

# 7-Day Gluten Free Slimming World Meal Plan

Source: A page targeting the keyword "Gluten Free slimming world meals" and linking to the product <https://snap-a-recipe.com/product/14-day-gluten-free-slimming-world-friendly-meal-plan/>

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A full week of gluten free Slimming World friendly meals covering breakfast, lunch and dinner for every day.

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Day	Breakfast	Lunch	Dinner
Monday	Egg muffins + fruit	Jacket potato + cottage cheese	Chicken tikka masala + rice
Tuesday	GF oat overnight oats	Tuna & chickpea salad	Turkey bolognese + GF pasta
Wednesday	Scrambled eggs + tomatoes	Leftover bolognese	Salmon + sweet potato + greens
Thursday	Full English (SW style)	Prawn lettuce wraps	SW chilli + rice
Friday	Smoked salmon + rice cake	Big veggie soup	Stuffed peppers
Saturday	Yoghurt + berries + GF oats	Chicken salad bowl	Beef stir fry + rice (tamari)
Sunday	Poached eggs + lean bacon	Jacket potato + baked beans	Slow cooker chicken casserole

[Read the full article ?](https://snap-a-recipe.com/gluten-free-slimming-world-meals/)

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