

Gluten Free Meal Plan
Week of February 21-26th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Gluten Free Meatzza	Breakfast Horseshoe	Perfect Pork Tenderloin	Gluten Free Fried Chicken	Homemade Lunchables	Salisbury Steak
					
<p>1 lb sausage 1 lb hamburger 2 TB Italian seasoning 1 garlic clove Pizza Sauce 2 cups shredded mozzarella cheese Pizza Toppings (your choice!)</p>	<p>Gluten Free Bread or biscuits (2 per person) Frozen Hashbrowns (or make your own!) 8 eggs (2 eggs per person) Gravy: ½ lb ground sausage 1-2 TB butter (use leftover sausage grease as well) 2 TB cornstarch 1/8 tsp pepper ½ tsp salt 2 cups whole milk 1 cup Shredded Cheddar for topping</p>	<p>Pork loin spicy brown sugar rub: ¾ cup packed dark brown sugar 2 TB Montreal Steak Seasoning 1 TB kosher salt 1 TB chili powder 1 TB garlic powder 1 tsp cayenne red pepper Apple BBQ Sauce 2 cups apple juice 1 cup ketchup ½ cup sugar 1 tsp salt ½ tsp cloves ½ tsp ginger 3 crushed garlic cloves 2 green onions, chopped</p>	<p>3 lb chicken drumsticks 2 cups almond flour 1 can full fat coconut milk 2 TB apple cider vinegar 1.5 qt coconut oil 2 TB garlic salt 2 TB chili powder 1 egg</p>	<p>Turkey Deli Meat Ham Deli Meat Salami Pepperoni Block of Sharp Cheddar Block of Marbled Cheddar Chive and Onion Cream Cheese *note- you do not need all of these meats/cheese, just buy what your family likes!</p> <p>No recipe needed: Just slice it all up and serve!</p>	<p>1 lb ground beef 2 TB almond flour ½ tsp Worcestershire sauce ¼ cup ketchup 1 egg ½ tsp nutmeg 1 TB parsley 1 tsp onion powder and pepper Mushroom gravy: 1 c. half and half 2/3 c. chicken broth 1 TB EVOO 1 tsp onion powder 1 tsp garlic powder pepper and salt 2 TB cornstarch 1 cup mushrooms</p>