

a week of dinner ideas
GLUTEN FREE + BUDGET FRIENDLY



meal #1

Lasagna Soup

Hearty gluten free lasagna soup with broken gluten-free noodles, savory tomato broth, and Italian-inspired flavors — cozy comfort food in one pot.

meal #2

Egg Roll in a Bowl

Savory egg roll in a bowl with ground meat, Asian slaw, and a tangy coconut aminos sauce — a quick, hearty dinner you can make in about 30 minutes.



meal #3

Simple Shepherd's Pie

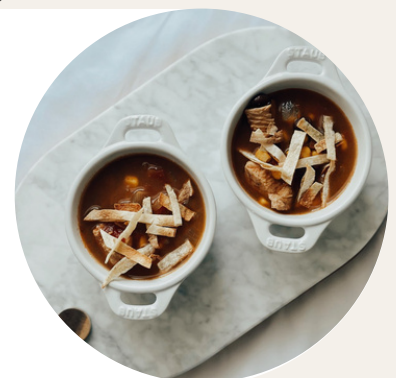
Hearty shepherd's pie with seasoned ground meat, mixed veggies, and creamy mashed potatoes baked until golden — simple comfort food perfect for cozy dinners.



meal #4

Chicken Tortilla Soup

Hearty chicken tortilla soup with tomatoes, beans, corn, and crispy tortilla strips — big flavor on a budget. Easy dinner that feeds the family without breaking the bank.



Grocery LIST

WEEK _____

DATE _____

DRY GOODS

- 1 15oz can Black Beans
- 1 15 oz can Diced Tomatoes
- 48 oz Chicken Stock
- 48 Vegetable Stock
- Italian Seasoning
- Chili Powder
- Cumin
- Garlic Powder
- Honey
- 24 oz jar Pasta Sauce
- Tomato Paste
- Corn Tortillas
- Coconut Aminos
- Rice Wine Vinegar
- Sesame Oil
- Worcestershire Sauce
- 1 box Gluten Free Rigatoni

PRODUCE

- 3 Yellow Onions
- 1 Head of Garlic
- 1 Jalapeno
- 1lb Russet Potatoes
- 1 bag Asian Slaw Mix
- 1 Ginger Root

DAIRY

- Half & Half
- Ricotta
- Parmesan Cheese

MEAT

- 2lb Chicken Breast
- 3lb Ground Meat of Choice

FROZEN

- 1 bag Corn
- 1 bag Peas & Carrots

MISCELLANEOUS

Grocery LIST

WEEK _____

DATE _____

DRY GOODS

DAIRY

MEAT

FROZEN

PRODUCE

MISCELLANEOUS