

Simple + Healthy Gluten Free Meal Plan

FOLLOW THIS MEAL PLAN FOR A WEEK AND SEE WHAT HAPPENS!



BREAKFAST

- ✓ 2 eggs + 1 apple chopped with nut butter
OR
- ✓ 1/2 C. oatmeal + berries + milk + walnuts
OR
- ✓ Carrot Ginger Muffins (click for recipe)

LUNCH

- ✓ Big salad with vegetables, avocado, salmon and olive oil dressing.
OR
- ✓ Chicken rice soup with lots of veggies
OR
- ✓ Homemade veggie burgers (click for recipe)



DINNER



- ✓ Chicken kebabs (click for recipe)
OR
- ✓ Spaghetti squash + bolognese sauce
OR
- ✓ Fresh fish with a 1/2 sweet potato and broccoli

SNACKS

- ✓ Fresh Fruit
- ✓ Fresh vegetables + hummus
- ✓ Yogurt
- ✓ Any cheese, except bleu cheese (contains gluten)
- ✓ Raw nuts
- ✓ Popcorn



6-WEEK GLUTEN FREE MEAL PLAN

The Belly Burn Plan is 100% gluten free. This body type meal plan helps to reduce inflammation through the foods we eat, helping people lose weight and feel amazing!

