



Gluten Free Meal Plan

Keep in Mind!

Not all gluten free diets and food products are healthy. Some popular products pack on carbs, sodium and calories while sacrificing important nutrients. If you believe you are gluten intolerant, you should see your doctor about getting tested for celiac disease and developing an ongoing nutrition plan.

A healthy, one-week meal plan designed for people who suspect gluten intolerance or sensitivity.

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Give this nutritious meal plan a try for at least one week to see if cutting gluten out of your diet helps you feel better. Feel free to repeat the meal plan for two to three weeks.

Day 1

- Breakfast:** 2 eggs
1 slice of gluten free toast
½ grapefruit
1 cup green tea
- Snack:** 1 apple
- Lunch:** Salad (see ideas on reverse)
- Snack:** ½ cup cottage cheese
(1 dairy serving a day only)
- Dinner:** Roasted cauliflower and ½ sweet potato
Green beans
Roasted chicken
- Dessert:** Sliced orange and kiwi fruit

Day 2

- Breakfast:** 1 cup gluten free oatmeal with:
- 1 tsp of raisins, 1 Tbs of ground seeds (flax seeds, sunflower, sesame, chia, pumpkin seeds)
 - or sliced banana, cinnamon and 1 Tbs of almond butter
 - or ¼ cup of pumpkin pie filling, ¼ cup of coconut milk, cinnamon and pumpkin spice
 - or ½ cup of applesauce
- 1 cup of green tea
- Snack:** 12 almonds
1 small apple
- Lunch:** Sandwich
(see ideas on Day 5)
1 piece of fruit
1 cup of green tea
- Snack:** ½ cup humus with carrots, celery and jicama
- Dinner:** Broiled salmon
Asparagus
Roasted fingerling potatoes
Spinach salad.
- Dessert:** 1 ginger gluten free cookie

Day 3

- Breakfast:** Smoothie:
- 20 grams whey, rice or soy protein
 - 1-2 Tbs of ground flax seeds
 - ½ cup of blueberries – organic, frozen or fresh
 - ½ cup of other berries – organic or fresh
 - ½ tsp of turmeric and 1 tsp of cinnamon
 - 1 cup of water (or almond, coconut, soy or rice milk)
 - Optional ingredients: kale, ginger, tofu, almond butter, peanut butter, tahini
- 1 cup green tea
- Snack:** 1 piece of fruit
- Lunch:** Soup
Small green salad with vinaigrette dressing
1 cup green tea
- Snack:** 1 string cheese
- Dinner:** Pasta (brown rice pasta):
- with 1-2 Tbs of pesto or olive tapenade
 - or grated zucchini, brocolini, broccoli sprouts, peppers, arugula.
 - or pine nuts, 1 Tbs of parmesan cheese
 - ½ cup of cooked shrimp
- Dessert:** Strawberries

Tip!

Track how you're feeling on your new diet. Now that you're a MyLifeStages member, you can start a food journal on MyLifeStages.org.

Day 4

- Breakfast:** Omelet with parmesan and spinach
½ grapefruit
1 cup green tea
- Snack:** ¼ cup walnuts
- Lunch:** Gluten free wrap:
• Gluten free wrap with hummus, lettuce, sliced turkey and sliced carrots
• or spread with pesto, lettuce, cheddar cheese, pine nuts.
• or beans, avocado, lettuce, tomato
- Snack:** 1 apple
1 cup Greek yoghurt
- Dinner:** Stir fry veggies with chicken
Brown rice
- Dessert:** Baked apples or pears
• cored with cinnamon stick
• or 1 tsp cinnamon and agave

Day 5

- Breakfast:** ¼ cup of blueberries, raspberries, strawberries
1 cup Greek yoghurt
2 Tbs of ground seeds
1 cup green tea
- Snack:** ¼ cup of almonds
- Lunch:** Gluten free sandwich:
• Gluten free bread with peanut/almond and jam (without sugar)
• or chicken or turkey with mayo, lettuce, cheese and tomato
• or egg salad – 2 eggs with 2 tsp of mayo, salt and pepper
• or smoked salmon with capers, 1 tsp of mayo, lettuce and avocado
- Snack:** 1 peach
1 cup Greek yoghurt
- Dinner:** Sushi with tamari sauce – gluten free
- Dessert:** ½ cup of frozen blueberries or cherries – slightly thawed with 2 Tbs of coconut cream

Day 6

- Breakfast:** 2 eggs
1 gluten free pancake or waffle
- Snack:** ¼ cup walnuts
- Lunch:** Tuna salad – tuna with 2 tsp of mayo, chopped celery, green onions and lettuce
1 apple
- Snack:** 1 string cheese
- Dinner:** 1 small fillet mignon
Salad (see ideas below)
Asparagus
1 small roasted/baked potato
- Dessert:** Berry cobbler using gluten free granola

Day 7

- Breakfast:** 1 cup gluten free oatmeal (see ideas on Day 2)
1 cup green tea
- Snack:** 1 pear
- Lunch:** Chinese Chicken Salad
- Snack:** ½ cup cottage cheese with fruit
- Dinner:** BBQ shrimp, chicken and vegetables – asparagus, green onions, zucchini, eggplant, peppers, sliced sweet potatoes
- Dessert:** 1 gluten-free cookie or dark chocolate



Create a healthy and tasty salad

- Any variation of lettuce, (no iceberg) mixed greens, arugula, romaine, butter, etc
- Tomatoes, carrots, cucumber, celery, avocado, artichoke hearts, olives, cranberries, raisins, peppers, fruit, pine-nuts, walnuts, almonds, cashews, pumpkin seeds, sunflower seeds, finely sliced Swiss chard, kale, bok choy, capers, onions, spring onions, garlic, chives
- Herbs: rosemary, basil.
- Roasted vegetables: cauliflower, sweet potatoes
- Protein: eggs, chicken, fish, turkey, shrimp, tofu.
- ½ cup shredded Mozzarella or Parmesan,
- 8oz cottage cheese