

**simple,
gluten-free,
healthy
meal plan**

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Timing	Amounts	Example	Example	Example	Example
First Meal	2 Grains 1 Protein 1 Dairy	2 pc gluten-free, whole grain bread 2 eggs, scrambled with 1 spinach and 1oz feta cheese 1 cup unsweetened almond milk	¾ cup Healthy Gluten Free Granola 1 cup unsweetened almond milk	Overnight Oats Recipe: ½ cup gluten-free oats ½ cup unsweet. almond milk ½ cup 2% Greek yogurt Mix together. Add cinnamon and ½ c berries. Combine, cover and leave in the fridge overnight.	Gluten-free Oatmeal Breakfast Bars with Chocolate (2 servings)
Snack	1 Fruit 1 Protein	1 medium apple ¼ cup roasted almonds	4 dried apricots ½ cup 2% Greek yogurt	1 cup blueberries, fresh or frozen 1 Almond Kashi Granola Bar (gluten-free)	½ cup unsweetened applesauce 1 mozzarella cheese string
Second Meal	2 Grains 3 Protein 2 Fat Veggies	Easy Gluten-Free Turkey Burger (served on a gluten-free bun) Cucumber, Strawberry and Mint Salad	2 slices gluten-free whole grain bread 3 oz lean turkey meat Lettuce 2 tsp mayo, mustard Raw peppers and cucumber	Healthy Instant Pot Chicken Tortilla Soup (no beans)	Easy Red Lentil and Chickpea Curry with Spinach
Snack	1 Fruit 1 Protein	1 orange 1/3 cup hummus Cucumber and carrots	1 large apple ¼ cup almonds	Banana Date Chia Smoothie	Easy Coconut Energy Bites (3)
Third Meal	2 Grains 3 Protein 1 Dairy Veggies 1 Fruit	1 cup quinoa 3 oz salmon, baked 1 cup unsweet. almond milk 1 cup steamed veggies 1 cup raspberries	Sheet Pan Maple Dijon Chicken and Broccoli Bake (1 serving) Healthy 5-Ingredient Berry Frozen Yogurt *Make overnight oats for tomorrow morning	Healthy Taco Salad with Ground Beef and Kidney Beans Peaches with cinnamon	Instant Pot Sweet and Spicy Chicken Thighs Served with basmati rice
Snack Options* Base need on hunger level	<ul style="list-style-type: none"> ● Examples: Popcorn (popped at home or brands like this) / 1 cup of a smoothie (recipes here) ● Homemade gluten-free muffins (like these) / Gluten-free Kashi Bar 				

Serving Sizes

Grains and Starches (1 serving)

1 slice gluten-free bread, 1 small gluten-free pita, 1 small, gluten-free (corn) tortilla (6")
3/4 cup (175ml) cooked gluten free hot cereal (oatmeal) or [Q'ia cereal](#)
3/4 cup cornmeal
1/2 cup sweet potato or regular potato
1/2 cup (125 ml) cooked whole-grain gluten free pasta
1/3 cup cooked brown, red or wild rice
1 cup of peas, parsnips, or winter squash
1/2 cup plantains
5-10 gluten-free crackers (check the label - 15 grams of carbs = 1 carb serving)
**1 cup of legumes (chickpeas, kidney beans, lentils, etc) = 4 carbs and 5 proteins

Dairy Options (1 serving)

1/2 cup 2% Greek yogurt, unflavoured
1 x 2% Activia (or equivalent) yogurt cup
1 cup (250 ml) 1% milk or unsweetened alternative like almond milk
1/2 cup (125ml) cup low-fat chocolate milk, no sugar added pudding

Fruit (1 serving)

1 medium (the size of a tennis ball) apple, orange, pear or peach
2 cups (500ml) strawberries, blackberries or raspberries
1 cup (250ml) blueberries
1/2 medium mango, pomegranate
1/2 cup (125ml) canned fruit, drained or unsweetened applesauce

Protein Options (1 serving)

1 oz. of cooked fish, lean beef, pork, chicken, bison, lamb
1/2 cup (125ml) legumes (dried beans, peas and lentils)
1/3 cup (85g) tofu
1/3 cup (75ml) hummus 1 egg
1oz (30g) lower fat cheese (20% or less M.F.) 1 mozzarella cheese string
1 Tbsp (30ml) nut butters (peanut, almond etc.)
1 Tbsp any variety of nuts
1 Tbsp whey or soy protein powder

Veggies – Free!

Be sure to get at least 4 cups of veggies daily! Free veggies include peppers, cucumber, baby carrots, cherry tomatoes, peppers, salad greens, mushrooms, green and yellow beans, onions, asparagus, cabbage, celery, artichokes, etc.

Fats and Oils (1 serving)

1/6th of an avocado
1 Tbsp light mayonnaise
1 tsp (5 mL) oil, salad dressing (regular, low-fat), butter, non-hydrogenated margarine (Becel)

Tips for Success

Approximate Breakdown of calories from meal plan:

40-50% from carbohydrates
20-25% from protein
25% from fat

The above meal plan is designed to meet these requirements.

Everything on the plan serves a purpose – getting you the right amount of carbohydrate, protein, healthy fat, micronutrient, fibre, etc.

Plan your meals weekly and grocery shop for those meals.

Prep as many cut up veggies and fruit as you can – wash and cut peppers, celery, cucumber, carrots, etc and keep them in the fridge. Frozen veggies are fine too!

Buy bags of frozen berries to have on hand for smoothies and to defrost and put on yogurt, oatmeal, etc.

For at least the first month, measure your food before you put it on your plate.

Use measuring cups, food scale, etc.

Use 8 or 9” dinner plates.

Veggies are calorie free. Eat as much as you want

Go for one “indulgence meal” per week – and enjoy it!

Drink lots of water throughout the day

Eat first meal within one hour of waking
Have a post-workout snack within 1 hour of workout – choose something with carb + protein (see Snack list)

Last snack 1-2 hours before bedtime

Eating regular throughout the day

Alcohol: 1 drink = 1 carb serving

Sugar free drinks and jello, broth, garlic, herbs, spices, pickles, salsa are free

Use measuring cups to ensure portions correct

Tips for choosing gluten-free granola bars:

Look for at least 10 grams of protein, less than 15 grams sugar and less than 250 calories.
BONUS – if over 4 grams fibre.

Remember, this is change for life!

Try and keep a positive attitude and enjoy the process.