

Seven Day Gluten Free Menu

Cooking and eating gluten free is overwhelming at first but it will become second nature for you and your child. This sample menu is not a comprehensive list of how to eat gluten free. It is intended to get you from diagnosis to your visit with a registered dietitian. And remember, naturally gluten-free foods (e.g.: fresh grilled or baked meats and fish, fresh vegetables, fruit, eggs) are always good choices.

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
Breakfast	Cereal, labeled GF	Frozen Waffles, labeled GF	Eggs	Bagel labeled GF	Eggs	French toast-Frozen & labeled GF or homemade with bread labeled GF	Muffin, labeled GF
Snack	Fruit/veg	Yogurt	String Cheese	Fruit	Yogurt	Fruit/veg	Yogurt
Lunch	Hard boiled eggs	Sandwich made with deli meat and bread both labeled GF	Pizza (leftover from Monday)	Deli meat rollups	Grilled cheese made with bread labeled GF	Homemade lunchables-Cheese, deli meat, apple	Dinner leftovers
Snack	Yogurt	Fruit	Pretzels labeled GF	Cut up vegetables	Fruit	Yogurt	String cheese
Dinner	Chicken (GF breading) & Potatoes	Frozen Pizza labeled GF	Tacos using corn taco shells labeled GF	Quesadillas made on corn tortillas labeled GF	Frozen Chicken Nuggets, labeled GF	Fish	Burger, hot dog or meat on grill with a bun labeled GF