## Gluten-Free Diet Chart

|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast | Gluten-free oatmeal with sliced bananas and almond milk | Smoothie with spinach, berries, and gluten-free protein powder | Scrambled eggs with gluten-free toast and avocado | Yogurt parfait with <br> gluten-free <br> granola and mixed berries | Gluten-free pancakes with maple syrup and fresh strawberries | Omelet with spinach, mushrooms, and cheese | Gluten-free waffles with blueberries and whipped cream |
| Morning Snack | Fresh fruit salad (apples, oranges, grapes) | Greek yogurt with honey and gluten-free granola | A banana and a handful of gluten-free pretzels | A peach or nectarine | A handful of grapes and a gluten-free cereal bar | Orange <br> slices and a hard-boiled egg | A small <br> smoothie <br> with kale, banana, and almond milk |
| Lunch | Grilled chicken salad with mixed greens and vinaigrette | Quinoa salad with roasted vegetables and feta cheese | Rice and bean burrito bowl with salsa and guacamole | Turkey and cheese roll-ups with lettuce and gluten-free mustard | Tuna salad on mixed greens with gluten-free crackers | Grilled <br> chicken <br> Caesar salad | Caprese salad (tomato, mozzarella, basil) with balsamic glaze |
| Afternoon Snack | Carrot sticks and hummus | Apple slices with almond butter | Sliced <br> cucumber and <br> cherry <br> tomatoes | Popcorn | Celery sticks with cream cheese | Gluten-free rice cakes with avocado | Mixed berries |


| Dinner | Gluten-free pasta with tomato sauce and steamed vegetables | Baked salmon with brown rice and steamed broccoli | Grilled steak with sweet potato fries and a green salad | Stir-fried chicken and vegetables with gluten-free soy sauce, served over rice | Gluten-free pizza with your favorite toppings | Beef stir-fry with vegetables over quinoa | Roast chicken with roasted root vegetables |
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| Evening Snack | Rice cakes with peanut butter | A handful of mixed nuts | Gluten-free crackers with cheese | Cottage cheese with pineapple chunks | Gluten-free chocolate chip cookie | Gluten-free ice cream or sorbet | Dark chocolate |

