

# SparkRecipes<sup>®</sup> meal plans

## Gluten-Free Dinners



### Sunday



#### Chef Meg's Deconstructed Chicken Fajitas

use a roasted pepper instead of a tortilla!

### Monday



#### Chef Meg's Light Alfredo Brown Rice Pasta with Veggies

(A gluten-free makeover) Perfect on its own or topped with roasted chicken or grilled shrimp.

### Tuesday



#### Meatloaf Muffins

(with a couple of secret ingredients) and mashed potatoes. Don't forget the veggies on the side!

### Wednesday



#### Better than Takeout Chicken Fried Rice

### Thursday



#### Stephanie's Quinoa-Black Bean Casserole

### Friday



Grilled Zucchini with Feta and Pesto pairs well with Perfect Grilled Chicken rubbed with Italian seasoning.



### Saturday



Creamy Green Enchiladas (A gluten-free makeover)