

Week 3 Gluten Free Slimming World Meal Plan

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

Published on Jun 09, 2026

Week 3 daily meal schedule with gluten free breakfasts, lunches and dinners designed for Slimming World followers.

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Day	Breakfast	Lunch	Dinner
Monday	Berry smoothie bowl	Leftover bolognese (from freezer) with GF pasta	Chicken & vegetable soup
Tuesday	GF oat porridge with apple	Tuna niçoise salad	Prawn stir-fry with rice
Wednesday	Poached eggs & spinach	Homemade courgette soup	Beef & vegetable casserole
Thursday	Yogurt with mixed berries	Leftover casserole	Lemon herb baked salmon with roasted veg
Friday	Scrambled eggs & mushrooms	Chicken Caesar salad (GF croutons or omit)	Homemade pizza (GF base, Swips counted)
Saturday	Full Swip-free fry-up	Jacket potato with cottage cheese	Slow cooker chicken tikka masala with rice
Sunday	GF waffles (Swips counted)	Leftover tikka masala	Lamb koftas with tabbouleh (GF)

[Read the full article ?](#)

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