

# Celiac Disease Sample Meal Plan Ideas

Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast Shake	Breakfast Scramble	Breakfast Oats	Breakfast Shake	Breakfast Scramble	Breakfast Oats	Breakfast Shake
Snack	-	Apple and 2T nut butter	2T hummus and a ½-1cup celery and carrots	2 hard boiled eggs	½ cup yogurt (organic dairy, almond, coconut) and 1 cup berries	Small soup and gluten free crackers (4)	-
Lunch	Leftover Sunday roast chicken, veggies, and salad with homemade dressing.	Leftover tofu stir-fry 1 cup celery/carrots/bell peppers and 4T hummus.	Leftover steak on a spinach salad (4 cups) with raspberries, walnuts, and homemade dressing  1 orange 1 1/2 oz organic cheese	Big salad (4cups veggies) with a protein, healthy fat, and homemade salad dressing	Big salad (4cups veggies) with a protein, healthy fat, and homemade salad dressing	Leftover curry and brown rice.	2 eggs, 1 slice gluten free toast, 1 cup fruit 1 cup sautéed mushrooms
Snack	1 orange + 1 1/2 oz organic cheese	Snack Smoothie – ½ of breakfast size	Small handful of almonds and ¼ cup unsweetened dried fruit	Small handful of almonds and ¼ cup unsweetened dried fruit	1 orange + 1 1/2 oz organic cheese	Snack Smoothie – ½ of breakfast size	Oysters and gluten free crackers
Dinner	Tofu Stir-fry	1 cup Asparagus with garlic and olive oil 1 small steak – seasoned with spices and salt and pepper 1cup of baked potato with olive oil	1 serving meat or veggie protein 1 cup sautéed zucchini ½ cup butternut squash	Big salad (4cups veggies) with a protein, healthy fat, and homemade salad dressing	Curry made with gluten free curry sauce, ¾ c cup chickpeas, 1 cup cauliflower, and ½ c cooked whole grain brown rice.	Big salad (4cups veggies) with a protein, healthy fat, and homemade salad dressing	Roast chicken – breast, potatoes, carrots, and a salad with homemade dressing  1 glass red wine
Snack	2 squares of 70% dark chocolate	-	3 cups popcorn made on stove or air popper with 2T organic butter or coconut oil	-	Small ½ size portion of cooked chicken breast and hummus	-	2 squares dark (70%) chocolate.

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## Notes:

- This is a sample eating plan and gives a good idea about portion sizes. You must not eat all of the snacks or full portions if not hungry. If still hungry you can add more snacks. This diet is not for weight loss.
- Be sure to eat 3-4 servings of vegetables daily
- Eat when you are truly hungry: not bored, distracted, watching TV, working.
- Enjoy eating with friends and family – take the time to savour your food.
- Don't eat on the go, you might eat more than you need when distracted, or may have gastrointestinal symptoms from rushed eating.
- Have plenty of healthy snacks available to help with hunger and not buy take out foods which may contain gluten or high amounts of sugar.
- Serving size of protein is approximately the size of a deck of cards, and 3/4 cup of cooked legumes.

Celiac Disease has a tendency to deplete the following nutrients so it's important to include the foods below or supplements to keep levels up.

- Iron – organ meats, lean protein, red meats in moderation. Iron supplements.
- The fat- soluble Vitamins A, D, E, K.
  - Vitamin A - found in fruits and vegetables like: carrots, squash, red peppers, spinach, kale, and collard greens.
  - Vitamin D – may be found in fatty fish – salmon and trout, oysters, milk, and eggs
  - Vitamin E – found in nuts and seeds, (sunflower seeds, almonds, salmon, avocado), swiss chard, spinach
  - Vitamin K - found in leafy green vegetables, spinach, lettuces, broccoli, asparagus.
- Vitamin B12 – found in meat and meat protein, seafood like Muscles and oysters, eggs, milk.
- Folic Acid – Vitamin B9 : legumes, asparagus, eggs, leafy greens.

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## Dietary Recommendations

The following is a meal plan catered to you and for people with celiac disease. It is extremely important to follow a strict gluten free diet with celiac disease in order to stop the disease and to decrease symptoms of indigestion. The remaining diet is based on a Mediterranean eating plan which has been shown to have a positive effect on longevity, your heart, and your wellbeing.

### Foods to Absolutely Avoid:

- Gluten containing foods
- Wheat
- Barley
- Rye
- Malt
- Beer

Watch Foods labels: gluten may be hiding everywhere! Particularly sneaky places to watch out for include: canned or boxed soups, soya sauce, prepared sauces (pasta sauce), spice mixes, and condiments like ketchup and barbeque sauce.

### Foods to Eat and Enjoy Often:

- Leafy Green Vegetables
- Fresh herbs and spices
- Non-starchy vegetables: mushrooms, zucchini, green beans, pepper, onions, garlic, etc.
- Whole, non-processed foods (fruits, vegetables). Think all colours of the rainbow.
- Healthy oils and fats: avocados, olive oil, walnut oil, avocado oil
- Protein: chicken, eggs, fatty fish (salmon, mackerel).
- Vegetarian sources of protein: nuts, seeds, soybeans, miso, tempeh, beans and legumes

### Foods to eat in moderation:

- Starchy/ Root vegetables and squash: potato, sweet potato, butternut squash, pumpkin, other squashes, carrots, turnips, parsnips.
- Whole gluten free grains: rice, buckwheat, corn, oats.
- Red meat – beef. This is a great source of iron but limit to 1-2 servings a week
- Organ meats – great source of iron. Be sure to choose organic here. Especially with liver which filters for the animal.
- Organic dairy
- Red wine
- Dark chocolate

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## Foods to Eat infrequently or Not at All:

- Processed foods (even gluten free)
- Gluten free pastries, snack foods
- Processed soy foods
- Fatty meats such as pork, bacon, luncheon meats
- Packaged cereals, granola bars etc.
- “white” gluten free flours – white rice flour etc.
- higher mercury fish (swordfish, shark, albacore tuna).

## Recipes

### Breakfast Shake:

- 1 cup leafy greens
- 1 cup fruit
- ½ c yogurt (dairy, coconut, almond) OR 1 scoop protein powder of choice OR 2T nut butter
- 1/3 c quick cooking oats – if desired.
- 1 tsp chia seeds, hemp seeds, or flax seeds
- Superfood powders, food-based supplements if applicable
- Ice, if desired

Add desired amount of water and blend all ingredients to desired consistency.

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## Breakfast Tex-Mex Scramble:

- 1-2 eggs (whole eggs are fine)
- ¼- 1/8 tsp each cumin, paprika, turmeric
- ½ c Leftover veggies or (1 whole bell pepper, ¼ onion, ¼ jalapeño, 1 handful of greens)
- 2T homemade or store- bought guacamole
- ¼ c black beans

Beat eggs in a bowl, set aside. Sautee the raw veggies in 1T avocado oil (3-5 minutes). Add beans and cook 2 minutes more. Add eggs and cook through. Top with guac and enjoy!

## Breakfast Oats:

Cook certified gluten free oatmeal as per package directions.

Add a protein – protein powder, ½ c yogurt, 2-4T nuts and seeds, 2T nut butter.

Add a healthy fat: mashed avocado, 1T chia or flax seeds, 2T nut butter, coconut oil, olive oil

Add some fruit: pumpkin, apples, berries

\*Try a savoury oatmeal and top with chicken (or other protein), veggies, olive oil and spices!

## Snack Ideas:

- 1) 2T nut butter or hummus and 1 cup celery and carrots, cucumbers, OR 1 apple, or banana
- 2) 2 hard boiled eggs
- 3) ½ serving of chicken or other protein (size of half a pack of cards) and 2T hummus
- 4) Yogurt and fruit
- 5) As many vegetables as you want
- 6) Small soup
- 7) Small handful of nuts

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## Vegetable Stir Fry (serves four):

- 1 head/bunch of broccoli – stems chopped and cut into florets
- 2 red peppers – sliced
- 1 onion
- 5 cloves of garlic
- 2 inches of ginger - grated
- Protein of choice : fish, beef, chicken, tofu/tempeh (4 servings)
- 2tsp rice vinegar
- 2T gluten free soya sauce (called tamari) or liquid aminos
- 2-4T nut butter (unsweetened)
- 1T honey or maple syrup
- 1 spicy pepper (if desired)
- $\frac{3}{4}$  - 1 cup whole grain brown rice

Chop veggies and set aside. Slice protein thinly and stir fry in a few tablespoons avocado oil for 4 minutes on high heat. Remove from pan. Add vegetables, spicy pepper if using, garlic and ginger and more oil if needed cook for 5 minutes. Add rice vinegar, nut butter, honey stir and cook a few minutes more. Serve over whole grain brown rice.

## Homemade Salad Dressing:

1 cup extra virgin olive oil

1/3 cup vinegar (white wine, balsamic, etc.) OR 1/3 cup lemon juice

1-2 tsp mustard

Salt and pepper to taste

(optional add ins – 1T honey and raspberries OR 1tsp Italian seasoning and 1 minced garlic clove)