

Sample Menus
 (**Options from Gluten Free Menu Ideas)

	Sample 1	Sample 2	Sample 3
8:00 a.m.	4 Egg whites Omelette (mushrooms, onions, sliced turkey, light cheese) ½ Avacado Yerbe Mate Tea w/Truvia	4 scrambled egg whites- cooked in ½ tsp coconut oil 2 slices turkey bacon Oolong Tea w/ lemon	Healthy Protein Shake with flax seed for good fats (low carb)
10:00 a.m.	1 medium apple w/ 1 TBSP almond butter	1 small can albacore tuna with small jar of baby food (fruit or veggie)	½ Grapefruit Handful raw almonds
12:00 p.m.	Option 1 (salad, fish, quinoa)	Option 2 and GF Soup (salad w/ grilled chicken)	GF spinach wrap w/ turkey, hummus, spinach, avacado
2:00 p.m.	Raw veggies and hummus	½ avocado & ½ tomato diced With sea salt and drizzle of olive oil	Garbanzo beans w/ carrots, green onions, olives, (in olive oil, vinegar and red chili powder)
4:00 p.m.	Healthy Protein Shake (low carb)	Healthy Protein Shake (low carb)	1 slice GF bread w/ olive oil mayo, sliced turkey, sliced tomato
7:00 p.m.	Option 9 (turkey, green beans, rice)	Stir-fry chicken with garlic, broccoli and water chestnuts over brown rice	Option 5 (salad, burger, veggies)
10:00 p.m	Boiled eggs	Greek yogurt w fruit	Celery and almond butter