

Sample Menu for Gluten-Free and Dairy-Free Clients

**1,200 Calories Food plan: Day 1**

<b>Breakfast</b>	<b>Cereal 101</b>	<b>Freebies</b>
1/2 cups	GF Cereal with >5g of Fiber (e.g. Perky's Crunchy Flax)	2 G&S, .75 Meat, .75 Fat
1 cup	Raspberries	1 Fruit
1/2 cup	Unsweetened Almond Milk/Coconut Milk	0.5 Fat
<b>Snack</b>	<b>Turkey and Apple</b>	
1	Apple	1 Fruit
2 oz	Sliced Turkey Breast	2 Meat
<b>Lunch</b>	<b>Garden Delight Salad</b>	
2 cups	Mixed Non-Starchy Vegetables, Raw	2 NSV
3 oz	Chicken or Fish Grilled	3 Meat
1 Tbsp	Low Fat Dressing	0.5 Fat
1/2 cup	Garbanzo beans	1 G&S, 0.5 Meat
<b>Snack</b>	<b>Yummus Hummus</b>	
4 oz, 1/2 cup	Fruit of Choice	1 Fruit
2 Tbsp	Hummus	0.4 Fat, 0.4 Meat, 0.2 G&S
4-5 crackers	GF Seed Crackers (e.g. Mary's Gone Crackers)	0.5 G&S

## Sample Menu for Gluten-Free and Dairy-Free Clients

<b>Dinner</b>	<b>Rainbow Bowl with Chicken and Quinoa</b>	
3 oz	Chicken Breast	3 Meat
1/2 cup	Beets	1 NSV
1 tsp	Olive oil	1 Fat
1 cup	Kale/Chard: cut or tear into strips	1 NSV
1/2 cup	Quinoa	1.5 G&S, 0.5 Meat
	1 cup cooked: 1/4 cup dry quinoa & 1/2 cup water	
1	Orange: cut into sections	1 Fruit