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GLUTEN FREE MEAL PLAN
MAINS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Breakfast	 Gluten Free Zaatar Croissant	 Peanut Butter Granola Cups	 Omelette with Gluten free bread	 Chia Mango Pudding	 Balila
Lunch	 Sheikh el Mehshe	 Lemon Summac Fish with spiced eggplant	 Chicken espagnole with green rice	 Beef Curry	 Creamy pesto kale gluten free pasta
Dinner	 Tuna Bowl	 Shrimp and crab duo Salad	 Chicken Kale Salad	 Quinoa Bake	 Cauliflower salad

GLUTEN FREE MEAL PLAN
SIDES

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Side Dishes	 Burrito Salad	 Rocca Dried Fig Salad	 Beetroot Tabbouleh	 Fetta Salad	 Crispy Broccoli Salad
	 Cauliflower Soup	 Detox Soup	 Harira Soup		

GLUTEN FREE MEAL PLAN
SNACKS

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Snacks	 Truffle	 Labneh Avocado Dip & Gluten Free Crackers	 Knefe Cheescake Cups	 Lazy Cake	 Baked Cinnamon Pineapple