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