

A top-down view of a dark brown ceramic bowl filled with wide, flat, light-colored gluten-free noodles. The noodles are topped with a variety of fresh vegetables: shredded purple cabbage, sliced green onions, and sliced carrots. A bright green lime wedge is placed on the left side of the bowl. The background is a light, neutral color.

# 30 Day Meal Plan

A MONTH OF EASY, HEALTHY,  
GLUTEN-FREE DINNERS

est. 2014  
**A Clean Bake**  
real good food.

# Introduction

Hi there, and welcome to the A Clean Bake 30 Day Meal Plan! I put together this month-long menu to take the mystery and hassle out of healthy meal planning.

Like some of you, I'm a busy professional without a ton of time at the end of the day to get dinner on the table. Also like some of you, I'm a working parent, which means there is even less time to get anything on the table before the "hangries" set in.

So, I created this meal plan to relieve some of the pressure. No more scouring Pinterest or rifling through piles of torn-out magazine pages filled with unnecessarily complicated recipes. The dinners in this plan are easy to prepare, and even easier to make your own by varying the ingredients, presentation, and sides you serve with them. Plus, most of these recipes double well, and make excellent leftovers for lunch the next day.

Before you dive in, here are a few quick tips for using this meal plan:

- Each page of the plan represents one week of meals, and the plan reads left to right, top to bottom.
- Each recipe includes notes for meal prepping and serving the meal.
- Click the title of each meal to be taken to the recipe.

All of the meals in this plan are gluten free, paleo-friendly (or adaptable), and made from simple, fresh, real food ingredients. Most importantly of all, they're absolutely delicious!

I hope that this plan offers you and your family an exciting and delicious month of dinners!

Enjoy!



*Nora*







## Sunday

### Flank Steak with Chimichurri

**Make ahead tip:** Marinate the steak, and make the chimichurri. Store both in the refrigerator, according to the recipe instructions.

**Serve it with:** Crispy roasted potatoes.

### REMINDER!

Looking for the full recipe for each meal?  
Click on the title!



## Monday

### Vegan Cream of Tomato Soup

**Make ahead tip:** Simply prepare the soup according to the recipe, cool completely, and transfer to an airtight container. Store in the refrigerator, and reheat in the microwave or on the stovetop immediately before serving.

**Serve it with:** Grilled cheese, using grain-free sandwich bread and your favorite good quality dairy free or regular cheese.



## Tuesday

### Slow Cooker Pulled Pork with Radicchio Apple Slaw

**Make ahead tip:** The pulled pork and slaw can be made up to 3 days ahead of time. Store both in separate airtight containers in the refrigerator until you're ready to serve. Store the dressing separately from the slaw, and toss with the slaw immediately before serving.

**Serve it with:** Gluten-free buns, or grain-free sandwich bread.



## Wednesday

### Green Goddess Cobb Salad

**Make ahead tip:** You can chop the vegetables and prepare the dressing up to 48 hours ahead of time. Toss the avocado with lemon juice and store everything in separate airtight containers until you're ready to assemble the salads.

**Serve it with:** This salad is a meal in and of itself, but you can serve it with grilled or roasted veggies on the side (which you can also finish with the dressing from the recipe).



## Thursday

### Cold Wild Rice Salad with Harissa Shrimp

**Make ahead tip:** You can prepare the rice up to 3 days ahead of time and store it (undressed) in an airtight container in the refrigerator. The shrimp is best if prepared the same day that you're planning to serve the salad, but luckily shrimp cooks very quickly.

**Serve it with:** Grilled summer vegetables, like zucchini, eggplant, and bell peppers.



## Friday

### Stuffed Peppers with Wild Rice and Asiago

**Make ahead tip:** You can prep the filling and stuff the peppers (steps 2-5) up to three days in advance. When you're ready to eat, bake for 5-10 minutes until the cheese is melted.

**Serve it with:** These are meant to be a meal in themselves. But if you'd like, some mixed baby greens with a light vinaigrette would be a nice accompaniment.



## Saturday

### Lemon Dijon Tuna Burger

**Make ahead tip:** Make and shape the burgers, and store them in an airtight container in the refrigerator until you're ready to cook them. Make sure you put a piece of wax or parchment paper between patties if you're stacking them in the container.

**Serve it with:** Grain free sandwich bread, or lettuce wraps topped with fresh arugula and olive tapenade.



## Sunday

### Grilled Tandoori Chicken

**Make ahead tip:** Marinate the chicken, and cut the vegetables. Store everything (separately) in airtight containers in the refrigerator.

**Serve it with:** [Coconut rice](#), or you could go with cauliflower rice, a mashed root vegetable (like parsnips or sweet potatoes), or rice or veggie noodles.



## Monday

### 20 Minute Curry Noodles

**Make ahead tip:** This is a very quick recipe to begin with, but you can save even more time in the evening by pre-chopping all of your vegetables.

**Serve it with:** Toss in a protein like [baked tofu](#) or [shredded chicken](#) for the last 1-2 minutes of cooking, or top with [seared salmon](#) before serving.



## Tuesday

### Slow Cooker Chicken Fajitas

**Make ahead tip:** Slice the chicken and the peppers and onions and store them, separately (the peppers and onions can be stored together, but the chicken should be in a separate container) in the refrigerator. You can also prepare the seasoning mix and store it at room temperature.

**Serve it with:** [Tortillas](#), salsa, and [guacamole](#).



## Wednesday

### Steak Salad with Peaches and Basil Vinaigrette

**Make ahead tip:** You can prepare the dressing up to 24 hours ahead of time.

**Serve it with:** This is a stand alone meal! You can always serve some polenta or [rice](#) on the side, if you'd like a serving of carbs. [Coconut rice](#) would complement the meal nicely.



## Thursday

### Paella

**Make ahead tip:** This is not a great make-ahead meal, but you can save some time by preparing the ingredients ahead of time: chop the peppers, make sure the shrimp is clean and ready to go, and even measure out the spices.

**Serve it with:** A nice glass of wine!



## Friday

### Grain-Free Thin Crust Pizza

**Make ahead tip:** Make and prebake the crust (instructions 1-6 in the recipe), then let it cool completely, tightly wrap in plastic wrap, and store in the refrigerator or freezer. Bring back to room temperature to top and finish baking. You can also make the pesto 24 hours ahead of time and store it in an airtight container in the refrigerator.

**Serve it with:** The great thing about this pizza is that it is a meal in and of itself! But a side salad doesn't hurt. I like something light and refreshing like crunchy [Jerusalem salad](#).



## Saturday

### Slow Cooker Chicken Shawarma

**Make ahead tip:** You can cook the chicken up to 5 days ahead of time (store it in the refrigerator) and prepare the spice mix up to a month ahead of time (store it at room temperature).

**Serve it with:** Something light and refreshing like crunchy [Jerusalem salad](#).



## Sunday

### Chicken Roulades

**Make ahead tip:** You can prepare the chicken (step 2) and the filling (step 4) and store them, separately, in airtight containers in the refrigerator. Right before baking, simply fill and roll the chicken.

**Serve it with:** Lemon and green pea risotto.



## Monday

### Veggie-Packed Paleo Quiche

**Make ahead tip:** You can make and pre-bake the crust ahead of time, ahead of time, and store, loosely covered, at room temperature for up to 24 hours before you add the filling and bake.

**Serve it with:** A simple green salad with apple cider vinaigrette, if you want, but the great thing about this dish is that it is a meal in and of itself!



## Tuesday

### Slow Cooker Pork Chops with Apples and Onions

**Make ahead tip:** You can slice up the apples and onions and store them in a zip-top bag for up to 48 hours ahead of time. If you're making the barbecue sauce, you can prepare it up to a week ahead and store it in a jar in the refrigerator.

**Serve it with:** Baked sweet potatoes and steamed green beans dressed with a little butter/coconut oil and sea salt.



## Wednesday

### Cashew Chicken

**Make ahead tip:** Prepare the sauce, chop the chicken, and slice all the vegetables. Store the sauce and chicken in their own airtight containers. You can store the vegetables (except the onions) all together, also in an airtight container.

**Serve it with:** White rice is all you need to make this a meal!



## Thursday

### Grilled Eggplant and Halloumi Salad

**Make ahead tip:** Slice the eggplant and the cheese, and hard boil the eggs up to 3 days ahead of time. Store everything, separately, in airtight containers in the refrigerator.

**Serve it with:** Grilled bread. Brush some gluten free sandwich bread or rolls (I like Canyon Gluten Free brand) with olive oil, and grill until crispy while you're also grilling the eggplant and halloumi.



## Friday

### Grain-Free Chicken Fingers with Sesame-Orange Dipping Sauce

**Make ahead tip:** This is not a great make-ahead recipe, but it is fast and fun to put together immediately before cooking!

**Serve it with:** Sweet potato fries, plus the dipping sauce that is included in the recipe.



## Saturday

### Braised Cod with Summer Vegetables

**Make ahead tip:** You can cube the fish and chop the veggies up to 48 hours ahead of time. Store the raw fish separately from the vegetables, both in airtight containers in the refrigerator.

**Serve it with:** Mashed or roasted potatoes go wonderfully with this meal.





**Sunday**  
*Shrimp Pad Thai*

**Make ahead tip:** Measure all of the ingredients and garnishes and store them, separately, in airtight containers. Refrigerate shrimp and vegetables.

**Serve it with:** Other than plenty of garnishes, nothing! This is a one-pan meal.



**Monday**  
*Shakshouka*

**Make ahead tip:** This is such a fast and easy meal that there is not much to do ahead of time. If anything, you can cut the vegetables and aromatics, and crumble the feta.

**Serve it with:** Something to mop up the tomato juices, such as gluten free rolls, grain free bread, or rice.



**Tuesday**  
*Jerk Salmon with Radicchio Blueberry Slaw*

**Make ahead tip:** The slaw and the dressing can be made up to 3 days ahead of time, but must be stored separately from one another. Wait to toss the slaw and the dressing until shortly before serving.

**Serve it with:** This salad can be a stand-alone meal, but you can also add roasted potatoes.



**Wednesday**  
*30 Minute Pho*

**Make ahead tip:** You can cook the chicken, and cut up the vegetables, aromatics, and garnishes. Store everything in separate containers in the refrigerator.

**Serve it with:** Nothing! This is a full meal in a bowl.



**Thursday**  
*Portabello Mushroom and Kale Turkey Burgers*

**Make ahead tip:** Make and shape the burgers and store them in an airtight container until you're ready to cook them.

**Serve it with:** Cabbage and kale slaw (the recipe is in the post, following the burger recipe).



**Friday**  
*Baked Turkey and Sage Meatballs*

**Make ahead tip:** Make and shape the meatballs. Store them in the refrigerator in an airtight container in the refrigerator.

**Serve it with:** Gluten free spaghetti, polenta, zucchini noodles or spaghetti squash as a base.



**Saturday**  
*Fish Taco Bowls*

**Make ahead tip:** Cook the rice and prepare the vegetables and other toppings.

**Serve it with:** Nothing! It's a full meal in a bowl.

# Get More Delicious Dinner Ideas!



VISIT [ACLEANBAKE.COM](https://www.acleanbake.com) FOR  
MORE DELICIOUS REAL FOOD  
RECIPES!

© 2014  
**A Clean Bake**  
real good food.