

# Gluten Free Week at a Glance

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	½ c. Fruit Cocktail 1 c. Sugar Smacks or 1 sl. Toast 2 Scrambled Eggs 1 t. Jelly	1 Apple (no skin, raw) 1/2 cup Oatmeal or 1 sl. Toast 1 Poached Egg 1 t. Jelly	½ c. canned Peaches ½ Bagel 1 T. Cream Cheese 2 Eggs Omelet w/ Onions, Peppers 1 t. Jelly	½ c. Pears, canned 1 t. Jelly ½ c. Cream of Wheat 2 Scrambled Eggs 1 t. Jelly	½ c. Pineapple, canned 1/2 c. Grits or 1 slice Toast 1 t. Margarine 1 Scrambled Egg 1 t. Jelly	1 Tangerine 1/2 English Muffin 2 Boiled Eggs 1 t. Jelly	½ c. Mand. Oranges 1/2 c. Bran Cereal or 1 sl. Toast 2 Poached Eggs 1 t. Jelly
Lunch	2 oz. Hamburger 1 c. Sautéed Peppers & Onions 2-3 Carrot Sticks 1/2 c. WK Corn 1/2 c. Fruit Cup ½ Bun 1 c. Skim Milk	2 oz. Pork Chop ½ c. Salad/1 T. Mayo 1/2 c. Cabbage ½ c. English Peas w/Onions 1/2 c. Berries 1 c. Skim Milk	2 oz. Steak 1 c. Green Beans ½ c. Rice ½ c. Fruit Cocktail 1 c. Skim Milk	2 oz. Baked Chicken ½ c. Beets ½ c. Cucumbers 1 Radish ½ c. Pasta 2 sl. Pineapple 1 t. Mayo 1 c. Skim Milk	2 oz. Braised Beef ½ c. Carrots, Peppers & Onions ½ c. Mushrooms 1 Roll 1/2 c. Grapes 1 c. Skim Milk	2oz. Chicken Salad, SF 1 c. Fresh Veggies 1/2 c. Mac Salad-SF ½ c. Watermelon 1 c. Skim Milk	2 oz. Pork Loin 1 c. Sautéed Squash & Onions 1/2 c. Corn, WK ½ c. Berries 1 c. Skim Milk
Dinner	2 oz. Fish, broiled ½ c. Cole Slaw ½ c. Grits ½ c. Strawberries	2 oz. Chicken, baked 1/2 c. Cauliflower or Eggplant ½ c. yellow Rice ½ c. Blackberries	2 oz. Salmon, fresh ½ c Sauté Mushrooms ½ c. dialyzed Potatoes ½ c. Raspberries	2oz. Venison ½ c. Summer Squash w/Vidalia Onions 1 Roll ½ c. Blueberries	2oz. Shellfish ½ c. Grits ½ c. Green Beans ½ c. canned Peaches	2oz. Beef ½ c. Beets 1 Roll ½ c. canned Pears	2oz. Lamb ½ c. Artichoke 1 Baked Apple (no skin) 1/3 c Wild Rice
HS	3 Graham Cracker	6 Vanilla Wafers	1 c. Puffed Cereal	3 c. Popcorn, unsalted	9 -3 Ring Pretzels, unsalted	4- 2 inch crackers with unsalted tops	1 c. Sugar Smacks

Use Unsalted Nuts/Almonds, Fats also used in preparation and cooking of the meats. Canned tomatoes are High in Sodium. SF-Salt Free, WK-whole kernel