## Celiac Disease Diet Plan

Name: Billy Mann

Date: March 18, 2023

Age: 23
Gender: $\qquad$
Weight: 160lbs
Height: 5'8"
Purpose

## Managing Celiac Disease

## Medical history

## Celiac Disease

## General guidelines

Strictly avoid gluten-containing foods.
Read labels carefully to spot hidden sources of gluten.
Consume fresh, whole foods as the foundation of your diet.

## Baseline diet

Balanced intake of fruits, vegetables, lean proteins

Food items to avoid
Wheat, barley, rye, and their derivatives.
Products with hidden gluten like certain sauces, processed meats, and some medications.

## Alternatives

Use gluten-free substitutes like almond flour, coconut flour, or chickpea flour for baking.
Explore gluten-free pasta, bread, and cereals available in stores.

## Sample meal plan

Breakfast:
Scrambled eggs with spinach and tomatoes.
A side of fresh fruit (e.g., berries or an orange).
Gluten-free toast made with a certified gluten-free bread.
Lunch:
Grilled chicken breast salad with mixed greens, cucumbers, and balsamic vinaigrette dressing.
Quinoa or rice as a gluten-free grain.
Snack:
Greek yogurt with honey and gluten-free granola.
Dinner:
Baked salmon with a lemon and herb glaze.
Steamed asparagus and quinoa or brown rice.
A side of roasted sweet potatoes.
Lifestyle considerations
Plan meals ahead to ensure you have gluten-free options available.
Inform friends and family about your dietary restrictions for social gatherings.
Always carry gluten-free snacks when traveling.

Recommendations
Consider taking gluten-free multivitamins to supplement any nutrient gaps.

Progress tracking

Additional notes

