

GLUTEN-FREE MEAL PLAN



DAY 1



DAY 2



DAY 3



DAY 4



DAY 5



□ BREAKFAST

6 oz plain 0% Greek yogurt, topped with 1 cup cherries and 15 whole almonds.

□ LUNCH

Warm chicken and apple salad.



□ SNACK

1 cup veggie sticks and 1/4 cup hummus.

□ DINNER

Sticky honey-ginger chicken with 1/2 cup brown rice and 1 cup steamed vegetables.

□ BREAKFAST

Gluten-free buckwheat pancakes.



□ LUNCH

Colourburst citrus chicken salad.



□ SNACK

1 apple and 1.5 oz low-fat cheddar cheese, like Allegro.

□ DINNER

Grilled side of salmon with 1/2 cup wild rice and a tossed side salad with 2 tbsp salad dressing.

□ BREAKFAST

1 poached egg and 1.5 oz low-fat cheddar cheese on 1/2 gluten-free English muffin.

□ LUNCH

Crunchy marinated fall salad.

□ SNACK

3/4 cup steamed edamame.

□ DINNER

Sticky honey-ginger chicken with 1/2 cup brown rice and 1 cup steamed vegetables. (Healthy tip: Skip the salt.)



□ BREAKFAST

Fresh vegetable omelette with lentils.



□ LUNCH

Warm chicken and apple salad.

□ SNACK

5 oz 0% plain Greek yogurt, with 2 tsp flaxseeds, 6 whole almonds and 1/4 cup blueberries stirred in, and topped with 1/2 tsp honey.

□ DINNER

Trout Provencale en papillote with 1/2 cup sautéed red pepper and 1/2 cup zucchini, plus 1/2 cup quinoa.

□ BREAKFAST

Smoothie made from 1 cup water, 30 g protein powder, 1/4 cup blackberries, 1/2 cup blueberries, 1/2 cup raspberries, 1 1/2 tsp flaxseed oil.

□ LUNCH

Colourburst citrus chicken salad. Healthy tip: Skip the salt.

□ SNACK

3/4 cup berries and 6 almonds.

□ DINNER

Pistachio-crusted salmon with 1/2 cup cooked quinoa, plus a side salad with 2 tbsp salad dressing.

