

7-Day Gluten-Free Breakfast Meal Plan

Introduction

Eating a gluten-free breakfast doesn't have to be complicated! This 7-day meal plan provides quick, nutritious, and delicious options that are easy to prepare. Each meal is packed with fiber, protein, and essential nutrients to keep you energized throughout the day.

Day 1: Gluten-Free Poha (Flattened Rice)

Prep Time: 10 minutes

Benefits: High in fiber & easy to digest

Recipe: Wash poha and drain. Saut mustard seeds, curry leaves, green chilies, and onions. Add turmeric and salt, then mix with poha. Garnish with coriander and peanuts.

Day 2: Dairy-Free Smoothie Bowl

Prep Time: 5 minutes

Benefits: Rich in antioxidants & vitamins

Recipe: Blend frozen banana, berries, almond milk, and chia seeds. Top with nuts and gluten-free granola.

Day 3: Gluten-Free Upma with Quinoa

Prep Time: 15 minutes

Benefits: High in protein & gut-friendly

Recipe: Saut mustard seeds, cumin, green chilies, and chopped veggies. Add cooked quinoa, salt, and mix well. Serve hot.

Day 4: Gluten-Free Chilla (Besan Pancakes)

Prep Time: 10 minutes

Benefits: High in protein & fiber

Recipe: Mix besan (chickpea flour) with water, salt, turmeric, and grated veggies. Cook on a non-stick pan. Serve with chutney.

Day 5: Gluten-Free Idli with Coconut Chutney

Prep Time: 15 minutes

Benefits: Fermented & gut-friendly

Recipe: Use a gluten-free idli batter. Steam in an idli maker. Serve with coconut chutney.

Day 6: Gluten-Free Oats Porridge

Prep Time: 10 minutes

Benefits: High in fiber & heart-healthy

Recipe: Boil certified gluten-free oats in almond milk. Add honey, nuts, and fruits for taste.

Day 7: Gluten-Free Fruit and Nut Bars

Prep Time: 5 minutes (plus chilling time)

Benefits: Perfect for on-the-go

Recipe: Blend dates, nuts, and seeds. Press into a pan and refrigerate. Cut into bars.

Shopping List

- Grains & Flours: Poha, quinoa, chickpea flour, gluten-free oats
- Fruits & Veggies: Bananas, berries, spinach, carrots, onions
- Protein & Dairy-Free Alternatives: Almond milk, chia seeds, nuts, seeds
- Spices & Extras: Turmeric, salt, mustard seeds, coconut

Meal Prep Tips

- * Pre-cook quinoa for quick meals
- * Make smoothie packs by freezing chopped fruits
- * Prepare nut bars in advance for grab-and-go

Conclusion

This 7-day gluten-free meal plan makes it easy to eat healthy while saving time! Try these recipes, mix and match meals, and enjoy a nutritious start to your day.

Download & Share this meal plan with friends who need gluten-free breakfast ideas! :)

Lots of Love from Irshad Quadri (IQ4U)