



Gluten Free Menus for 1600 Calories Per Day

Each Sample Menu will give you healthy meal options that are gluten free and approximately 1600 calories for the day.

Sample Menu 1

Breakfast

Oatmeal with Berries 346 cals

1 cup instant oatmeal 225 cals
1 cup skim milk or milk alternative 53 cals
1 cup raspberries 68 cals
8 oz water, green tea or coffee

Snack

1 large orange 98 cals
½ oz cheese 55 cals

Lunch

Grilled chicken, salmon or turkey burger over salad 353 cals

5 oz grilled/broiled chicken breast, salmon or turkey burger 250 cals
4 cups spring salad mix 30 cals
¾ cup broccoli 23 cals
1 tbs balsamic vinaigrette 50 cals
8 oz water, green tea, or unsweetened tea

Snack

1 large banana 147 cals

Dinner

Salmon with Brown Rice and Kale 521 cals

5 oz salmon 233 cals
1 cup brown rice 205 cals
1 cup kale 83 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1520



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Sample Menu 2

Breakfast

Yogurt with Nuts & Berries 351 cals

1 cup non-fat, plain yogurt 140 cals
1 cup blueberries 83 cals
¾ oz cashew nuts (9 pieces) 128 cals
8 oz water, green tea or coffee

Snack

2 oz(2 small squares) dark chocolate 140 cals

Lunch

Turkey or Roast Beef Sandwich 341 cals

3 slices (3 oz) turkey breast or 2 slices roast beef 90 cals
1 slice (1 oz) low fat cheese 47 cals
2 slices gluten free bread 177 cals
3 slices tomato 12 cals
1 tbs mustard 15 cals
8 oz water, green tea, or unsweetened tea

Snack

½ cup (small handful) dried cherries or berries (no sugar added) 150 cals

Dinner

Quinoa salad 532 cals

1 ½ cup quinoa 270 cals
2 oz sautéed spinach 38 cals
½ cup red onion 34 cals
1 oz feta cheese 70 cals
1 tbsp olive oil 120 cals
8 oz water, green tea or unsweetened iced tea

Total Cals: 1514



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Sample Menu 3

Breakfast

Veggie Omelet 372 cals

3 whole eggs or 12 egg whites 210 cals

1 oz feta cheese 70 cals

1 small tomato 16 cals

2 oz spinach 76 cals

8 oz water, green tea or coffee

Snack

10 gluten free brown rice crisps 90 cals

5 tbsp. salsa 50 cals

Lunch

Grilled Shrimp or Calamari over Spinach Salad 350 cals

4 cup baby spinach 20 cals

7 large grilled shrimp 39 cals

1 cup red onion 67 cals

½ avocado 140 cals

1 whole red pepper 50 cals

1 ½ tbsp raspberry vinaigrette 34 cals

8 oz water, green tea, or unsweetened tea

Snack

1 large apple 100 cals

½ tbs sunflower seed butter 50 cals

Dinner

Penne Primavera 514 cals

3 oz gluten free penne pasta 270 cals

½ cup tomato sauce 60 cals

1 cup sautéed broccoli 45 cals

1 cup sautéed zucchini 29 cals

3 oz cherry tomatoes 21 cals

1 cup sliced carrots 54 cals

1 tbs parmesan cheese 35 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1526



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Sample Menu 4

Breakfast

Gluten Free Oatmeal with Fruit 358 cals

1½ cups gluten free oatmeal (no added sugar, made with water) 193 cals

1¼ cups fresh strawberries 125 cals

2 tsp honey 40

8 oz water, green tea or coffee

Snack

15 pieces raw veggies: broccoli, carrots, peppers, and/or cauliflower 75 cals

3 tbs hummus 75 cals

Lunch

Soup and Salad 351 cals

1½ cup vegetable soup (no pasta) 135 cals

1¾ cup garden salad with garbanzo beans 216 cals

8 oz water, green tea, or unsweetened tea

Snack

2 oz (2 small squares) dark chocolate 140 cals

Dinner

Beef, Turkey, or Veggie Burger with Baked Sweet Potato Fries 515 cals

3 ¼ oz lean ground beef (no bun) 288 cals

3 slices tomato 12 cals

1 sweet potato fries (baked) 132 cals

5 cups garden salad 38 cals

1 tbs ginger vinaigrette dressing 45 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1514



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Sample Menu 5

Breakfast

Egg Scramble with Smoked Salmon 355 cals

3 oz smoked salmon (3 slices) 99 cals

2 whole and 3 egg whites scrambled 191 cals

1 small orange 65 cals

8 oz water, green tea or coffee

Snack

1 large banana 147 cals

Lunch

Quinoa with Grilled Vegetables 343 cals

1 cup quinoa 180 cals

2 cups grilled vegetables, mushrooms, peppers, onions 128 cals

1 tbsp parmesan cheese 35 cals

8 oz water, green tea, or unsweetened tea

Snack

20 almonds 144 cals

Dinner

Steak and Potato 521 cals

6 oz sirloin steak 299 cals

1 large baked sweet potato 162 cals

2 cup asparagus 60 cals

8 oz water, green tea or unsweetened iced tea

Total Cals: 1510



Gluten Free Menus for 1600 Calories Per Day

Sample Menu 6

Breakfast

Yogurt Fruit Smoothie 356 cal

1 cup non-fat, plain yogurt 140 cal

$\frac{3}{4}$ banana 101 cal

3 oz frozen raspberries 55 cal

1 tbsp honey 60 cal

Pinch of cinnamon 0 cal

8 oz water, green tea or coffee

Snack

20 almonds 144 cal

Lunch

Veggie Burger 350 cal

1 veggie burger, or grilled vegetables 130 cal

1 slice low fat swiss cheese 50 cal

1 large gluten bread 170 cal

8 oz water, green tea, or unsweetened tea

Snack

10 gluten free brown rice crisps 90 cal

5 tbsp. salsa 50 cal

Dinner

Chicken and Vegetable Fajitas 523 cal

4 oz chicken breast 184 cal

1 gluten free tortilla 170 cal

3 oz green & red peppers 27 cal

$\frac{1}{4}$ cup onions 15 cal

$\frac{3}{4}$ cup broccoli 34 cal

2 tbs salsa 10 cal

$\frac{3}{4}$ oz shredded cheddar cheese 83 cal

8 oz water, green tea or unsweetened iced tea

Total Cals: 1513