



# Gluten Free Meal Plan Program

## A Sample Week

1400 - 1500 Calories Per Day

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST	Italian Style Omelet with Kale and Feta (390 Calories)	Tropical Mango Coconut Chia Pudding (350 Calories)	Creamy Coconut Flour Pancakes with Berry Compote (390 Calories)	Salsa Rolled Omelet with Bean Medley (370 Calories)	Breakfast Burrito Bowl (360 Calories)
AM SNACK	Crunchy Cinnamon Apple Slices (100 Calories)	Roasted Masala Chickpeas (120 Calories)	Raisins Yoghurt Parfait (100 Calories)	Peanut Butter Tri-Seed Bar (110 Calories)	Fresh Watermelon Mint Bites (120 Calories)
LUNCH	Tex-Mex Chicken Fajita Bowl (460 Calories)	Summer Pineapple Shrimp Avocado Salad (440 Calories)	BBQ Beef and Cheddar Sliders (480 Calories)	Seabass Enchiladas with Salsa Verde (470 Calories)	Garlic and Tuna Zucchini Noodles (420 Calories)
PM SNACK	Savory Parmesan Spinach Patty (120 Calories)	Cocoa & Almond Energy Bites (120 Calories)	Tuna and Cucumber Roll-Up (130 Calories)	Chinese Five Spice Roasted Almonds (120 Calories)	Savory Pumpkin Soup (150 Calories)
DINNER	Thai Green Beef Curry with Quinoa (430 Calories)	Fragrant Lentil Dhal with Brown Rice (470 Calories)	Chicken & Edamame Piccata (400 Calories)	Black Beans & Lamb in Caribbean Jerk Sauce (430 Calories)	Peanut Chicken Pad Thai (450 Calories)