- Cheddar (8 oz)
- Cream cheese (8 oz)
- Sour cream
- Butter
- Tzatziki (GF)

Frozen

- Frozen bananas (or freeze fresh)
- Ice cream (GF, for sundae)

Spices & Staples

- Garlic powder, onion powder, Italian seasoning
- Smoked paprika, cumin, chili powder
- Rosemary, thyme (dried backups)
- Cinnamon, vanilla extract
- Salt & pepper

Pro Tip: Invest in Good GF Staples

Quality GF bread, pasta, and flour make a huge difference. Our top picks: Canyon Bakehouse bread, Jovial pasta, and Bob's Red Mill 1:1 flour.

Essential Tips for Gluten-Free Success

1 Always Read Labels

Even products you've bought before can change formulations. Check every time for hidden gluten in sauces, seasonings, and processed foods.

2 Prep on Sundays

Batch-cook proteins, wash and chop veggies, and portion out snacks. A 2-hour Sunday prep saves 5+ hours during the week.

3 Stock Your Freezer

Double recipes and freeze half. Soups, meatballs, and casseroles freeze beautifully and make busy-night dinners effortless.

4 Invest in Good GF Staples

Quality GF bread, pasta, and flour make a huge difference. Our top picks: Canyon Bakehouse bread, Jovial pasta, and Bob's Red Mill 1:1 flour.

5 Cross-Contamination Matters

Use separate cutting boards, toasters, and colanders. Even small amounts of gluten can cause reactions for those with celiac disease.

6 Make It a Family Affair

Kids who help cook are more likely to eat adventurously. Let little ones wash veggies, stir batters, and assemble their own taco plates.

You've Got This!

Four weeks of delicious, worry-free meals are ahead of you. Remember, going gluten-free is a journey, not a destination. Give yourself grace, celebrate small wins, and lean on the LetsGoGlutenFree.com community whenever you need support.

Want more? Visit [LetsGoGlutenFree.com](https://www.LetsGoGlutenFree.com) for:

Hundreds of tested gluten-free recipes

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Made with love for gluten-free families everywhere.

This meal plan is for informational purposes only and does not constitute medical or nutritional advice. Consult your healthcare provider or registered dietitian before making significant dietary changes. Individual nutritional needs vary. Always verify product ingredients for gluten-free certification.