

Gluten-Free KID FRIENDLY 7-DAY MEAL PLAN

Always check the labels for gluten-free (GF) status of all foods and ingredients used.

Choose milk or a milk alternative with each meal

SUNDAY

Breakfast: Scrambled eggs, GF toast & fresh berries

Lunch: GF pasta with marinara sauce & cheesy broccoli, orange sections

Dinner: Grilled chicken, Basmati rice, peas & carrots

Snack: GF Hummus, GF pretzels, celery & cucumber sticks

MONDAY

Breakfast: GF pancakes with blueberries & maple syrup

Lunch: GF BLT sandwich, peppers & sugar snap peas

Dinner: GF corn tortillas with shredded chicken & avocado, mango, lime salad

Snack: Honeydew melon wrapped in ham

TUESDAY

Breakfast: Berry banana Greek yogurt smoothie

Lunch: GF Mac'n Cheese, cucumber & carrot sticks

Dinner: Hamburger patty with GF bun, tomato, & watermelon slices

Snack: Fresh veggie skewers with GF hummus dip

WEDNESDAY

Breakfast: GF cereal, milk, banana coins & strawberries

Lunch: GF pasta salad with cherry tomatoes, olives & feta

Dinner: Grilled salmon, mashed potatoes, green beans & honey glazed carrots

Snack: GF crackers with cheese, grapes & cantaloupe

THURSDAY

Breakfast: GF Muffin, yogurt & fresh fruit cup

Lunch: GF egg salad sandwich, watermelon & cucumber salad

Dinner: Grilled steak, baked sweet potato & corn on the cob

Snack: Celery with sunflower butter and raisins

FRIDAY

Breakfast: GF bagel with cream cheese & fruit skewer

Lunch: GF wrap with lettuce, shredded chicken & avocado

Dinner: Baked tilapia with peach salsa, quinoa & cucumber slices

Snack: Apple slices with cinnamon, walnuts and raisins

SATURDAY

Breakfast: GF waffles with fresh berries

Lunch: GF chicken nuggets, cut sweet potato fries, sauteed zucchini & tomatoes

Dinner: GF Pizza & fresh cut veggie salad with GF dressing

Snack: Fresh melon balls & cottage cheese