



Gluten Free Meal Plan Week of December 5-10th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Sloppy Tacos</u>	<u>Sausage, Kale and Potato Soup</u>	<u>Pulled BBQ chicken</u>	<u>Beef Enchilada Casserole</u>	<u>French Toast</u>	<u>Crockpot French Dip</u>
1 ½ lb ground beef 2 cups tomato sauce 2 TB tomato paste 1 tsp dry mustard 2 TB honey 2 TB Worcestershire sauce 1/2 tsp garlic powder 1/4 tsp onion powder 10 Stand and Stuff Taco Shells ½ lb. White American cheese sour cream	1 lb Italian Sausage 4 russet potatoes 2 garlic cloves 4 cups chicken broth (make sure it is gluten free if you are gf) 1 bunch of Kale 2 cups of half and half 2 cups of water	1 lb boneless, skinless chicken breast ½ bottle of BBQ sauce (make sure it is GF/SF- I like STUBB'S brand) Gluten free buns or lettuce	1 lb ground beef 16 soft corn tortillas 2 cups shredded sharp cheddar cheese 2 cups chicken stock 2-8 oz tomato sauce 3 TB chili powder ½ tsp garlic powder ½ tsp onion powder 1 tsp cumin ¼ tsp salt sour cream, lettuce, black olives etc. Add these to the grocery list if you want them as toppings	4 eggs 1 c milk 1 tsp vanilla 1/2 tsp cinnamon 12 pieces of GF bread (if you are not gluten free, use regular bread) syrup, fruit or powdered sugar 1 TB butter	3-3.5 lb boneless English Roast 1/4 c coconut aminos (gluten free soy sauce or regular soy sauce- if you are not gluten free) 3 c beef stock 1 cup coke 1/4 c dried, minced onion 1 tsp garlic powder 1/2 tsp oregano 1 1/2 tsp salt 1 TB EVOO Gluten Free Rolls or Regular French bread 12 slices of Provolone Cheese