

Menu Plan

Day One

Breakfast

- 1/2 cup cottage cheese
- Banana
- Slice of gluten-free toast with butter
- Coffee or tea

Morning Snack

- One apple
- Handful of almonds

Lunch

- Pita sandwich

Afternoon Snack

- String cheese
- Five gluten-free crackers

Dinner

- Gluten-free chicken pot pie
- Side salad

Dessert

- Vanilla ice cream

Day Two

Breakfast

- Steel cut oatmeal with dried blueberries

Morning Snack

- Bunch of grapes

Lunch

- Gluten-free hot dog and bun
- Orange

Afternoon Snack

- Two gluten-free cookies

Dinner

- Gluten-free meatloaf
- Roasted asparagus
- New potatoes

Day Three

Breakfast

- Omelet

Morning Snack

- 10 Cashews
- 1 cup blueberries

Lunch

- Large salad with chicken

Afternoon Snack

- Celery and carrot sticks
- Hummus

Dinner

- Gluten-free lasagna

Dessert

- Gluten-free apple crisp

Day Four

Breakfast

- Two slices of toast
- Peanut butter
- Banana

Morning Snack

- 1/2 cup Greek yogurt

- Strawberries

Lunch

- Gluten-free frozen pizza

Afternoon Snack

- Gluten-free coffee cake

Dinner

- Almond breaded chicken tenders
- Sweet potato fries

Day Five

Breakfast

- Cold cereal
- Sliced strawberries
- Milk

Morning Snack

- Grapefruit

Lunch

- Sandwich on gluten-free bread

Afternoon snack

- Gluten-free popcorn

Dinner

- Stir fry

Day Six

Breakfast

- Breakfast smoothie

Morning Snack

- Slice of toast with cashew butter

Lunch

- Grilled cheese sandwich with coconut flat bread

Afternoon Snack

- Chocolate cherry bar

Dinner

- Broiled pork chops with blue cheese
- Sautéed green beans
- Baked potato

Day Seven

Breakfast

- Two poached eggs
- Two slices gluten-free toast
- Orange

Morning Snack

- Dried fruit and nuts

Lunch

- Cobb Salad

Afternoon Snack

- Fruit Salad

Dinner

- Beef Stew