



GLUTEN-FREE MEAL PLAN



	BREAKFAST BOOSTER	MIDMORNING MUNCH	LUNCHTIME REFUEL	MID-AFTERNOON PICK-ME-UP	DINNERTIME DELIGHT	BEFORE BED (IF HUNGRY)
DAY 1	Picante Frittata (page 289); 1 slice whole-grain GF toast or rice cake; water; black coffee or herbal tea.	1 sliced apple, topped with all-natural peanut butter; water.	Gazpacho (pg 329); grilled chicken breast; water.	Trail mix; 1 pear; water.	Grilled salmon; steamed bok choy; steamed asparagus; brown rice; water.	Scrambled egg whites; sliced tomatoes; water or herbal tea.
DAY 2	Oatmeal* topped with unsalted walnuts, unsweetened applesauce, cinnamon, bee pollen, and flaxseed; scrambled egg whites; water; black coffee or herbal tea.	Ultimate Smoothie (pg 293); water.	Water-packed canned tuna over spinach leaves with diced radishes, carrots and a squeeze of fresh lemon juice; water.	Mediterranean Olive Spread (pg 302); rice crackers; sliced green bell pepper; water.	Chicken Explosion (pg 381); water.	Blackberries, raspberries and kefir mixed with GF protein powder; water or herbal tea.
DAY 3	Brown rice cake topped with almond butter, sliced banana and flaxseed; water; black coffee or herbal tea.	Trail mix; 1 pear; water.	Mango Salsa (pg 309); grilled tofu; water.	1 sliced apple topped with all-natural peanut butter; water.	Red Snapper with Vegetables (pg 370); water	Lemongrass Gingermint Tea Infusion (pg 389); nonfat plain yogurt; 1 handful unsalted almonds; water.
DAY 4	Egg white omelet with red bell peppers, tomato, fresh cilantro, and mushrooms; water; black coffee or herbal tea.	2 celery stalks, topped with all-natural peanut butter and raisins; water.	Grilled tilapia; roasted sweet potatoes; steamed spinach; water.	Unsweetened applesauce with flaxseed and 1 scoop GF protein powder; water.	Chicken stir-fried with onions, carrots and bok choy; brown rice; water.	Nonfat cottage cheese with orange segments; water or herbal tea.
DAY 5	Sweet Potato Oat Bars (pg 290)*; hardboiled egg whites; 1 plum; water; black coffee or herbal tea.	Nonfat cottage cheese; mango; water.	Mixed greens topped with grilled chicken, chickpeas, cucumbers, corn, cherry tomatoes and sliced almonds; water.	Hummus; cherry tomatoes; sliced carrots and cucumbers; water.	Bison tenderloin; lentils; roasted carrots, beets and fennel; water.	Unbuttered air-popped popcorn; 1 handful unsalted pecans; water or herbal tea.
DAY 6	Ultimate Smoothie (page 293); water; black coffee or herbal tea.	Hummus; cherry tomatoes; sliced carrots and cucumbers; water.	Leftover bison with spinach leaves, sliced tomato and avocado on brown rice wrap; water.	2 celery stalks, topped with all-natural peanut butter and raisins; water.	Thai Steak on pure buckwheat Soba Noodles (pg 373); water.	Nonfat plain yogurt mixed with ground almonds and raspberries; water.
DAY 7	Hot rice milk omelet hot rice cereal, pumpkin seeds, raisins, chopped almonds and walnuts, flaxseed, cinnamon and nutmeg; water; black coffee or herbal tea.	Nonfat cottage cheese; blueberries; water.	Salmon Miso Soup (pg 333); mixed greens with squeeze of fresh lemon juice; water.	1 banana spread with natural peanut butter; water.	Roasted turkey breast; Brazilian Style Pumpkin (pg 365); steamed broccoli and kale; water.	Power Balls (pg 385)*; water or herbal tea.

*Use uncontaminated oats