

Download The 7-Day Gluten-Free Meal Plan

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Thank you for your interest in the 7-Day Gluten-Free Meal Plan. To download your free copy, please click the image.



	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Egg Omelet w/ Spinach, Tomato & Cheese GF Toast Orange	Cream of Rice Milk Blueberries Walnuts	GF Waffles w/ Syrup Egg Strawberries	GF English Muffin/ GF Bagel Almond/ Peanut Butter Banana	GF Cold Cereal/ Nutty Rice Cereal Greek Yogurt Mixed Berries	GF Breakfast Burrito w/ Egg, Bell Peppers, Mushrooms & Shredded Cheese Melon	GF Bagel Whipped Cream Cheese Lox/Other Protein Fruit Cup
Snack	String Cheese & GF Crackers	Hard Boiled Egg & Orange	Dried Apricots & Almonds	Yogurt & Berries	Peanut Butter & Apple Slices	GF Bar	Peanuts & Raisins
Lunch	Black Bean Turkey Chili Baked Potato/ GF Cornbread Broccoli Orange	Grilled Fish/ Chicken Tacos w/ Tomato, Lettuce, Onion, Shredded Cheese & Corn Tortillas	Falafel w/ Hummus/ Tahini Sauce, GF Pita, Cucumber, Tomato, Parsley, & Shredded Lettuce Grapes	Caprese Salad w/ GF Crackers / Caprese Panini Grapes	Tuna Salad w/ Mayo & Celery GF Crackers Shredded Lettuce Orange	Turkey Sandwich w/ GF Bread, Lettuce, Tomato, Avocado & Mustard Baked Chips, Apple	Roasted Chicken & Quinoa Salad w/ Asparagus, Sundried Tomatoes & Feta Mixed Berries
Snack	Smoothie w/ Yogurt, Banana & Strawberries	Peanut Butter & Banana	GF Cereal Milk	Nachos w/ Corn Chips, Shredded Cheese & Sour Cream	Popcorn & String Cheese	GF Trail Mix	Quesadilla w/ Corn Tortilla & Shredded Cheese
Dinner	GF Pasta w/ GF Sausage, Sundried Tomatoes, Spinach, Basil & Parmesan Cheese, Green Beans	Balsamic Glazed Chicken w/ Mushrooms, Grilled Asparagus & Mashed Garlic Cauliflower, GF Roll	Steak Baked Potato/ Yam Zucchini Salad w/ Olive Oil & Lemon/ GF Dressing	Salmon Brown rice Spinach GF Roll	Pork Loin Mashed Potatoes Grilled Asparagus Applesauce	Mac & Cheese w/ GF Pasta & Shredded Cheese Lettuce & Tomato Salad	Stir-Fry w/ Beef, Brown Rice, Mixed Veggies, GF Soy Sauce & Ginger & Garlic Crushed Peanuts
Snack	GF Cookies	Popcorn	Lowfat Vanilla/ Strawberry Ice Cream	Dark Chocolate Bites	GF Pudding	GF S'mores	Dark Chocolate Covered Almonds

The Gluten-Free Diet

Receiving a diagnosis of celiac disease or non-celiac wheat sensitivity can be stressful and isolating. Here we provide you with simple steps to maintain a strict gluten-free diet to keep you safe and healthy.

[Learn about the Gluten-Free Diet](#)

Lifestyle

With easy-to-make, delicious recipes, candy lists and tips for dining out and holiday eating, we make adapting to a gluten-free lifestyle the greatest thing since sliced bread.

[Get Recipes and Gluten-Free Living Tips](#)

Live Gluten-Free Resources

CDF Dietitian Janelle Smith blogs about ways to help you adapt to a gluten-free diet and a healthier lifestyle. Watch her webinars and check out her Pediatric and Diabetic Meal Plans. Plus we provide parents and children with everything they need to know.

[Download More Resources](#)

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