

5 DAY SAMPLE GLUTEN-FREE/MILK-FREE MENU

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Note-All ingredient list must be read to determine if the food is gluten-free/ milk-free. All food referenced here must be gluten free. Add G.F. condiments as desired.

Day 1

Breakfast: Plain hominy grits, plain corn grits (Flavored may contain gluten, therefore plain is recommend.), Cream of rice. Mix in flaxseed or flaxseed meal and nut or seed butters as desired. Note cream of rice contains dairy

Lunch: Tuna made in U.S. packed in water or vegetable broth (You must read label, to assure that no gluten is added.). Place on gluten free bread. If desired, gluten free plain soy yogurt can be used to replace mayonnaise. Add celery, onions, and parsley. Note regular yogurt contains dairy.

Dinner: Spaghetti made with gluten free pasta. Top with red meat sauce and gluten free/dairy-free Parmesan cheese. Include steamed broccoli, gluten free garlic toast, and rice pudding to complete the meal. Check if prepackaged for ingredients

Day 2

Breakfast: Puffed rice, crispy brown rice, or corn flakes (Be sure to read labels to assure that the brand is gluten free). You may easily find these items in a health food store or one of the specialty distributors. Cereals may be topped with fresh, canned or dried fruit. (Be careful as dates and other dried fruits may be dusted with flour).

Lunch: Pizza rice cakes. Top with tomato sauce, seasoning, onions, and imitation cheese (read label to be sure gluten free and/or dairy free, tomatoes and bake until cheese melts. Include mixed fruit with chopped nuts, gluten free tortilla chips

Dinner: Shepherd' Pie. This is made with mashed potatoes, ground beef or turkey, carrots and celery. Add green salad with oil and apple cider, wine or rice vinegar, and a gluten free muffin.

Day 3

Breakfast: Soy gluten-free/dairy free plain or fruited yogurt. This may also be mixed with raisins or other dried fruit, sunflower seeds and nuts. Add gluten-free bagel.

Lunch: Grilled imitation cheese sandwich on gluten free bread. Add to meal carrot sticks and gluten free pretzels.

Dinner: Quiche made with spinach and/or broccoli and Light Deli Ham (check label). If cholesterol is a concern, using 2 egg whites to equal 1 egg or a quarter of a cup of uncooked gluten free cholesterol free eggs to equal 1 egg may modify it. Gluten free crust may be made from gluten free bread crumbs mixed with gluten free potato chips and held together with oil. This may be baked simultaneously as the egg filling bakes. Add to meal a baked white or sweet potato and Waldorf salad.

Day 4

Breakfast: Omelets. Let your imagination go. Try your favorite vegetables or gluten free/dairy-free cheese or salsa. Or fix eggs however you like them. Add hash browns, fried or baked potatoes. Include gluten free bacon as desired.

Lunch: Roasted or baked chicken. If you are not a cook you can obtain prepared in section of many grocery stores, a salad tomato and lettuce, and fresh orange slices and fresh popped popcorn.

Dinner: Baked fish with gluten free corn flakes and/or rice bran. Add brown rice, steamed vegetables, and gluten free bread.

Day 5

Breakfast: Waffles and pancakes made from scratch or from gluten free flours or a mix. There are some pre-made gluten free ones made by some of the specialty distributors. Or you can make your own French toast with gluten free bread. Top the waffles, pancakes, or French toast with gluten free syrup such as maple syrup, dairy free margarine or fresh fruit. Or you could have gluten-free toast or rice cakes covered with jam or jelly. Gluten-free/dairy-free margarine, or cinnamon may be used in place of jam or jelly.

Lunch: Stuffed or baked potato, possible fillers: gluten free kidney beans, homemade chili, gluten free cheese, plain gluten free yogurt or cottage cheese, sliced tomatoes and/or broccoli. Bake potato or cook in microwave. Then add topping and heat as desired. Add to meal gluten free corn muffin and fresh banana.

Dinner: Beef Stew, steamed squash, plain rice crackers (Please note flavored may contain gluten) and fresh fruit.

Beverage ideas to complement the meals: Gluten free hot chocolate, seltzer water, fruit juices, gluten free tea (Herbal teas may contain gluten), gluten free coffee (Flavored coffee may contain gluten), gluten free sodas such as Pepsi, Coke, 7-Up, soy milk, almond milk, rice milk, and water.

Non-Breakfast Food Eaters: Choose non-conventional breakfast foods, such as those typically eaten at lunch or dinner.

Note: For those who need supplementation of calories, protein, vitamins and minerals, commercial liquid supplements could be used. There are many food supplements but you must read the labels to assure they are gluten free and dairy free if you are milk restricted. Calories may be added using such foods as cereals, soups, mashed potatoes, beverages, puddings, etc. Please be advised these five-day menu suggestions are merely ideas. It should be viewed to serve as an aid for you to put a little variety in your diet. You should continue to explore ways to vary your diet.

Suggestion for Preparing pancakes or waffles: Use 1 cup rice flour to 1 cup of liquid (rice milk, or soy milk, or almond milk, or a juice, or water). Add 1 tablespoon of sugar, 1 egg or egg substitute. Mix well. Spoon into a heated pan with a little corn oil or other gluten free oil.