

Week 4 Gluten Free Slimming World Meal Plan

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

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Final week of the 28-day gluten free meal plan with freezer-friendly meals and Slimming World Swip guidance.

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Day	Breakfast	Lunch	Dinner
Monday	Boiled eggs & fruit salad	Chicken & vegetable soup (from freezer)	Swip-free beef meatballs with GF pasta
Tuesday	GF oat porridge with blueberries	Leftover meatballs	Prawn & avocado rice bowl
Wednesday	Yogurt with granola (GF, Swips counted)	Tuna & sweetcorn salad	Chicken & mushroom risotto
Thursday	Banana & peanut butter smoothie (use as Healthy Extra healthy fats)	Leftover risotto	Baked sea bass with roasted peppers
Friday	Scrambled eggs & GF toast	Tikka masala (from freezer) with rice	Homemade GF fish cakes
Saturday	Smoked salmon & poached eggs	Prawn noodle salad	Slow cooker beef stew
Sunday	GF pancakes with berries	Leftover beef stew	Roast chicken — celebrate 28 days!

[Read the full article ?](#)

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