

Week 2 Gluten Free Slimming World Meal Plan

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

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Day-by-day gluten free meal ideas for Week 2, including batch cooking tips and Slimming World Swip-friendly choices.

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Day	Breakfast	Lunch	Dinner
Monday	Boiled eggs & fruit	Chicken & rice salad bowl	Swip-free beef tacos (GF corn tortillas)
Tuesday	GF oat porridge with banana	Leftover taco filling in lettuce cups	Thai green curry with jasmine rice
Wednesday	Yogurt parfait with berries	Homemade tomato soup	Baked cod with sweet potato wedges
Thursday	Poached eggs & smoked salmon	Prawn noodle soup (GF rice noodles)	Chicken fajita bowls
Friday	Banana pancakes (2 eggs + 1 banana)	Jacket potato with beans	Homemade burgers (GF buns, Swips counted)
Saturday	Smoked salmon & scrambled eggs	Greek salad with grilled chicken	Slow cooker pulled pork with rice
Sunday	GF French toast (Swips counted)	Leftover pulled pork bowls	Spaghetti bolognese (GF pasta, batch from Week 1)

[Read the full article ?](#)

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