

MEAL PLANNING TEMPLATE

Planning your weekly meals and shopping with a list can help make sure you have nutritious gluten-free foods on hand all week long. Fill out this meal planning template and organize your grocery list (see reverse side) before you head to the store.



MONDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
TUESDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
WEDNESDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
THURSDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
FRIDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
SATURDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____
SUNDAY	Breakfast _____ Lunch _____ Dinner _____ Snacks _____

GLUTEN-FREE GROCERY LIST TEMPLATE

TIP: When creating your meal plan, check the ingredients list to ensure there are no gluten-containing ingredients.

PRODUCE

Fresh fruits, vegetables and herbs are naturally gluten-free. Shop for a variety of colorful produce.

- _____
- _____
- _____

MEAT, POULTRY & SEAFOOD

Meat, poultry and seafood are naturally gluten-free. Read ingredients lists when choosing marinated, seasoned or breaded options.

- _____
- _____
- _____

DAIRY CASE

- Milk
- Butter
- Cheese
- Cottage cheese
- Eggs
- Yogurt, such as Yoplait®
- _____
- _____
- _____

FROZEN FOODS

- Frozen fruits
- Frozen vegetables
- Frozen meals
- _____
- _____
- _____

CEREALS, BREADS & GRAINS

- Rice
- Quinoa
- Gluten-free oats
- Gluten-free bread
- Old El Paso™ Crunchy Taco Shells, Gluten-Free
- Gluten-free pasta
- Annie's™ Gluten Free Rice Pasta & Cheddar Mac
- Gluten Free Cheerios™ Cereal
- Gluten Free Chex™ Cereal
- _____
- _____
- _____

BEANS & LEGUMES

- Progresso™ canned beans
- Lentils
- Tofu
- _____
- _____
- _____

NUTS & SEEDS

- Almonds
- Peanut butter
- Chia seeds
- _____
- _____
- _____

BARs & SNACKS

- Popcorn
- Gluten-free crackers
- Gluten-free chips
- Salsa
- Hummus
- EPIC™ bars
- Larabar™
- _____
- _____
- _____

PANTRY STAPLES, CONDIMENTS AND SPICES

- Olive oil
- Balsamic vinegar
- Tamari
- Salad dressing
- Annie's™ Organic Yellow Mustard
- Gluten Free Gold Medal™ Oat Flour
- Muir Glen™ Organic Canned Tomatoes
- Canned soup
- Dried herbs and spices
- _____
- _____
- _____

BEVERAGES

- Coffee
- Orange juice
- _____
- _____
- _____

MISCELLANEOUS

- _____
- _____
- _____
- _____



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