

Sample Gluten-Free Menu Plan

Below is a 1-day gluten-free menu that has been adapted from the *Example of a [Completed Regular Menu Plan](#)* in Section 2.5. Changes made to the regular menu to fit the gluten-free diet are shown in **bold**.

Meal	Menu Item	Portion Size
Breakfast	Coffee/tea and water	1 cup (250 mL)
	100% apple juice	½ cup/ 125 mL
	Banana	1 medium
	Gluten-free cereal	¾ cup/ 175 mL
	Gluten-free toast	2 slices (1 oz/ 35 g each)
	Milk/fortified soy beverage	1 cup/ 250 mL
	Gluten-free peanut butter	1 package (1 Tbsp/ 15 mL)
Lunch	Water and coffee/tea	1 cup/ 250 mL
	Beef vegetable soup (made with gluten-free soup base)	1 cup/ 250 mL
	Gluten-free crackers, saltines	1 package (2 crackers)
	Turkey wrap (on <i>gluten-free pita</i>)	2–3 oz/ 60–90 g lean turkey breast
	Gluten-free pita	1 whole (2 oz/ 70 g)
	Romaine lettuce, tomato in sandwich	1 piece of romaine 2 slices of tomato
	Carrot sticks	5–6 pieces (3 inches/ 7 ½ cm long)
	Tossed salad	½ cup/ 125 mL
	Milk/fortified soy beverage	1 cup/ 250 mL
	Grapes	½ cup/ 125 mL
Afternoon Snack	Water and coffee/tea	1 cup/ 250 mL
	Orange	1 medium
	Gluten-free oatmeal cookie	2 small cookies (1–1 ½ oz/ 30–38 g total)

Meal	Menu Item	Portion Size
Dinner	Water and coffee/tea	1 cup/ 250 mL
	Meatloaf (with gluten-free or no breadcrumbs)	1 slice (2 x 4 x ½ inch/ ½ cm) 5 x 10 x 1
	Baked potato	1 medium
	Green beans	½ cup/ 125 mL
	Gluten-free bun	1 bun (1 oz/ 35 g)
	Milk/fortified soy beverage	1 cup/ 250 mL
	Baked apple with cinnamon	1 medium
	Vanilla pudding made with cornstarch	½ cup/ 125 mL
Evening Snack	Water and coffee/tea	1 cup/ 250 mL
	Salmon salad sandwich	½ sandwich (1–1 ½ oz/ 30–45 g salmon salad)
	Gluten-free bread	1 slice (1 oz/ 35 g)