

Meal Plan

MONDAY

- Breakfast: Gluten-free oatmeal with almond milk, sliced banana, and chopped walnuts
- Snack: Apple slices with almond butter
- Lunch: Grilled chicken breast with quinoa salad (quinoa, cherry tomatoes, cucumber, feta cheese, olive oil, and lemon juice)
- Snack: Carrot sticks with hummus
- Dinner: Baked salmon with roasted sweet potato and green beans

TUESDAY

- Breakfast: Gluten-free toast with avocado, sliced tomato, and a poached egg
- Snack: Greek yogurt with mixed berries and honey
- Lunch: Shrimp and veggie stir-fry (shrimp, broccoli, carrots, bell pepper, onion, garlic, gluten-free soy sauce, and sesame oil) with brown rice
- Snack: Rice cakes with almond butter and sliced banana
- Dinner: Beef and veggie kabobs (beef, bell pepper, zucchini, onion) with quinoa salad (quinoa, cherry tomatoes, cucumber, feta cheese, olive oil, and lemon juice)

WEDNESDAY

- Breakfast: Gluten-free pancakes made with almond flour, topped with maple syrup and mixed berries
- Snack: Rice cakes with peanut butter and sliced apple
- Lunch: Turkey and veggie wrap (turkey, lettuce, tomato, cucumber, avocado, and gluten-free wrap)
- Snack: Mixed nuts and dried fruit
- Dinner: Grilled chicken breast with roasted Brussels sprouts and sweet potato fries

THURSDAY

- Breakfast: Gluten-free granola with Greek yogurt and mixed berries
- Snack: Baby carrots with guacamole
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and balsamic vinaigrette
- Snack: Rice cakes with hummus and sliced cucumber
- Dinner: Baked salmon with roasted asparagus and wild rice

FRIDAY

- Breakfast: Gluten-free overnight oats with almond milk, chia seeds, and mixed berries
- Snack: Rice cakes with peanut butter and sliced banana
- Lunch: Lentil soup with gluten-free crackers
- Snack: Trail mix with mixed nuts and dried fruit
- Dinner: Chicken fajita bowl with brown rice, sautéed bell peppers and onions, and avocado salsa



Meal Plan

MONDAY

- Breakfast: Gluten-free toast with scrambled eggs and sliced avocado
- Snack: Carrot sticks with tzatziki sauce
- Lunch: Tuna salad with mixed greens and gluten-free crackers
- Snack: Mixed nuts and dried fruit
- Dinner: Grilled shrimp skewers with quinoa and roasted vegetables (zucchini, bell peppers, and onions)

TUESDAY

- Breakfast: Gluten-free blueberry muffins with Greek yogurt and honey
- Snack: Apple slices with almond butter
- Lunch: Turkey and veggie wrap with gluten-free tortilla
- Snack: Gluten-free crackers with hummus
- Dinner: Baked chicken breast with roasted sweet potato and steamed broccoli

WEDNESDAY

- Breakfast: Gluten-free pancakes with maple syrup and mixed berries
- Snack: Baby carrots with guacamole
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, cucumber, and balsamic vinaigrette
- Snack: Rice cakes with peanut butter and sliced banana
- Dinner: Beef stir-fry with mixed veggies and gluten-free soy sauce, served with brown rice

THURSDAY

- Breakfast: Gluten-free oatmeal with almond milk, sliced banana, and chopped walnuts
- Snack: Rice cakes with hummus and sliced cucumber
- Lunch: Roasted vegetable and quinoa salad (zucchini, bell peppers, and onions) with feta cheese and balsamic vinaigrette
- Snack: Hard-boiled egg and grapes
- Dinner: Baked salmon with roasted asparagus and wild rice

FRIDAY

- Breakfast: Gluten-free breakfast burrito with scrambled eggs, black beans, avocado, and salsa
- Snack: Greek yogurt with mixed berries and honey
- Lunch: Chicken and veggie stir-fry with gluten-free soy sauce and sesame oil, served with brown rice
- Snack: Apple slices with almond butter
- Dinner: Grilled steak with roasted sweet potato and steamed broccoli

