

GLUTEN-FREE PREP WEEKLY

Week Of: _____ Prep Date: _____

Day	Breakfast	Lunch	Dinner
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			

Day	Breakfast	Lunch	Dinner
Sunday			

GF PANTRY STAPLES TO CHECK

- ☐ Quinoa / Brown Rice
- ☐ GF Certified Oats
- ☐ Almond / Coconut Flour
- ☐ Tamari (GF Soy Sauce)
- ☐ Legumes / Beans

PREP TASKS

- ☐ Wash/Chop Vegetables
- ☐ Cook Grains
- ☐ Portion Snacks
- ☐ Label Containers
- ☐ Soak Nuts/Seeds