

Celiac Disease Diet Plan

Patient information								
Name:			Date of birth:					
Height:			Weight:					
Age:			Date:					
Goals								
Daily meal recommendations			Foods to strictly avoid					
<ul style="list-style-type: none">• Whole foods: Fruits, vegetables, nuts, legumes.• Proteins: Meat, poultry, seafood, dairy (if tolerated).• Gluten-free grains: Rice, corn, quinoa, chia, flax, and certified gluten-free oats.• Healthy fats: Avocados, olive oil, and nuts.			<ul style="list-style-type: none">• Gluten-containing grains: Wheat, barley, rye, spelt, and their derivatives.• Processed foods with gluten: Breads, pasta, baked goods, cereals, and sauces.• Beverages: Beer, malt-based drinks, and some flavored beverages.• Processed fats & sugars: Hydrogenated oils, trans fats, and refined sugars.					
Weekly diet plan								
Week 1								
Day	Breakfast	Lunch	Snack	Dinner	Notes			
1								
2								
3								
4								
5								
6								
7								

Week 2					
Day	Breakfast	Lunch	Snack	Dinner	Notes
8					
9					
10					
11					
12					
13					
14					
Week 3					
Day	Breakfast	Lunch	Snack	Dinner	Notes
15					
16					
17					
18					
19					
20					
21					

Week 4					
Day	Breakfast	Lunch	Snack	Dinner	Notes
22					
23					
24					
25					
26					
27					
28					
29					
30					

Sample diet plan					
Day	Breakfast	Lunch	Snack	Dinner	Notes
1	Scrambled eggs with spinach & gluten-free toast	Grilled chicken with brown rice & sautéed vegetables	Mixed nuts & fruit	Baked salmon with quinoa & steamed broccoli	Ensure proper hydration
Shopping list			Additional notes		
Sample diet plan					
Name:			License ID number:		
Signature:			Date:		