

COELIAC UK'S SEVEN DAY MEAL PLAN

Designed with your nutrition -
and your wallet - in mind

coeliacuk
live well **gluten free**



WELCOME TO YOUR NEW MEAL PLAN

Living gluten free means changing the way you shop, cook and eat out. It's important to eat a healthy balanced diet to provide all the energy and nutrients your body needs.

Whether you're new to the diet or needing to adapt your budget for other reasons, following a gluten free diet can become expensive. So we have developed this seven day plan to help get you on track to maintaining a balanced gluten free diet that's a little easier on your wallet.

Gluten free substitute products are the cornerstone of many people's gluten free diets but they cost on average 3-4 times more than standard gluten containing equivalents. And although ready meals can be convenient, tasty, and sometimes healthier than you might expect, they will cost you more.

Cooking from scratch will allow you to eat fresh food, balance the pennies and, with a bit of planning, ensure you have nutritious, tasty meals. This seven day plan, complete with recipes, will get you started. We've included meal and snack ideas that meet the daily nutritional recommendations and our top tips to help you reduce costs whilst maintaining a healthy balanced diet.

STUCK FOR GLUTEN FREE COOKING IDEAS?



Be inspired by our Home of gluten free recipes. You'll find every recipe in this pack there, plus 1,000 other great ideas for all occasions, all suitable for a gluten free diet.

Visit coeliac.org.uk/recipes.

PLAN SMART



Planning ahead is a great way to stop impulse buys and getting drawn into offers that you may not need. Do this by setting some time aside and writing a list of meals before going shopping, taking this with you and most difficult of all, sticking to it! This will also reduce the number of times you'll have to pop out for extras, which can be more expensive in small convenience stores.

Gluten free on the go. Make lunches to take to work or college, as finding gluten free food on the go is not always as easy as you think and costs more than homemade.

Use the same ingredients in meals during the week to reduce the number of different foods you need to buy, cutting both cost and waste.

Speak with your GP about gluten free food on prescription. For most people, a gluten free diet based solely on naturally gluten free foods is not realistic or practical, but we know that gluten free substitute foods like bread and flour are a lot more expensive. So speak with your GP, even if gluten free foods are not routinely prescribed in your area, as GPs can use their discretion to prescribe them.

If a seven day meal plan feels too rigid, try a five day meal plan from Monday to Friday to allow some flexibility at weekends.

SHOP SMART

Eat a range of proteins. Pulses, beans and lentils are low in fat, high in fibre and are cheaper than meat and fish. When buying meat look out for cheaper cuts, such as brisket, skirt and shin or chicken thighs rather than chicken breasts. NHS living well guidelines suggest having two portions of fish each week, one of which is oily fish. Try swapping cod and haddock for pollock or coley and swapping fresh salmon and mackerel for tinned.

Using naturally gluten free ingredients will be a big step towards a cheaper shop. Staples like rice, potatoes and pulses don't contain any gluten. You can then leave some of your budget for gluten free bread and cereals.

Reduced items. Don't forget to keep an eye out for any products on your shopping list that you may find in the reduced section. Some of these foods can be frozen and used when you need them.

Imperfect vegetables in supermarkets are perfect for your shopping trolley. These naturally gluten free vegetables may lack in appearance but pack the same nutritional goodness and flavour, and are more cost effective to buy.

Branded and unbranded products. Unbranded products are on the whole cheaper than branded. The retailers

own branded products usually use the same ingredients, sometimes produced in the same factories and often score the same or higher in consumer tests.

Frozen, tinned and dried are a great way to stop food from spoiling and are readily available whenever you need to use them. Vegetables will keep their nutritional value when frozen. For tinned products, try and buy them in water to reduce salt, sugar and fat in the diet. Soak dried beans and pulses, which are naturally gluten free, in water overnight to use the next day.

Shopping online is a good way to stick to the list without being tempted by items as you walk around the shop. You can keep the same list and reorder for the following week. Some online stores do have a minimum spend and delivery charges but may have additional promotional offers on products you buy regularly, so you need to check what works best for your weekly budget.

Buying in bulk can reduce food costs, if you are able to buy larger quantities. The £/100g or £/1kg will be shown alongside the price of the product, use this to check what is the most economical way of buying the product. The lower the cost per weight, the more you'll get for your money.

COOK SMART



Freeze. Cooking in bulk and freezing leftovers is a great way to save money by economically using electricity, gas and food ingredients. Ensure that you cool the food before freezing. Portion up the meals so they can be defrosted easily.

Overripe fruit can be used up in baking, for example a banana bread or crumble. Or use for breakfast in a smoothie or with gluten free porridge.

Cooking extras isn't necessarily going to cause wastage. As long as it's safely chilled and reheated, extras can be used as ingredients in other meals. For example, roasting extra vegetables whilst cooking a roast dinner can be used with the leftover meat in a curry, risotto, or soup the next day.

Add dried herb and spices at the beginning of cooking to boost the flavour. Having a select few jars of

herbs and spices is an inexpensive way to create delicious meals without using jarred sauces or packet mixes. If you have space, grow your own herbs or even vegetables for your meals.

Batch cook meals for the week ahead or to pop in the freezer for days when you have less time. Cooking a big batch of mince means you then have a base for a gluten free lasagne, cottage pie and chilli con carne. Or roast lots of mixed vegetables with herbs and a little oil, to be added to pasta, used as a pizza topping, or rolled up in a gluten free wrap for a delicious lunch or midweek supper.

We have seasonal recipe features every month on our website. Seasonal ingredients not only taste their best, they're often at their best value too.
coeliac.org.uk/recipes

GETTING THE BALANCE RIGHT

Needing to remove gluten from your diet can mean losing out on important nutrients and so our meal plan meets the following nutritional guidelines:

Fibre

Fibre is an essential part of a healthy diet. Research has found that diets high in fibre are associated with a lower risk of some diseases such as type 2 diabetes and cardiovascular disease.

Following a gluten free diet means avoiding certain high fibre foods such as wholewheat breakfast cereals, pasta and bread so including good sources of fibre in a gluten free diet is important.

Naturally gluten free sources of fibre include potato with the skin on, fruits, vegetables, beans, pulses, nuts and seeds. Gluten free substitute foods like bread, breakfast cereals, pasta and crackers can also add fibre to the diet.

Carbohydrates

Starchy foods like potatoes, rice, breakfast cereals and gluten free bread and pasta are good sources of energy and national guidelines recommend that starchy foods make up around a third of the food that we eat.

Gluten free substitutes like bread are important to provide variety in the diet and because of their nutritional value. As well as providing energy,

gluten free bread is a source of important nutrients including fibre, iron and calcium.

Protein

Our bodies need protein for growth and repair and foods high in protein are also often good sources of a range of vitamins and minerals such as iron.

Meat and fish provide protein to the diet but there are also many vegetarian protein sources including eggs, beans, pulses and nuts.

Fat

Some fat in the diet is essential as a source of fat soluble vitamins (vitamins A, D, E and K) and to provide essential fatty acids which are important for heart health.

Oily fish is a good source of essential fatty acids and UK guidelines recommend eating two portions of fish a week, one of which is oily fish like mackerel, salmon or sardines. In line with these guidelines, our plan includes one portion of white fish and one portion of oily fish.

Calcium

Including good sources of calcium in the diet is needed to keep your bones healthy and is particularly important for people with coeliac disease as calcium recommendations for people with the condition are higher than for the general population. We've included sources of calcium each day such as milk, cheese and yoghurt. If you avoid dairy, make sure that dairy alternatives such as soya milk are fortified with calcium.

Vitamin D

Vitamin D is essential to absorb calcium but many people in the UK have low vitamin D levels. Food sources of vitamin D include oily fish, eggs and fortified foods. Vitamin D is produced by the body when spending time in direct sunlight.

Some people are more at risk of low vitamin D levels and so daily vitamin D supplements are recommended. This includes pregnant women, babies and children under 4 years old, people with darker skintones, people who cover their skin when outside and people who are housebound.

For more information about recommendations for vitamin D supplements please visit coeliac.org.uk/vitD.

Our meal plan

Our meal plan recipes are based on two adults, with a weekly food budget of £40. The meals can be adapted to your individual/family needs

and preferences. We've included a readymade shopping list on page 12 to get you started.

We've used the average costs across supermarket own brand as well as mainstream products that are readily available.

A note from our dietitian...



It's easy to form habits of eating the same safe foods, but following a healthy balanced diet is important to maintain good health and help you feel well.

Eating a variety of foods in the right proportions helps to maintain a healthy weight and different foods will provide different types and amounts of essential nutrients that our bodies need.

SEVEN DAY PLAN

Meal	Sunday	Monday	Tuesday
Breakfast	Banana pancakes with fruit	Peanut butter and banana on GF toast*	Scrambled eggs on GF toast* with seeds
Lunch	Poached egg with tomato on GF toast	Mexican bean salad with seed garnish	<ul style="list-style-type: none"> • Sweet jacket potato with salad • Clementine • Ready salted crisps*
Dinner	Roast chicken dinner	Leftovers curry	Vegetable fajitas with GF wraps*
Snacks	<ul style="list-style-type: none"> • Clementine • 30g nuts and raisins • Fromage frais • 50g dried apricot • Banana 	<ul style="list-style-type: none"> • Apple • Ready salted crisps* • Fromage frais 	<ul style="list-style-type: none"> • 50g dried apricots • Fromage frais • 30g nuts and raisins
Drinks	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink 	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink 	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink
Total daily nutrition	Calories: 1,978 Protein (g): 86 Carbs (g): 225 Fat (g): 71 Fibre (g): 36	Calories: 2,065 Protein (g): 83 Carbs (g): 293 Fat (g): 63 Fibre (g): 42	Calories: 1,918 Protein (g): 76 Carbs (g): 257 Fat (g): 65 Fibre (g): 42

*Check our Food and Drink Information for suitable products

The average woman requires the 2,000 calories per day given in this plan, so men can add an extra 500 calories into meals and snacks. You could try some additional portions of nuts and vegetables but avoid extra sugar.

Wednesday	Thursday	Friday	Saturday
GF cereal* with nuts, fruit and raisins	GF cereal* and fruit	GF cereal* and banana	Pancakes with fruit and seeds
<ul style="list-style-type: none"> • Butternut squash and sweet potato soup • GF brown seeded roll* • Apple 	<ul style="list-style-type: none"> • Butternut squash and sweet potato soup • GF brown seeded roll* 	<ul style="list-style-type: none"> • Roasted vegetable pasta salad • Apple 	<ul style="list-style-type: none"> • Cheese on GF toast with tomato • Clementine
Sausage* and mash with red onion gravy	Potato and leftover sausage* frittata	Smoked basa and spiced lentil rice	Smoked mackerel and leek pasta* bake
<ul style="list-style-type: none"> • Ready salted crisps* • Fromage frais • 100g dried apricots 	<ul style="list-style-type: none"> • 30g nuts and raisins • Fromage frais • Apple 	<ul style="list-style-type: none"> • Ready salted crisps* • Fromage frais • Clementine 	<ul style="list-style-type: none"> • 30g nuts and raisins • Apple
<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink 	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink 	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink 	<ul style="list-style-type: none"> • 6-8 glasses of fluid, mostly water • Glass of milk or milky hot drink
Calories: 1,946 Protein (g): 71 Carbs (g): 267 Fat (g): 67 Fibre (g): 59	Calories: 1,829 Protein (g): 79 Carbs (g): 219 Fat (g): 72 Fibre (g): 42	Calories: 2,017 Protein (g): 98 Carbs (g): 247 Fat (g): 57 Fibre (g): 43	Calories: 2,010 Protein (g): 82 Carbs (g): 232 Fat (g): 84 Fibre (g): 34

*Check our Food and Drink Information for suitable products

Each day has been tailored to give you around 30g fibre, five portions of fruit or vegetables and on average 1,000mg calcium a day. **Read on for a day by day nutritional breakdown.** And for more information about maintaining a healthy diet visit coeliac.org.uk/keepinghealthy.

NUTRITION

A day by day breakdown so you can keep track of your intake



Breakfast - Banana pancakes with fruit

Calories: 426 • Protein (g): 11 • Carbs (g): 78 • Fat (g): 7 • Fibre (g): 6

Lunch - Poached egg with tomato on GF toast

Calories: 401 • Protein (g): 24 • Carbs (g): 26 • Fat (g): 21 • Fibre (g): 7

Dinner - Roast chicken dinner

Calories: 601 • Protein (g): 32 • Carbs (g): 58 • Fat (g): 27 • Fibre (g): 15



Breakfast - peanut butter and banana on GF toast*

Calories: 321 • Protein (g): 9 • Carbs (g): 39 • Fat (g): 15 • Fibre (g): 8

Lunch - Mexican bean salad*

Calories: 612 • Protein (g): 27 • Carbs (g): 89 • Fat (g): 16 • Fibre (g): 11

Dinner - leftovers curry

Calories: 809 • Protein (g): 35 • Carbs (g): 119 • Fat (g): 22 • Fibre (g): 19



Breakfast - scrambled eggs and seeds on GF toast*

Calories: 364 • Protein (g): 21 • Carbs (g): 19 • Fat (g): 21 • Fibre (g): 8

Lunch - sweet potato jacket with salad, crisps and clementine

Calories: 624 • Protein (g): 15 • Carbs (g): 129 • Fat (g): 7 • Fibre (g): 17

Dinner - vegetable fajitas with GF wraps

Calories: 630 • Protein (g): 31 • Carbs (g): 67 • Fat (g): 25 • Fibre (g): 13



GF cereal* with nuts, fruit and raisins

Calories: 343 • Protein (g): 11 • Carbs (g): 45 • Fat (g): 13 • Fibre (g): 4

Lunch - Butternut squash and sweet potato soup[†], GF roll* and apple

Calories: 573 • Protein (g): 15 • Carbs (g): 93 • Fat (g): 16 • Fibre (g): 21

Dinner - Sausage and mash with gravy

Calories: 699 • Protein (g): 33 • Carbs (g): 70 • Fat (g): 34 • Fibre (g): 29

[†] Recipe not included in booklet, find it at coeliac.org.uk/recipes.



THURSDAY

GF cereal* and fruit

Calories: 194 • Protein (g): 7 • Carbs (g): 35 • Fat (g): 3 • Fibre (g): 2

Lunch - Butternut squash and sweet potato soup[†] with GF roll*

Calories: 516 • Protein (g): 14 • Carbs (g): 77 • Fat (g): 16 • Fibre (g): 18

Dinner - Potato and leftover sausage* frittata

Calories: 732 • Protein (g): 43 • Carbs (g): 55 • Fat (g): 39 • Fibre (g): 18



FRIDAY

Breakfast - GF cereal* and banana

Calories: 282 • Protein (g): 8 • Carbs (g): 35 • Fat (g): 3 • Fibre (g): 4

Lunch - Roasted veg pasta salad and apple

Calories: 873 • Protein (g): 30 • Carbs (g): 107 • Fat (g): 34 • Fibre (g): 24

Dinner - Smoked basa and spiced rice

Calories: 595 • Protein (g): 46 • Carbs (g): 62 • Fat (g): 17 • Fibre (g): 13



SATURDAY

Breakfast - Pancakes with fruit and seeds[†]

Calories: 345 • Protein (g): 12 • Carbs (g): 53 • Fat (g): 12 • Fibre (g): 5

Lunch - Cheese on toast with tomato and clementine

Calories: 392 • Protein (g): 13 • Carbs (g): 48 • Fat (g): 15 • Fibre (g): 11

Dinner - Smoked mackerel and leek pasta* bake

Calories: 879.1 • Protein (g): 45 • Carbs (g): 97 • Fat (g): 43 • Fibre (g): 9



SNACKS

1 average Braeburn apple

Calories: 58 • Protein (g): 0.4 • Carbs (g): 16 • Fat (g): 0 • Fibre (g): 4

50g dried apricot

Calories: 104 • Protein (g): 1 • Carbs (g): 24 • Fat (g): 0.2 • Fibre (g): 3

25g ready salted crisps*

Calories: 88 • Protein (g): 2 • Carbs (g): 19 • Fat (g): 0.6 • Fibre (g): 1

30g nuts and raisins*

Calories: 144 • Protein (g): 4 • Carbs (g): 10 • Fat (g): 10 • Fibre (g): 1

55g pot fat free fromage frais

Calories: 53 • Protein (g): 4 • Carbs (g): 8 • Fat (g): 0.7 • Fibre (g): 0

2 clementines (around 50g each)

Calories: 42 • Protein (g): 1 • Carbs (g): 9 • Fat (g): 0 • Fibre (g): 1

*Check your Food and Drink Information for suitable products.

All nutritional values based on averages and may vary depending on which products you buy.

SHOPPING LIST

Fresh

Fruit and vegetables

- 1 medium aubergine
- 1 beef tomato
- 6 bananas
- 1 broccoli
- 1 medium butternut squash
- 1kg bag carrots
- 250g cherry tomatoes
- 1 bag clementines
- 1 leek
- 1 bag of 3 mixed peppers
- 1 bag mixed salad leaves
- 500g parsnips
- 2.5kg bag potatoes
- 1kg bag red onions
- 1 bag small apples
- 1 bag spinach leaves
- 3 sweet potatoes

Meat and fish

- 2 fillets smoked white fish
- 1 whole chicken (roughly 1.4kg)
- 2 x cans of 125g mackerel

Dairy and eggs

- 250g pack Cheddar cheese
- 200ml pot half fat crème fraiche
- 18 eggs
- 6 pints milk
- 2 packs of 6 x 55g pots fromage frais

Frozen

- 500g bag mixed berries

- 1 bag peas
- 8 gluten free sausages*

Food cupboard

Gluten free substitutes and rice

- 1kg gluten free flour*
- 500g gluten free pasta*
- Pack of 4 gluten free protein wraps*
- 1 loaf gluten free seeded bread*
- 4 gluten free seeded rolls*
- 1kg bag rice

Cans and jars

- 1 can butter beans
- 2 cans chopped tomatoes
- 1 can lentils
- 1 can Mexican bean salad with sauce
- 1 can red kidney beans
- 1 can sweetcorn
- 1 jar peanut butter
- 1 jar tikka masala paste*

Stock and seasonings

- 1 sachet BBQ fajita seasoning*
- 1 pot gravy granules*
- 1 pack stock cubes*

Cereals and snacks

- 1 box corn flakes*
- 1 multipack crisps*
- 500g bag dried apricots
- 250g bag linseeds
- 250g bag mixed nuts and raisins

*Check our Food and Drink Information for suitable products



Banana pancakes with fruit

Serves 2

Preparation time 4 minutes

Cooking time 5 minutes

Ingredients

1 banana

125g (4oz) gluten free self raising flour*

1 egg

150ml (5 fl oz) milk

oil for frying

160g (5½oz) frozen fruit

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Nutritional information

Calories (kcal) 426

Protein (g) 11

Carbohydrate (g) 78

Fat (g) 7

Fibre (g) 6

*Check our Food and Drink Information for suitable products

Method

1. Mash the banana with the back of a fork, until it resembles a puree. Add boiling water to the frozen fruit (it can also be defrosted overnight in the fridge)
2. Put the flour into a large bowl and make a well in the middle. Then beat in the egg and add the milk to make a smooth batter
3. Add in the mashed banana and whisk until fully combined
4. On a medium heat, heat a little oil in a non-stick frying pan, enough to cover the bottom. Pour the batter into the pan to make circles of around 8-10cm diameter
5. When bubbles start to appear on the surface, flip the pancake and cook for 3 minutes. Repeat until the batter is used up
6. Drain the fruit and serve with the pancakes. The sweetness of the fruit should mean you won't need any additional sweetener.

Potato and sausage frittata

Serves 2

Preparation time 10 minutes

Cooking time 20 minutes

Ingredients

90g (3oz) red onions

240g (8½oz) potatoes

150g (5oz) sweet potatoes

190g (7oz) peas

5 eggs

2 gluten free sausages*, sliced

90g (3oz) Cheddar cheese

*Check our Food and Drink Information for suitable products

Method

1. Preheat the oven to 220°C/425°F/ Gas Mark 7. Thinly slice the potatoes and red onion
2. Boil the potatoes in lightly salted water for 5 minutes or until tender and drain. Set aside
3. Lightly beat the eggs, then stir the potato into them
4. Heat the oil in an ovenproof frying pan, add onion and cook until soft. Pour in the egg and potato mixture and cook over a low heat until two thirds of the frittata is set. Scatter the peas, sausages and grated cheese over the top and cook in the oven for 10-15mins until set.

Nutritional information

Calories (kcal) 732

Protein (g) 43

Carbohydrate (g) 55

Fat (g) 39

Fibre (g) 18





Smoked white fish and spiced lentil rice

Serves 2

Preparation time 4 minutes

Cooking time 30 minutes

Ingredients

2 fillets of smoked white fish (we use Basa)

2 tbsp oil

200g (7oz) long grain rice

100g (3½oz) curry paste

235g (8oz) tin of lentils, drained

70g (2½oz) broccoli

100g (3½oz) peas

24g (1oz) linseeds

1 handful of fresh coriander leaves (optional)

Nutritional information

Calories (kcal) 595

Protein (g) 46

Carbohydrate (g) 62

Fat (g) 17

Fibre (g) 13

Method

1. Heat the oil in a saucepan and add the rice and curry paste. Stir continuously for a minute then add the lentils and 400ml of water to cover the rice. Bring to a simmer, cover and cook for 10 minutes. Turn the heat off and let the rice carry on absorbing the water whilst you cook the rest
2. Line a grill pan with foil and brush with a little oil, then grill the fish under a medium heat for 6-8 minutes (depending on thickness) until the flesh flakes easily
3. Boil or steam the broccoli for 6-8 minutes or until tender. Add the peas to the pan with 2 minutes left of cooking
4. Serve the fish over the rice with vegetables on the side. Finally, scatter with the linseeds and add some fresh coriander for an extra punch of flavour

*Check our Food and Drink Information for suitable products

Leftovers curry

Serves 2

Preparation time 5 minutes

Cooking time 25 minutes

Ingredients

- 180g (6oz) onions
 - 1 tbsp oil
 - 100g (3½oz) curry paste
 - 200g (7oz) leftover roast chicken
 - 200g (7oz) leftover potatoes
 - 140g (5oz) leftover carrots
 - 120g (4oz) leftover peas
 - 2 tins chopped tomatoes
 - 200g (7oz) long grain rice
 - chopped coriander (optional)
-

Nutritional information

Calories (kcal) 809

Protein (g) 35

Carbohydrate (g) 119

Fat (g) 22

Fibre (g) 19

Tip Use leftover chicken, potatoes and vegetables from your roast chicken dinner on Sunday of the meal plan.

You can also give your rice an extra burst of flavour by adding cumin and turmeric before the water is added.

Method

1. Dice the onion and cook over a medium heat in the oil until soft. Add in the curry paste and cook for 4 minutes, stirring frequently
2. Add the leftover vegetables and chicken from your roast dinner, coating them in the curry paste
3. Pour in the chopped tomatoes and add a little water depending on the consistency and simmer for 20 minutes. Meanwhile, cook the rice according to pack instructions
4. Check the curry consistency. Add water to make it thinner or simmer further to reach desired consistency
5. Serve the rice and curry with a garnish of chopped coriander.



Smoked mackerel and leek gluten free pasta bake



Serves 2

Preparation time 10 minutes

Cooking time 15 minutes

Ingredients

60g (2oz) red onions

100g (3½oz) carrots

2 tbsp oil

140g (5oz) peas

100g (3½oz) half fat crème fraiche

1 leek

200g (7oz) gluten free pasta*

240g (8½oz) cooked smoked mackerel

*Check our Food and Drink Information for suitable products

Method

1. Dice the onions, carrots and cut the leeks into 1cm rounds. Cook together in the oil until soft, about 8 minutes. Meanwhile, cook the pasta according to pack instruction and drain

2. Add the crème fraiche and the pasta to the leeks and season. Flake the smoked mackerel into the mix and tip into an over proof dish

3. Grill for 5 minutes or until the top is golden.

Nutritional information

Calories (kcal) 879 **Protein (g)** 45

Carbohydrate (g) 97 **Fat (g)** 43

Fibre (g) 9

Vegetable fajitas with gluten free wraps

Serves 2

Preparation time 5 minutes

Cooking time 15 minutes

Ingredients

180g (6oz) red onions

160g (5½oz) carrots

2 peppers

2 tbsp oil

35g sachet BBQ fajita spice mix*

4 gluten free protein wraps*

60g (2oz) cheddar cheese

*Check our Food and Drink Information for suitable products

Method

1. Slice onions, carrots and peppers to roughly 3cm thick
2. Heat oil in a large non-stick frying pan over a medium to high heat, add the onion, carrot and peppers. Fry, stirring frequently, for 8 minutes
3. Add the spice mix, coating the vegetables. Cook for a further 5 minutes. Meanwhile, warm wraps in microwave for 10 seconds
4. To serve, add a spoon of fajita mix with some grated cheese to the middle of the wrap, fold and enjoy!

Tip If you like your fajitas with sour cream, try adding a dollop of fat free plain yogurt.



Nutritional information

Calories (kcal) 630 Protein (g) 31

Carbohydrate (g) 67 Fat (g) 25

Fibre (g) 13

Roasted vegetable and pasta salad

Serves 2

Preparation time 10 minutes

Cooking time 40 minutes

Ingredients

130g (4½oz) red onions

100g (3½oz) carrots

1 pepper

1 aubergine

2 tbsp oil

1 tin kidney beans, drained

150g (5oz) gluten free pasta*

2 handfuls spinach

70g (2½ oz) Cheddar cheese

25g (1oz) linseeds

*Check our Food and Drink Information for suitable products

Method

1. Preheat the oven to 220°C/200°C fan/Gas Mark 7. Roughly dice the onion, carrot, pepper and aubergine. Combine oil and vegetables in roasting tin and season

2. Roast the vegetables for 30 minutes, stirring occasionally, then add the kidney beans. Roast for a further 10 minutes until vegetables are soft and slightly catching. Meanwhile, cook pasta to pack instructions

3. Assemble by mixing through the drained pasta with the roasted vegetables, topping with spinach, cheese and linseeds.

Nutritional information

Calories (kcal) 873

Protein (g) 30

Carbohydrate (g) 107

Fat (g) 34

Fibre (g) 24



WE CAN OFFER EVEN MORE SUPPORT

We hope this meal plan has helped get you started with balancing your diet without breaking the bank. But before you go, we've got so much more to offer.

Members of Coeliac UK benefit from every day support to make living well gluten free easier:

- **Access up to date information** on over 100,000 gluten free and mainstream products suitable for your diet.
- **Scan barcodes when shopping** with our Gluten free food checker app to find suitable products quickly.
- **Find over 3,000 gluten free venues near you** with our Venue Guide
- **Be inspired by 1,000 gluten free recipes** at coeliac.org.uk/recipes.
- **Stay gluten free abroad** with travel advice for over 50 countries
- **Save over £200 each year** with exclusive member offers.

All for just £2 a month*. So if you're not a member already what are you waiting for? Join online now at coeliac.org.uk/join. And if you've got questions we're always happy to help. Give our Helpline a call on 0333 332 2033 (open 9am-5pm, Monday-Friday).



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*discounts available.