

Program Gluten-Free

Breakfast (choose one)

- ½ cup goat yogurt with ½ cup strawberries, 1 T flax oil on 2 brown rice cakes
- 2 poached eggs, ½ cup hash browns cooked with 1 tsp sesame oil, 1 slice melon
- 1 cup hot amaranth cereal, 1/2 oz. protein powder, 1 dollop of goat yogurt, ½ cup raspberries
- 2 oz. smoked salmon, sliced cucumbers and tomatoes, 2 corn tortillas, green tea
- 1 slice ham with 1 slice rice cheese, 1 peach (use fat later)

Lunch (choose one)

- 4 oz. turkey white meat, Dijon mustard, 2 cups spinach salad with 1 tsp. flax oil, vinegar
- Large mixed green salad w/ 2 tsp. olive oil and lemon juice, 4 oz. of tuna, chopped yellow and sweet red pepper
- 4 oz. broiled sole/flounder or other serving of seafood, steamed vegetables, 2 tsp. flax/olive oil dressing
- 4 oz. chicken salad made with sugar-free mayonnaise, wrapped in lettuce, raw carrots and cucumbers
- 4 oz. albacore tuna sandwich made with celery, red onion, sugar -free unrefined mayonnaise, lemon juice, alfalfa sprouts, herb seasonings and 1 oz. sesame seeds on gluten-free bread

Dinner (choose one)

- 4 oz. broiled red snapper, 1 cup steamed broccoli, 1 baked yam, drizzled with olive oil
- 4oz. lean London broil, 1 small baked potato, 1 tsp olive oil, sautéed leeks or onions and mushrooms in wine
- 4 oz. wood-smoked or broiled salmon, ½ cup cooked brown rice vermicelli pasta (Pastariso or Trader Joe's brand),
- ½ cup tomato sauce w/ extra oregano, thyme, and garlic, grilled vegetables
- 4 oz. chicken breast with rosemary, ½ cup millet, roasted onions or garlic, broccoli sautéed in 1 tsp olive oil
- Salmon burger patties made with 4 oz. chopped salmon, onions, dill, 1 egg, and ¼ cup ground sesame seeds, sautéed in skillet with 1 tsp. olive oil, 1 cup cauliflower, ½ c. quinoa

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Albacore tuna broccoli custard made with ½ lb. fresh chopped broccoli, 3 oz. tuna, 1 egg, ¾ cup 1% milk, ¼ cup crumbled goat cheese, 2 Tbsp. lemon juice, seasonings, ½ cup brown rice macaroni, mixed together and baked at 375°F for 35 minutes

Acceptable Grains

Amaranth, corn, millet, potatoes, quinoa, rice, tapioca, and possibly oats (only when certified as gluten-free). Food for Life brand offers a variety of gluten-free breads. Check local health food store, or health food section of your grocery store.

Grains to Avoid

Wheat (including white flour, whole wheat, wheat berry, and wheat germ), kamut, spelt, barley, bulgur, couscous, graham flour, matzah, rye, semolina, triticale

Other Possible Sources of Gluten

stabilizing agent or thickener for many foods such as ice-cream and ketchup

canned soups, processed meats (lunchmeats, sausage)

certain OTC medications

certain cosmetics (lipsticks/lip gloss)

Other Foods to Avoid (for support of a healthy digestive tract)

Sugar in all forms, processed foods, hydrogenated oils, fried foods, safflower, sunflower, and corn oils

Gluten-Free Menu Outline

Breakfast

2 – 4 oz Protein

1 serving Fruit or Vegetable

1 Starch (optional)

1 Fat

Lunch

4 – 6 oz Protein

1 serving Vegetable

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0 Starch

1 Fat

Dinner

4 - 6 oz Protein

1+ servings Vegetables

1 – 2 servings Starch

1 Fat

Goal

The key is to avoid gluten, a primary component of many types of grains. Gluten issues can range from undiagnosed or delayed food sensitivities where wheat and gluten are the prime triggers, to a full-blown gluten allergy known as celiac disease. The main goal of this eating plan is to restore proper flora to the digestive tract, provide an adequate amount of fiber, and eliminate possible allergens.

Optimal Food Choices

Protein: Lean Meats

Buffalo, venison, lean beef, chicken, turkey, pork

Protein: Fish/Shellfish

Salmon, halibut, cod, mackerel, red snapper, tilapia, trout, tuna, crab, crayfish, lobster, mussels, oysters, scallops, shrimp

Vegetables:

Artichoke, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, collards, cucumber, eggplant, kale, lettuce, mushrooms, onions, parsley, peppers, pumpkin, radish, rutabaga, seaweed, spinach, squash, Swiss chard, tomato, turnips, watercress, zucchini

Fruits:

Apple, apricot, banana, blueberries, blackberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, kiwi, lemon, lime, mango, melon, nectarine, orange, papaya, peach, pear, persimmon, pineapple, plum, pomegranate, raspberries, rhubarb, strawberries, tangerine, watermelon

Nuts & Seeds:

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Almonds, Brazil nuts, cashews, chestnuts, hazelnuts, pecans, pine nuts, pistachios, walnuts, pumpkin seeds, sesame seeds, sunflower seeds

Note: Peanuts are legumes, not nuts.

Starches:

Amaranth, corn, millet, potatoes, quinoa, rice, tapioca, and possibly oats (only when certified as gluten-free)

Fats:

Olive oil, olives, flaxseeds, flaxseed oil, avocado, coconut

Beverages:

Herbal Teas (Chamomile, Licorice, Slippery Elm)