

## A Gluten-Free (GF) Week: A Sample Meal Plan

| Meals            | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  | Sunday   |
|------------------|--|---|--|--|--|---|--|
| <b>BREAKFAST</b> | <p>¼ cup GF cream of brown rice cereal topped with 6 almonds** and a sprinkle of cinnamon</p> <p>1 mango</p> <p>1 cup milk or GF non-dairy alternative</p>   | <p>1 GF English muffin with 2 Tbsp peanut butter</p> <p>2/3 cup plain LF, NF or regular yogurt</p> <p>½ cup calcium fortified orange juice</p>  | <p>¾ cup GF puffed rice, puffed millet OR corn flakes (i.e. Nature's Path) topped with ¼ cup dried fruit, 1 Tbsp ground flax seeds**) and 1 cup lactose free milk</p> <p>1 cup strawberries</p>                      | <p>2 slices GF toast</p> <p>2 egg omelet with 4 olives and ½ cup chopped mushrooms, tomatoes and 1 slice cheddar cheese</p> <p>½ cup canned fruit</p>  | <p>2 GF waffles (GF Van's or GF Mesa Sunrise) with 1 tsp butter</p> <p>¼ cup GF cottage cheese with 3 Tbsp pumpkin, chia or sunflower seeds**</p> <p>1 banana</p>  | <p>2 crepes made with white rice, almond or bean flour**</p> <p>syrup filling:<br/>3 tbsp LF GF ricotta cheese with lemon or orange zest</p> <p>Top crepes with ½ cup plain NF yogurt</p>                   | <p>1 cup cold cereal (Mesa Sunrise, etc), 1 banana sliced and 1 cup milk or GF non-dairy alternative</p>   |
| <b>LUNCH</b>     | <p>Tuna sandwich:<br/>2 oz. canned tuna<br/>2 slices GF bread<br/>2 slices tomato<br/>2 lettuce leaves<br/>1 tsp mayonnaise</p> <p>1 cup green pepper strips dipped in 2 Tbsp GF hummus</p> <p>1 apple</p> | <p>1 GF frozen meal (enchilada, lasagna) OR<br/>1 GF veggie burger with 2 slices GF bread</p> <p>1 cup mixed salad with 2 Tbsp GF dressing</p> <p>1 cup cantaloupe OR honey dew melon</p> | <p>Deli sandwich:<br/>2 slices GF bread<br/>2 oz. GF deli meat (Boar's Head, Dietz and Watson)<br/>1 tsp mayonnaise<br/>2 slices tomato<br/>2 lettuce leaves</p> <p>1 cup carrot sticks</p> <p>1 cup pear slices</p> | <p>2 (6") GF corn tortillas<br/>2 Tbsp sour cream<br/>¼ cup salsa<br/>1 oz grated cheese<br/>½ cup garbanzo beans<br/>2 Tbsp avocado</p> <p>1 cup plain, non-fat yogurt with ¼ cup fresh or canned peaches</p> | <p>1 cup GF pasta (corn, lentil, rice or quinoa) with 2 oz chicken OR beans, 1 Tbsp olive oil 1 oz cheese</p> <p>1 ½ cups side salad<br/>2 Tbsp GF dressing</p> <p>1 GF cookie (Enjoy Life Foods, Pamela's, etc)</p> | <p>½ GF pizza crust with:<br/>1/3 cup tomato sauce<br/>½ cup sliced vegetables<br/>¼ cup mozzarella cheese</p> <p>1 cup GF lentil OR split pea soup</p> <p>1 orange OR ½ cup plums (fresh/canned fruit)</p> | <p>Garden Salad:<br/>2 cups greens<br/>1 tomato sliced<br/>½ cucumber sliced<br/>½ cup shredded carrots<br/>1/3 cup dried cranberries<br/>1 ½ oz cheese<br/>2 Tbsp oil<br/>2 Tbsp balsamic vinegar</p> <p>8 GF rice crackers OR<br/>1 slice GF toast</p> |

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|---------------|---|--|--|---|---|--|---|
| <b>DINNER</b> | 3 oz grilled salmon<br><br>2 oz GF rice pasta (Tinkyada or Jovial rice pasta)<br><br>½ cup cooked asparagus<br><br>Sauce:<br>1 tsp butter<br>1 Tbsp lemon juice<br><br>2 small GF cookies | 3 oz grilled chicken marinated with<br>2 Tbsp lemon juice,<br>1 tsp olive oil, garlic powder, salt and pepper<br><br>½ cup mashed potato<br><br>1 cup roasted vegetables (onions, peppers, zucchini, carrots, eggplant)<br><br>½ cup GF gelatin<br>½ cup fresh fruit or fruit cocktail | 1 cup baked or grilled corn polenta slices<br><br>1 oz shredded cheese<br>½ cup pinto beans<br>¼ cup salsa<br>2 Tbsp avocado<br><br>1 cup salad with 2 Tbsp GF dressing<br><br>1 cup GF broccoli (or other veggie) soup<br><br>½ cup GF ice cream or frozen yogurt | Stir fry:<br>3 oz tofu<br>2/3 cup brown rice<br>1 cup cooked vegetables<br>1 tsp peanut oil<br>2 tsp GF soy sauce<br><br>¼ packet GF Miso Soup<br><br>1 cup berries | 3 oz ground turkey or pork loin<br>1/3 cup GF lentil, bean or quinoa pasta<br>½ cup GF pasta sauce<br><br>½ cup sweet potato or butternut squash<br><br>½ cup green beans OR Brussels sprouts<br><br>½ cup applesauce | 3 oz grilled lean steak<br><br>½ cup red roasted potatoes or ¼ cup quinoa pasta shells (Ancient Harvest or Andean Dream) with tomato sauce<br><br>1 cup of sautéed vegetables with 1 Tbsp olive oil<br><br>1 GF brownie (Gluten Free Pantry) | 12 oz packaged GF Indian meal or Thai meals (Thai Kitchen)<br><br>½ cup plain, non-fat yogurt<br><br>1 cup side salad<br>1 Tbsp GF dressing<br><br>1 pear |
| <b>SNACKS</b> | 25 GF pretzels (Glutino, Schar)   | 1 oz GF baked corn chips<br><br>¼ cup salsa<br><br>1 oz shredded cheese  | 1 cup raw vegetables (carrot, celery, peppers or cherry tomatoes)<br><br>2/3 cup plain yogurt with dill  | ½ GF snack bar (Raw Revolution, Lara Bar)   | 5 GF crackers (Mary's Gone Crackers)  | 8 oz soy yogurt  | Trail Mix:<br>1/3 cup GF granola (1 Tbsp dried fruit 20 peanuts 1 tbsp seeds**) OR<br>½ cup rice pudding with dried fruits, nuts and seeds**              |

**KEY:** GF = Gluten Free; LF = Low Fat; NF = Non Fat; Tbsp = tablespoon; tsp = teaspoon; oz = ounces

BEVERAGE CHOICES: milk, juice, water, fruit smoothies, soda, coffee (regular or decaf) tea (decaf, herbal\* or regular), GF soy milk\*, GF almond milk\*, GF rice milk, \* GF sunflower seed milk. The choice of beverage may affect the total number of calories and protein you consume each day.

\*Avoid herbal teas and dairy-free beverages that contain barley, barley malt or unidentified natural flavors. Choose labeled gluten-free teas and dairy-free beverages.

\*\*Nuts and seeds should be labeled gluten-free whenever possible to avoid cross contamination.

As of Jan 2016, the brand names listed above are gluten-free per the manufacturer.

Meal plan based loosely on 1800 calories. Adjust calories to best fit your needs.

## Gluten-Free (GF) Meal Plan

What's a serving size of fruits and vegetables?

- ½ cup fruit
- Medium-sized piece of fruit (the size of a tennis ball)
- ¼ cup dried fruit
- ¾ cup (6 ounces) of 100% fruit or vegetable juice
- 2 cups leafy vegetables (spinach, lettuce leaves, etc.)
- 1 cup cooked or raw vegetables

Examples of Protein rich foods:

- ½ cup of chopped, cooked skinless chicken breast (21 grams protein)
- ¼ cup of low-fat cottage cheese (7 grams protein)
- 1 medium egg (6 grams protein)
- 1 cup non-fat milk (8 grams protein)
- ½ cup cooked lentils (9 grams protein)

Use a plate that measures **9 inches across**. Draw an imaginary line through the center of your plate, and then divide one of the halves into quarters. Follow these guidelines:

- **Half the plate is non-starchy vegetables.** This is about the [size of your closed fist](#) although you can go back for seconds on these foods. Examples are broccoli, green beans, carrots, mushrooms, tomatoes, cauliflower, spinach, peppers, and salad greens.
- **One fourth of the plate is bread, starch, or grain.** This is about the [size of half a closed fist](#). Examples are bread, rolls, rice, crackers, cooked grains, cereal, tortillas, and starchy vegetables like potatoes, corn, winter squash, beans, peas, and lentils.
- **One fourth of the plate is lean protein.** This is about the [size of the palm of your hand](#). Examples are beef, chicken, turkey, pork, fish, tofu, and eggs. (For the plate format, beans should be counted as a starch, not as a protein).
- **Add a small piece of fruit.** A small piece of fresh fruit is about the size of a tennis ball. Or choose a cup of frozen, cooked, or canned fruit. You could also have a [small handful](#) of dried fruit or a half cup (4 ounces) of 100% fruit juice.
- **Enjoy a cup (8 ounces) of low-fat or fat-free milk.** If you don't drink milk, you could substitute with 6 ounces of no-sugar-added yogurt, another serving of fruit, or a small dinner roll.

For breakfast, the concept is similar. One fourth of the plate is a bread, starch, or grain. One fourth of the plate is protein. The breakfast plate also includes a cup (8 ounces) of low-fat or fat-free milk and one small piece of fruit.

Keep a record. Use a plate format for a week and keep track of your meals and snacks. You can make copies of the sample for each day. If you have questions about using a plate format, talk with your diabetes educator or registered dietitian.