



TFA
THE FLEXIBLE APPROACH

Gluten Free Recipe Ebook

Ingredients | Instructions | Calories | Macros

Breakfast | Lunch | Dinner | Dessert | Snacks



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The Flexible Approach



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GF	Gluten Free
DF	Dairy Free
LC	Low Carb (20g- serve)
MP	Meal Prep/Freezer Friendly
HP	High Protein (20g+ per serve)
V	Vegetarian
Q	Quick (under 30 mins)
N	Contains Nuts

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APPLE CRUMBLE PROTEIN OATS



ZUCCHINI PANCAKES



SWEET POTATO PANCAKES



SWEET POTATO & ZUCCHINI HASH



BACON WRAPPED EGG CUPS



SWEET POTATO SPANISH OMELETTE



EGG, CARROT & KALE MUFFINS



MINI QUICHE BREAKFAST MUFFINS



BLUEBERRY BAKED PROTEIN OATS



BANANA BREAD PROTEIN BOWL



TUNA OMELETTE



BLACK BEAN OMELETTE



PULLED CHICKEN WRAP



TUNA EGG SALAD



GREEN BEANS, CHICKEN & MANGO SALAD



ROASTED CHERRY TOMATO SALAD



SOUTHWEST CHICKEN SALAD



PESTO PASTA



CREAMY MEATBALL SPAGHETTI



CAJUN CHICKEN PASTA



LASAGNA



CHICKEN CARBONARA



STEAK, MASH & VEGETABLES



PUMPKIN SOUP



MINISTRONE SOUP



HAM AND VEGETABLE PIZZA



HOME-MADE BBQ CHICKEN PIZZA



LOADED BAKED POTATO



CRISPY CHICKEN BURRITO



FLAME GRILLED CRISPY CHICKEN BURGER



CHICKPEA WRAP WITH BEEF & LENTILS



PULLED CHICKEN TORTILLA



SAN CHOY BOW



MEDITERRANEAN BAKED SALMON



SOFT SHELL BEEF TACOS



MEXICAN BEEF SKILLET



PESTO ZUCCHINI NOODLES WITH CHICKEN



CAPSICUM CHICKEN & RICE



LAMB & CHICKPEA STUFFED PEPPERS



HOME-MADE HUMMUS



LEMON RASPBERRY CHIA PUDDING



CHOCOLATE & COCONUT CHIA PUDDING



CHOCOLATE CHIA SEED PUDDING



LEMON, COCONUT & CHIA SEED MUFFINS



PEANUT BUTTER BROWNIES



PEANUT BUTTER & HONEY PROTEIN BALLS



LIME WITH NUTS ENERGY BALLS



CHOCOLATE & COCONUT PROTEIN BALLS



RASPBERRY MOUSSE



STRAWBERRY SORBET





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