Gluten-Free Diet Chart

Patient's name: Jane Doe	**Age:** 22	**Gender:** Female
Height: 5'2"	**Weight:** 140 lbs	**Contact information:** xxxx-xxxxxxxxx

Medical information (if necessary):
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Recommendations/preferences (if necessary):
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Days	Breakfast	Lunch	Dinner	Snacks	Notes
Monday	Gluten-free oatmeal with sliced bananas and almond milk	Grilled chicken salad with mixed greens and vinaigrette	Gluten-free pasta with tomato sauce and steamed vegetables	Fresh fruit salad (apples, oranges, grapes), Carrot sticks and hummus, Rice cakes with peanut	None
Tuesday	Smoothie with spinach, berries, and gluten-free protein powder	Quinoa salad with roasted vegetables and feta cheese	Baked salmon with brown rice and steamed broccoli	Greek yogurt with honey and gluten-free granola	None
Wednesday	Scrambled eggs with gluten-free toast and avocado	Rice and bean burrito bowl with salsa and guacamole	Grilled steak with sweet potato fries and a green salad	A banana and a handful of gluten-free pretzels	None
Thursday	Yogurt parfait with gluten-free granola and mixed berries	Turkey and cheese roll-ups with lettuce and gluten-free mustard	Stir-fried chicken and vegetables with gluten-free soy sauce, served over rice	A peach or nectarine	None
Friday	Gluten-free pancakes with maple syrup and fresh strawberries	Tuna salad on mixed greens with gluten-free crackers	Gluten-free pizza with your favorite toppings	A handful of grapes and a gluten-free cereal bar	None
Saturday	Omelet with spinach, mushrooms, and cheese	Grilled chicken Caesar salad	Beef stir-fry with vegetables over quinoa	Celery sticks with cream cheese	None
Sunday	Gluten-free waffles with blueberries and whipped cream	Caprese salad (tomato, mozzarella, basil) with balsamic glaze	Roast chicken with roasted root vegetables	Gluten-free ice cream or sorbet	None

Additional notes:

None

Physician's name: John Doe	**Physician's contact information:** xxxx-xxxxxxxxx	**Date:** November 1, 2024