

Week 1 Gluten Free Slimming World Meal Plan

Source: [Gluten Free 28-Day Family Meal Plan that is Slimming World Friendly](#)

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A full 7-day gluten free meal plan for Week 1, covering breakfast, lunch and dinner with Slimming World-friendly options.

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Day	Breakfast	Lunch	Dinner
Monday	Scrambled eggs & grilled tomatoes	Homemade vegetable soup	Chicken & rice stir-fry with tamari
Tuesday	GF overnight oats with berries	Tuna & sweetcorn jacket potato	Lean beef bolognese with GF pasta
Wednesday	Greek yogurt with fruit	Chicken & salad wrap (GF wrap)	Salmon with roasted vegetables
Thursday	Poached eggs on GF toast	Lentil soup	Turkey mince chilli with rice
Friday	Banana & berry smoothie	Leftover chilli	Homemade fish & chips (oven-baked)
Saturday	Full Swip-free fry-up	Prawn & avocado salad	Slow-cooked lamb stew
Sunday	GF pancakes (Swips counted)	Leftover lamb stew	Roast chicken with roasted potatoes

[Read the full article ?](#)

<https://snap-a-recipe.com/gluten-free-family-meal-plan-slimming-world/>