

## 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** syrup filling: 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: 2 oz. canned tuna 2 slices GF bread 2 slices tomato 2 lettuce leaves 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 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: 2 slices GF bread 2 oz. GF deli meat (Boar's Head, Dietz and Watson) 1 tsp mayonnaise 2 slices tomato 2 lettuce leaves</p> <p>1 cup carrot sticks</p> <p>1 cup pear slices</p>	<p>2 (6") GF corn tortillas</p> <p>2 Tbsp sour cream ¼ cup salsa</p> <p>1 oz grated cheese ½ cup garbanzo beans 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 2 Tbsp GF dressing</p> <p>1 GF cookie (Enjoy Life Foods, Pamela's, etc)</p>	<p>½ GF pizza crust with: 1/3 cup tomato sauce ½ cup sliced vegetables 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: 2 cups greens 1 tomato sliced ½ cucumber sliced ½ cup shredded carrots 1/3 cup dried cranberries 1 ½ oz cheese 2 Tbsp oil 2 Tbsp balsamic vinegar</p> <p>8 GF rice crackers OR 1 slice GF toast</p>

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

- $\frac{1}{2}$  cup fruit
- Medium-sized piece of fruit (the size of a tennis ball)
- $\frac{1}{4}$  cup dried fruit
- $\frac{3}{4}$  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:

- $\frac{1}{2}$  cup of chopped, cooked skinless chicken breast (21 grams protein)
- $\frac{1}{4}$  cup of low-fat cottage cheese (7 grams protein)
- 1 medium egg (6 grams protein)
- 1 cup non-fat milk (8 grams protein)
- $\frac{1}{2}$  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.