ELEGANTLY Free

BARBARA BRENNEN

FREE GUIDE

5-Day Gluten-Free Meal Plan

Five simple days of family-friendly meals, practical swaps and less mealtime stress.

By Barbara Brennen



A NOTE FROM BARBARA

A simpler way to plan the week

Going gluten-free can make everyday meals feel more complicated than they need to be. This guide is a simple starting point: five days of familiar meals, practical ideas and food the whole household can enjoy.

You do not need to cook three separate dinners or reinvent every meal. Start with what already works, make thoughtful swaps where needed, and keep the focus on food that tastes good.

Use this plan as a guide rather than a rulebook. Swap meals between days, repeat favourites and adapt portions to suit your household.

> "Gluten-free living should still feel generous, delicious and enjoyable."

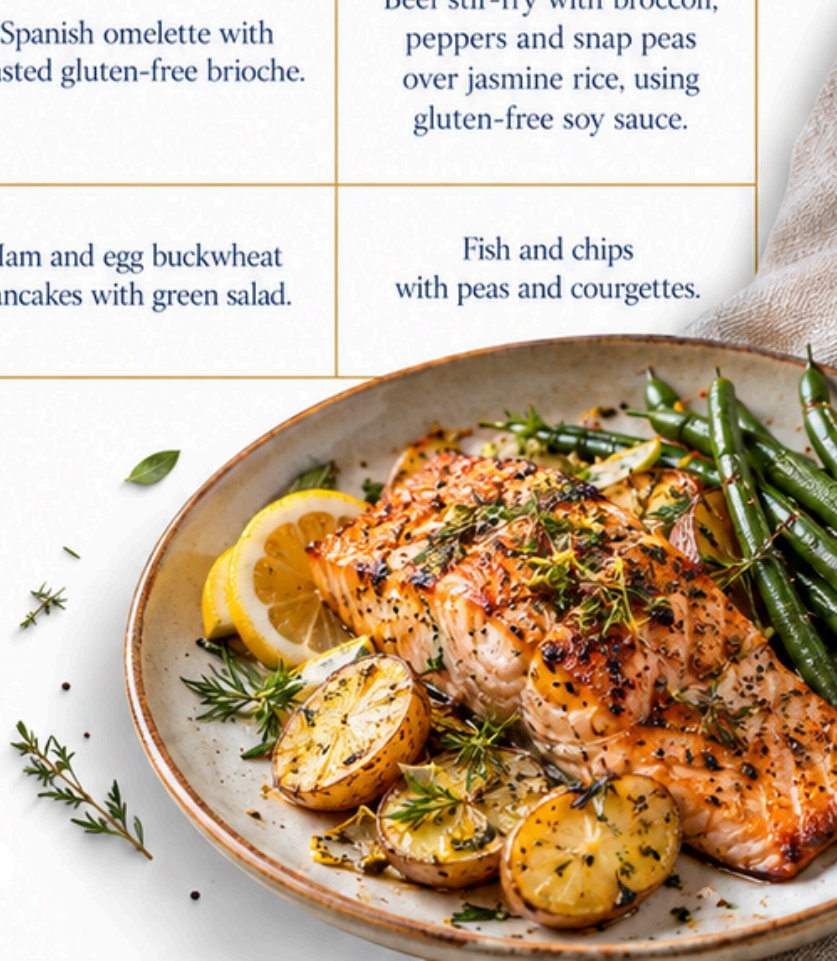


PLAN AT A GLANCE

Your 5-day plan

Three straightforward meals a day, built around familiar food and flexible enough for real life.

	Breakfast	Lunch	Dinner
Monday	Greek yoghurt with gluten-free granola, berries and honey. Scrambled eggs for extra protein.	Chicken and vegetable rice bowls with broccoli, carrots and peas over brown rice, with gluten-free teriyaki sauce.	Gluten-free baked penne with minced turkey, marinara and mozzarella.
Tuesday	Gluten-free porridge with banana, walnuts and cinnamon.	Turkey, avocado, boiled egg and cheese roll-ups using lettuce or gluten-free wraps, with hummus.	Grilled salmon with roasted potatoes and steamed green beans.
Wednesday	Gluten-free brioche with crushed avocado and tomato.	Tuna melt with kale crisps.	Tomato soup with mushroom bruschetta.
Thursday	Blueberry muffin with a smoothie of spinach, frozen berries, banana, almond milk and protein powder.	Spanish omelette with toasted gluten-free brioche.	Beef stir-fry with broccoli, peppers and snap peas over jasmine rice, using gluten-free soy sauce.
Friday	Gluten-free banana pancakes with maple syrup and turkey sausages.	Ham and egg buckwheat pancakes with green salad.	Fish and chips with peas and courgettes.



GROCERY LIST

Shop your 5-day plan

A simple grocery list to make your 5 days easy and stress free. Adjust quantities to suit your household.

Fresh produce

- [ ] Berries (blueberries, mixed)
- [ ] Bananas
- [ ] Avocado
- [ ] Tomatoes
- [ ] Broccoli
- [ ] Carrots
- [ ] Peas
- [ ] Green beans
- [ ] Potatoes
- [ ] Spinach
- [ ] Peppers
- [ ] Snap peas
- [ ] Courgettes
- [ ] Salad leaves
- [ ] Mushrooms

Protein

- [ ] Chicken
- [ ] Turkey mince
- [ ] Salmon
- [ ] Tuna (canned)
- [ ] Eggs
- [ ] Turkey sausages
- [ ] Beef (stir-fry strips or mince)
- [ ] White fish (e.g. hake)
- [ ] Ham

Pantry & chilled

- [ ] Gluten-free granola
- [ ] Gluten-free oats
- [ ] Brown rice
- [ ] Jasmine rice
- [ ] Gluten-free pasta
- [ ] Marinara sauce
- [ ] Gluten-free teriyaki sauce
- [ ] Gluten-free soy sauce or tamari
- [ ] Gluten-free wraps
- [ ] Hummus
- [ ] Gluten-free brioche
- [ ] Greek yoghurt
- [ ] Mozzarella
- [ ] Cheddar
- [ ] Almond milk
- [ ] Maple syrup
- [ ] Protein powder (optional)
- [ ] Walnuts



5 SIMPLE SWAPS

Easy substitutions

These simple swaps make it easier to enjoy your favourite meals whilst keeping them gluten-free.

1 Bread

Choose gluten-free bread made with rice, almond or sorghum flour.



2 Pasta

Use gluten-free pasta made from rice, corn, chickpeas or lentils.



3 Flour

Use a gluten-free flour blend, or try almond, coconut or certified gluten-free oat flour in your cooking and baking.



4 Soy sauce

Swap regular soy sauce for tamari or coconut aminos.



5 Snacks

Keep easy gluten-free options on hand such as popcorn, corn tortillas, rice cakes and gluten-free crackers.



MAKE THE WEEK EASIER

Practical tips for a smoother week

A few simple habits can make your gluten-free eating much easier.

1 Plan before you shop

Look at the five-day plan, check your pantry and then make your grocery list. This helps you buy only what you need and avoids last-minute decisions.

2 Prepare a little in advance

Cook extra rice, potatoes or quinoa, and grill an extra portion of chicken or fish. Store in the fridge so you can quickly assemble meals the next day.

3 Keep key gluten-free staples on hand

Stock up on reliable basics like gluten-free pasta, wraps, oats, rice, tinned tuna, eggs, frozen vegetables and good sauces (tamari or coconut aminos).

4 Make the main meal gluten-free

Instead of cooking separate meals, focus on naturally gluten-free ingredients so everyone can enjoy the same delicious meal.

5 Always check labels

Ingredients and recipes can change, so it's important to read labels each time you buy a product. Look out for hidden sources of gluten such as wheat, barley, rye and malt.



MEET BARBARA

Gluten-free living, with more confidence and less compromise



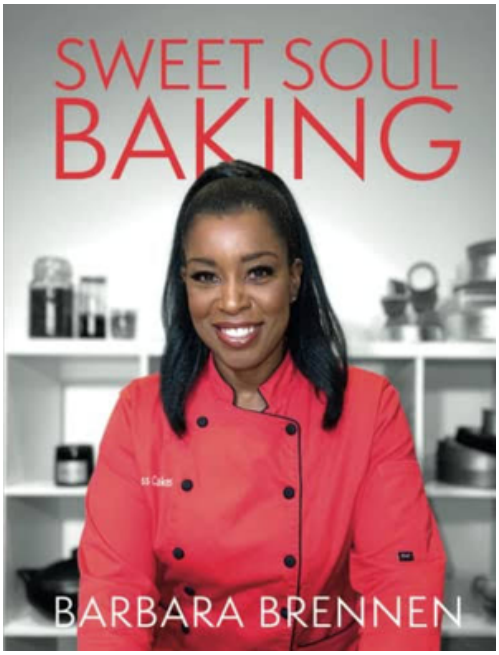
Hi, I'm Barbara Brennen. I'm a professional chef, author and the founder of Elegantly Free.

I've been living gluten-free for more than 20 years, and through my work with Bad Ass Cakes I've seen first-hand how often people are expected to accept less flavour, less choice and less enjoyment simply because they eat gluten-free.

I believe it can be different.

Elegantly Free brings together my experience in food, baking and gluten-free living to help make everyday meals feel easier, more enjoyable and more abundant.

This five-day meal plan is simply a starting point. A few good meals, a little preparation and the right ingredients can make a remarkable difference to the week ahead.



WHAT I BRING TO THE TABLE

20+ years gluten-free
I know first-hand what it takes to make gluten-free living work beyond the initial diagnosis or dietary change.

Professional food expertise
I'm a chef, baker and author with years of experience creating food that never feels like the compromise option.

Real-world experience
Through Bad Ass Cakes, I've spent years creating food for people with different dietary needs while keeping flavour, quality and enjoyment at the centre.

ELEGANTLY Free

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THANK YOU

Keep enjoying food

If this guide has made planning the week feel a little easier, then it has done its job.

Elegantly Free is here to help make gluten-free living feel more practical, more enjoyable and far less restrictive. Through recipes, useful guidance and carefully created resources, Barbara shares the experience she has built over more than 20 years of living gluten-free.

Explore elegantly free



Free recipes & guidance

Practical recipes and guidance to make everyday gluten-free living easier.



Shop resources

Helpful guides and collections to make gluten-free living simpler and more enjoyable.



Work with Barbara

Personal guidance and support to make your gluten-free journey easier and more confident.

elegantlyfree.com

Gluten-free living, beautifully done.