

Gluten Free Budget Meals with Cost Per Serving

Source: [Gluten Free Budget and Leftovers Meals](#)

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A list of affordable gluten free meals with key ingredients and approximate cost per serving, ideal for budget-conscious shoppers.

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Meal	Key Ingredients	Approx. Cost Per Serving
Red lentil dal	Red lentils, tinned tomatoes, onion, spices	~50p
Egg fried rice	Leftover rice, eggs, frozen peas, tamari	~60p
Vegetable soup	Seasonal veg, stock, lentils	~40p
Chickpea curry	Tinned chickpeas, coconut milk, spices	~70p
Tuna and rice salad	Tinned tuna, rice, cucumber, lemon	~80p
Jacket potato with beans	Baked potato, tinned beans, cheese	~90p
Frittata	Eggs, leftover veg, cheese	~75p
Polenta chips with eggs	Polenta, eggs, salsa	~85p

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<https://snap-a-recipe.com/gluten-free-budget-leftover-meals/>