

Gluten free 5-day meal plan

Servings
All breakfasts & lunches serve 1.
All dinners serve 4.

Fresh fruit
Include each day as a ZeroPoint™ snack.

Rollovers
You can roll over up to 4 unused daily SmartPoints values into your weeklies.

	DAY 1			DAY 2			DAY 3			DAY 4			DAY 5		
	G	B	P	G	B	P	G	B	P	G	B	P	G	B	P
Breakfast	Tomato & basil omelette			Pear & cinnamon porridge			Shakshuka			Fruit & nut yogurt			Banana cinnamon pancakes		
	Beat 2 eggs, 1 tsp skimmed milk & 1 tsp tomato puree together. Season. Heat a nonstick frying pan & mist with calorie controlled cooking spray . Add the egg mixture & cook for 3-4 mins, pushing the cooked mixture from the sides to the middle of the pan. Arrange ½ sliced large tomato & a few basil leaves on top, fold in half, then serve.			Put 30g GF porridge oats in a pan. Add 125ml skimmed milk, 60ml water & a pinch of cinnamon, stir & bring to the boil. Reduce the heat & simmer, stirring continuously until thick. Core & grate ½ pear & stir into the porridge. Slice ½ pear & toss with ¼ tsp lemon juice. Top the porridge with sliced pear, 1 tsp 0% fat natural Greek yogurt & a sprinkling of cinnamon.			Heat 1 tsp olive oil in a small pan over a medium heat. Add 1 chopped jalapeño pepper & cook for 2 mins until softened. Stir in ¼ tsp each paprika & cumin & cook for a further 30 seconds. Stir in 400g tin chopped tomatoes, add a pinch of salt & bring to a simmer. Create two spaces in the tomato mixture, so that the bottom of the pan shows. Break 2 eggs into these spaces. Cover the pan with a lid & simmer for 5 - 8 mins until the eggs are cooked. Garnish with 1 tsp chopped coriander & serve.			Chop 25g mixed nuts. Put 150g 0% fat natural Greek yogurt in a bowl and add a portion of chopped strawberries, grapes and the nuts. Serve topped with blueberries.			In a bowl, whisk 1½ mashed bananas, 1 egg, ½ tsp vanilla extract, a pinch each of baking powder, cinnamon & nutmeg until combined. Heat a frying pan & mist with cooking spray . Drop a small ladleful of the batter into the pan, cook for 2 mins then flip & cook for another 2 mins. Repeat so you have 2 pancakes. Serve the pancakes topped with sliced banana, ½ tsp agave syrup & a sprinkle of cinnamon.		
Lunch	Tuna salad crispbread			Turkey & vegetable ramen			Tuna, beetroot & cucumber salad			Pear, gorgonzola & Parma ham pitta			Asian chicken salad		
	Mix 3 tbsp reduced-fat cottage cheese with 120g drained tin tuna in spring water & ½ tsp olive oil. Spread over 4 GF crispbreads. Serve with spinach leaves, pickled beetroot, sliced cucumber & peppers.			Put 500ml stock (made with ½ chicken stock cube), 1 tsp sliced ginger, ½ bruised garlic clove & sliced, white part of a spring onion to a pan & bring to a boil. Simmer, uncovered for 10 mins. Cook 40g soba noodles to pack instructions, then drain (reserving the cooking water). Bring the cooking water back to a boil, add 1 egg & cook for 7 mins. Drain, cool, then peel & halve. Mist a pan with cooking spray, add 75g turkey breast mince & cook for 7 mins over a high heat until browned. Add 1 tsp garlic chilli sauce & cook for 1 min. Strain the broth into the pan, discarding any solids & bring to a boil. Add 40g each kale, baby corn, mushrooms & cook for 3-4 mins until the turkey & veg are cooked. Put the noodles in a bowl, ladle over the soup & serve topped with the egg & spring onion greens.			Using the base of a heavy pan, gently bash ¼ cucumber until just crushed, but still intact, then chop. Put 50g spinach, 1 small chopped beetroot & the cucumber in a bowl. Top with ½ can drained tuna in spring water then scatter over ½ tsp pumpkin seeds. In a small bowl, mix together 25g 0% fat natural Greek yogurt, 1 tsp lemon juice & a sprig of sliced mint to make a dressing. Season to taste.			Toast a 60g GF pitta bread. Split open & fill with a handful of mixed leaf salad, 2 slices Parma ham & a sliced pear. Mix together 1 tsp 0% fat natural Greek yogurt & 15g Gorgonzola. Spoon into the pitta, season with some freshly ground black pepper, then serve.			Combine ¼ small white cabbage, 1 carrot, 120g grilled skinless chicken breast (all shredded), ½ red onion, ½ red chilli, 1 tsp fresh mint & 1 tsp fresh coriander (all chopped) in a large bowl. Mix together ½ tsp fish sauce & 1 tsp lime juice, ½ tsp light brown sugar to make a dressing & add to the vegetables. Mix everything together so it is well coated. Divide between 2 bowls, top with 12g roasted crushed peanuts & serve.		
Dinner	Fennel & lemon risotto			Indian-style vegetable stir-fry			Beef lasagne			Moroccan-style veggie shepherd's pie			Tofu & bean curry with broccoli		
	Preheat oven to 200°C, fan 180°C, gas mark 6. Cut 2 fennel bulbs into quarters and cut out the core. Put on a baking tray, mist with calorie controlled cooking spray and season. Roast for 20-25 minutes. Slice half the fennel thinly, and set the rest aside. Meanwhile, mist a saucepan with cooking spray and cook 1 sliced onion for 5 minutes until softened. Add 1 crushed garlic clove, cook for 1 minute, then add 250g buckwheat and the sliced fennel. Add 750ml stock (made with 1 GF vegetable stock cube) stirring regularly until all the liquid is absorbed and the buckwheat is tender – about 12-14 minutes. Stir in the juice of half a lemon and 100g quark. Top with the remaining fennel quarters and sprinkle over 2 tablespoons chopped parsley and 1 tablespoon grated lemon zest to serve.			Heat a lidded wok over a high heat. Add 600g cauliflower florets & 60ml water. Cook, partially covered, for 3-4 mins, set aside. Heat 1 tsp vegetable oil in the wok & stir-fry 1 tsp mustard seeds for 1 min. Add 1 chopped red onion, 6 curry leaves, 1 tsp chilli & 2 tsp cumin seeds, then stir-fry for 5 mins. Return the cauliflower to the wok, then add 1 can drained chickpeas & 1½ tsp turmeric. Stir-fry for 5 mins. Add 250g halved green beans & 2½ tsp of lemon juice. Stir-fry for 3 mins. Meanwhile, mist a pan with cooking spray. Cook 200g chopped paneer over a medium-high heat for 1 min on each side. Season with pepper & add ½ tsp lemon juice. Serve the stir-fried vegetables & paneer with lemon wedges.			Mist a pan with cooking spray & heat. Add 1 chopped onion, 2 sticks chopped celery & 400g extra lean beef mince (5% fat) then stir fry for 5 mins until brown. Add 2 diced carrots, 1 tin tomatoes, 200ml beef stock (made with 1 GF stock cube), 1 tsp oregano & stir well. Bring up to the boil, cover & simmer gently for 20 mins. Preheat oven to 190°C, fan 170°C, gas mark 5. To make the sauce, combine 1 tsp skimmed milk with 1 tsp cornflour & set aside. Bring 285ml skimmed milk up to boiling point. Reduce the heat, stir in the cornflour mix until thickened. Remove from the heat & stir in 50g half fat cheddar cheese. Place a third of the meat in the base of a baking dish, top with 60g GF lasagne sheets & repeat once ending with a layer of meat until you have used it all. Pour over the sauce, sprinkle with 50g half fat cheddar cheese & bake for 40 mins until bubbling. Serve with a green salad.			Preheat oven to 200°C, fan 180°C, gas mark 6. Mist 1kg halved, deseeded butternut squash with cooking spray on a baking tray, cut-side up. Season & roast for 1 hour. Set aside to cool & reduce oven to 180°C, fan 160°C, gas mark 4. Once cool, scoop out the roasted flesh & mash until smooth. Meanwhile, mist a pan with cooking spray & cook 1 onion, 2 carrots & 2 sticks celery (all chopped) over a medium heat for 8-10 mins. Add 250g sliced mushrooms, 2 crushed garlic cloves, 1 tsp cumin, 1 tsp cinnamon & ½ tsp chilli flakes, then cook for 2 mins. Stir in 1 tin lentils (including water from the tin), 1 tin chopped tomatoes & 250ml vegetable stock (made with ½ GF stock cube). Season, bring to the boil then simmer, covered, for 10 mins. Transfer the lentil mixture to a 20cm square pie dish. Spoon over the mash & cook for 25 mins until piping hot. Let rest for 10 mins then serve garnished with chopped parsley.			Heat 1 tsp olive oil in a pan over a medium-high heat. Cook 250g drained tofu (cut into 8 slices) for 1-2 mins on each side until browned. Transfer to a board & halve lengthways into 16 pieces. Cook 1 onion & 1 carrot (both thinly sliced) in the same pan, stirring, for 5 mins. Add 1 crushed garlic clove, 2 tsp grated ginger, 1 tsp turmeric, 2 tsp mustard seeds, 12g curry leaves, & cook, stirring, for 1 min. Pour in 310ml vegetable stock (made with 1 GF stock cube) & 160ml reduced fat coconut milk, then bring to a boil. Add 350g cubed butternut squash & return the tofu to the pan. Reduce the heat & simmer, covered, for 8-10 mins or until the squash is tender. Add 1 can drained kidney beans & 300g broccoli florets & cook, covered, for 5 mins or until tender. Meanwhile, cook 240g brown rice to pack instructions. Divide the rice and curry between plates & garnish with coriander leaves to serve.		
Snacks	150g 0% fat natural Greek yogurt with fresh fruit			Veg crudites with 2 tsp reduced-fat houmous			Mini Babybel Light			150g 0% fat natural Greek yogurt with fresh fruit			20g peanut butter & banana on 1 slice GF bread		
	2 GF crispbreads with 35g medium fat soft cheese			150g 0% fat natural Greek yogurt with fresh fruit			WW Belgian Dark Chocolate Bar			2 tsp fresh salsa (no oil) with vegetable crudités			2 tsp fresh salsa (no oil) with vegetable crudités		
	22	17	11	28	21	15	20	16	16	21	14	14	25	19	14