

Gluten Free Sample Diet Plan

MONDAY

Lunch: Chicken gluten free wrap with avocado
Snack: Protein miso soup with gluten free oatcakes
Shake: Strawberry protein shake
Dinner: Turkey steaks with quinoa and vegetables
Dessert: Gluten free chocolate pudding
Evening Meal: King prawns and egg salad
Next Day Breakfast: Gluten free protein whey with chia seeds and almond flakes for yoghurt/shake

1702kcal, 173g protein, 54g fat, 131g carbs, 26g fibre

TUESDAY

Lunch: Gluten free wrap with tuna and sweetcorn
Snack: Turkey meatballs & sweet potatoes croquettes
Shake: Chocolate protein shake
Dinner: Pork medallions, mash potatoes, broccoli, peas & bacon sauce
Dessert: Baked apples, walnuts and maple syrup with cinnamon
Evening Meal: Thai style tofu salad
Next Day Breakfast: Gluten free protein whey with nuts for yoghurt/shake

1699kcal, 166g protein, 55g fat, 135g carbs, 26g fibre

WEDNESDAY

Lunch: Egg & crispy bacon gluten free wrap with watercress
Snack: Gluten free beef jerky
Shake: Berries protein shake
Dinner: Baked salmon fillet, brown rice, lemony kale, tarragon sauce
Dessert: Ricotta cheese with crushed walnuts and sugar free maple syrup
Evening Meal: Mix sprout beans salad with herbs dressing
Next Day Breakfast: Gluten free protein whey with oats for yoghurt/shake

1703kcal, 153g protein, 67g fat, 122g carbs, 29g fibre

THURSDAY

Lunch: Meatfree gluten free sausages wrap with cranberry sauce
Snack: Boiled eggs with spinach and broad beans
Shake: Banana protein shake

Dinner: Bolognese stuffed corquette with quinoa & spicy fresh salsa
Dessert: Sugar free jelly cubes with gluten free custard and fruits
Evening Meal: Chicken salad pomegranate
Next Day Breakfast: Gluten free protein whey with nuts for yoghurt/shake

1702kcal, 141g protein, 54g fat, 163g carbs, 37g fibre

FRIDAY

Lunch: Prawns gluten free wrap with avocado
Snack: Chicken fillets & sweet potatoes croquettes
Shake: Strawberry protein shake
Dinner: Sojabeen spaghetti with spinach, sundried tomatoes and basil
Dessert: Gluten free protein brownies
Evening Meal: Tuna Nicoise salad
Next Day Breakfast: Gluten free protein whey with oats for yoghurt/shake

1700kcal, 168g protein, 52g fat, 140g carbs, 33g fibre

SATURDAY

Lunch: Spicy beef wrap with black beans
Snack: Tomato and mozzarella sticks with black olives
Shake: Green vegetables protein shake
Dinner: Tuna steaks, baby potatoes, asparagus, Dijon sauce
Dessert: Yoghurt with gluten free protein whey and almond flakes
Evening Meal: Stirfry chicken with spring vegetables, cashew nuts
Next Day Breakfast: Gluten free protein whey with seeds for yoghurt/shake

1699kcal, 167g protein, 51g fat, 143g carbs, 38g fibre

SUNDAY

Lunch: Gluten free falafel wrap with hummous
Snack: Gluten free oatcakes with avocado and egg spread
Shake: Chocolate protein shake
Dinner: Rumpsteak, vegetables rice pilaf, low fat BBQ sauce
Dessert: Low carb cheesecake with jelly
Evening Meal: Frutti di Mare seafood salad
Next Day Breakfast: Gluten free protein whey with dried fruits for yogh/shake

1705kcal, 162g protein, 57g fat, 136g carbs, 35g fibre