

The Family Travel Company | Healthy Menu Series.

## **Self-Contained and Stovetop Cooking**

### **Gluten Free**

#### **BREAKFAST**

##### **Big GF breakfast**

Pan grilled eggs, mushrooms, tomato and baked beans with avocado salsa, feta cheese.  
Add quinoa.

Add GF sausages if desired.

Serve with GF toast and butter if desired.

##### **Banana yoghurt smoothie**

Rice milk or cows milk, spring water, full cream Greek yoghurt with blueberries. Top with cinnamon and/or nutmeg.

##### **Turkish cinnamon coffee**

Ground coffee stove top simmered with whipping cream.

Add sugar if desired.

#### **LUNCH**

##### **Guacamole Mexican salad**

A leafy and herbal salad with tomato, jalapeno, kidney beans, tossed in guacamole sauce.  
Add grilled bacon.

##### **Steamed vegetable medley**

In-season steamed vegetables tossed in yoghurt, garlic, and mustard sauce.

Add avocado and cashews.

##### **Prawn nori**

Nori rolls stuffed with grilled prawns and assortment of shredded cabbage, carrot, spinach,  
with omelette, pickles, mayonnaise, avocado and sesame oil.

Add GF soy sauce.

#### **DINNER**

##### **Chicken lentil hot pot**

Stewed lentils and vegetables cooked in vegetable stock.

Serve with a side salad and GF garlic bread.

##### **Thai vegetable curry**

In-season, finely cut vegetables simmered in coconut cream and GF Thai red curry paste.

Serve with Thai salad on the side.

### **Chilli bean and beef nachos**

Beans cooked in a tomato sauce with garlic, onion, cumin and smoked paprika.  
Serve with salad, jalapenos, sour cream and GF Corn chips.

## **DESSERTS**

### **Quinoa chocolate pudding**

Quinoa flakes cooked in water, cream, cocoa powder and sultanas, served with a dollop of cream.

### **Fruit salad and Greek yoghurt**

Diced in-season local fruits tossed in full cream Greek yoghurt.

### **Shopping Check List**

Avocado  
Baby spinach  
Bacon  
Beef mince  
Bread (gluten free)  
Butter  
Carrots  
Chai tea spices  
Chicken  
Chilies  
Cinnamon  
Cocoa powder  
Coconut cream  
Corn chips (gluten free)  
Cranberries  
Cream  
Cumin  
Eggs  
Garlic  
Ginger  
Greek yoghurt  
Jalapenos  
Kidney beans  
Lemons  
Lemongrass  
Lentils  
Mango  
Mayonnaise  
Mushrooms  
Mustard  
Nori sheets  
Nuts  
Olive oil

Pickles  
Prawns (frozen)  
Quinoa  
Red curry paste  
Rice milk  
Salad mix  
Sea salt  
Seasonal fruits  
Seasonal vegetables  
Sesame oil  
Smoked paprika  
Sour cream  
Soy sauce (gluten free)  
Sultanas  
Tahini  
Vegetable stock