

Breakfast		Snack	Lunch	Snack	Dinner
Mon.	1 cup Gluten Free Oatmeal, 1/4 cup blueberries and 2 eggs sunny side up	Apple with 1 tbsp Almond Butter	4-6 oz chicken breast grilled, 1/2 avocado and 1-1 1/2 cups salad (greens) with 1 tbsp olive oil and balsalmic vinegar	Apple with 1 tbsp Almond Butter	4 oz Salmon fillet, 3/4 cup brown rice, 3/4 cup steamed broccoli seasoned lightly with sea salt and herbs
Tues.	1 cup brown or jasmin rice with 1 tsp butter and 1/4 cup coconut/almond milk, sweetened with 1 tbsp agave syrup	Rice cakes with almond butter	Gluten free bread with sliced, deli turkey, 1/4 avocado slices, cheese slice, lettuce, sprouts, mustard and organic mayo with side of 6-10 rice chips	Rice cakes with almond butter	Chicken breast with gluten free rice pasta, olive oil/pesto sauce and sauteed vegetable of your choice (cooked in coconut oil)
Wed.	Gluten free english muffin with 2 eggs-sunny side up, 1/4 avocado and butter	Handful of (previously soaked and dried) almonds and a peach	Brown rice wrap with hummus, fire roasted red peppers, goat cheese, sprouts and lettuce	Handful of (previously soaked and dried) almonds and a peach	Grassfed steak-4-6oz, baked sweet potato, sauteed zucchini-sliced and cooked in coconut oil or butter, salt and pepper
Thurs.	3/4 cup Greek yogurt, 1/4 cup blackberries, 1 tbsp of local, organic honey (beneficial for allergy fighting if it is local) and 1/2 cup gluten free granola	Hummus and carrots/celery	1 cup Brown rice, 3/4 cup of blak beans, sauteed red and green pepper with onions (in butter or coconut oil), rice tortilla and salsa	Hummus and carrots/celery	Chicken Breast or thigh with 1/2 cup quinoa, sauteed asparagus, mushrooms and onions
Fri.	Turkey sausage (2), 2 eggs over medium, 2 slices of gluten free toast with butter	Walnuts, strawberries, blueberries and blackberries	3/4 cup ground turkey with 3/4 cup rice and 1/2 cup broccoli steamed	Walnuts, strawberries, blueberries and blackberrie	Gluten free pasta with 5 oz chicken breast and marinara sauce, light sprinkling of mozzarella cheese
Sat.	2 eggs over medium, 1 cup brown rice, 1/4 avocado, 1/2 tomato, 1/4 cup black beans and salsa	Almonds, 2-4 gluten free crackers and goat cheese	Grilled grassfed beef patty with gluten free bun and all the fixins', kettle cooked potato chips (in moderation!)	Almonds, 2-4 gluten free crackers and goat cheese	Grilled halibut fillet with baked sweet potato and grilled veggies of choice
Sun.	Sunday pancakes or muffins, gluten free of course! (Pamela's mix for pancakes or King Authur GF Flour Muffin Mix and uncured, applewood smoked baco	Protein shake with a banana and 2 tbsp almond butter	Salad with grilled chicken breast and grilled avocado half, olive oil and vinegar	Protein shake with a banana and 2 tbsp almond butter	Gluten free rice noodle lasagna with ground turkey, fresh ricotta cheese, etc.. Make sure to pay attention to your ingredients!