

7-Day Gluten-Free Meal Plan

Most people with diabetes will not need to follow a gluten-free diet. However, a gluten-free diet may provide benefits for some people with diabetes and Celiac Disease or gluten intolerance. The foods and recipes in this meal plan are gluten-free and the carbohydrates are balanced throughout each day with each meal containing 30-45 grams of net carbohydrates and snacks containing around 15 grams of carbohydrates. Depending on your goals and lifestyle, your calories and carbohydrates may need to be higher, adjust the number of snacks or portion sizes accordingly.



Recipes available on the Diabetes Canada website are hyperlinked throughout the meal plan and listed at the end of the meal plan.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 egg, poached or sunnyside up (cooked to your liking) ¼ small avocado, mashed and spread on top of 2 slices gluten-free bread, toasted Salt and pepper to taste 1 cup (250 mL) low fat milk or milk alternative	1 cup (250 mL) cooked cream of rice cereal Top cereal with ½ cup (125 mL) berries or other fruit 1 cup (250 mL) low fat milk or milk alternative	1-egg omelette with vegetables (spinach, mushrooms, or other vegetable of your choice) 2 slices gluten-free bread, toasted 2 tsp (10 mL) soft margarine 1 cup (250 mL) low fat milk or milk alternative	Gluten-free oats (start with ¼ cup/75 mL dry oats and cook with water) 1 tbsp (15 mL) peanut butter added to cooked oats, ½ cup (125 mL) low-fat milk or milk alternative	Strawberry Instant Breakfast 2 slices gluten-free bread, toasted 2 tsp (10 mL) soft margarine	1 egg, poached or sunnyside up (cooked to your liking) ¼ small avocado, mashed and spread on top of 2 slices gluten-free bread, toasted Salt and pepper to taste 1 cup (250 mL) low-fat milk or milk alternative	Gluten-free oats (start with ¼ cup/75 mL dry oats and cook with water) 1 tbsp (15 mL) peanut butter added to cooked oats ½ cup (125 mL) low-fat milk or milk alternative

Calories	393	269	450	324	373	393	324
Carbs (g)	45	46	42	37	51	45	37
Fibre (g)	5	2	2	5	5	5	5
Lunch	<p>2 cups (500 mL) <u>Red Lentil Soup</u> (be sure to use gluten-free vegetable broth)</p> <p>Green salad</p> <p>1 tbsp (15 mL) light salad dressing</p>	<p>1 slice <u>Crustless Apple and Roasted Fennel Quiche</u></p> <p>1 cup (250 mL) berries or 1 medium-sized fruit</p> <p>½ cup (125 mL) low-fat yogurt</p>	<p><u>Tomato and Black Bean Salad</u> (about half of the whole recipe)</p> <p>Gluten-free tortilla chips, crushed and added to salad (1 oz./25g or about 20 chips)</p>	<p>1 serving <u>Kale, Beet and Chickpea Power Bowl</u></p>	<p>Chicken Ranch Wraps</p> <p>2 gluten-free tortillas (6 inch/15 cm)</p> <p>2 tbsp (30 mL) light ranch dressing</p> <p>Shredded lettuce</p> <p>1 tbsp (15 mL) salsa</p> <p>2 tbsp (30 mL) grated cheddar cheese</p> <p>2 oz. (50 g) cooked chicken breast</p> <p>1 medium-sized fruit</p>	<p>Grilled Cheese Sandwich</p> <p>2 slices gluten-free bread</p> <p>2 oz. (50 g) cheddar cheese</p> <p>Sliced tomato</p> <p>2 tsp (10 mL) soft margarine</p> <p>1 medium-sized fruit</p>	<p>1 serving <u>Vegetable Frittata</u> (half of recipe)</p> <p>2 slices gluten-free toast</p> <p>2 tsp (10 mL) soft margarine</p> <p>1 medium-sized fruit</p>
Calories	462	411	568	410	420	520	498
Carbs (g)	59	49	66	46	48	40	42
Fibre (g)	14	8	21	11	7	3	4
Dinner	<p>2 cups (500 mL) <u>Indonesian Tofu Stew with Spring Vegetables</u></p> <p>1 cup (250 mL) cooked quinoa</p>	<p>1 serving <u>White Fish with Garlic and Lentil Mash</u> (1 fillet and ½ cup/125 mL lentils)</p>	<p>1 serving <u>Cheesy Shepherd's Pie</u></p> <p>1 serving <u>Fruit and Feta Salad</u></p>	<p>1 serving <u>Skillet Chicken Breast with Tomatoes</u> (1 chicken breast and ½ cup/125 mL tomato sauce)</p>	<p>1 piece <u>Salmon with Lemon-Ginger Sauce</u></p> <p>1 cup (250 mL) cooked quinoa</p> <p>1 cup (250 mL) cooked broccoli</p>	<p>4 oz. (125 g) roasted pork loin</p> <p>1 cup (250 mL) baked sweet potato</p>	<p>4 oz. (125 g) roasted chicken</p> <p>Potato Wedges*</p> <p>Green salad with 1 tbsp (15 mL) light salad dressing</p>

		1 medium-sized fruit		⅔ cup (150 mL) cooked brown rice Green salad with 1 tbsp (15 mL) light salad dressing		1 cup (250 mL) cooked green beans	*Cut 1 medium-sized potato into wedges. Coat in 2 tsp (10 mL) olive oil and seasonings. Place on baking sheet. Bake at 450°F (230°C) for 45 minutes.
Calories	462	660	476	620	459	452	360
Carbs (g)	55	43	49	44	42	41	34
Fibre (g)	11	11	9	5	7	6	4

Snack Options: Each of the following options provides approximately 15 g carbohydrate and 100-150 calories. **Include 1 of these snacks per day.**

- 1 medium-sized apple or banana, and peanut butter
- ½ cup (125 mL) low fat yogurt with ½ cup (125 mL) berries
- 3 cups (750 mL) popped popcorn
- 8 dried apricots and some almonds (or other nuts)

Recipes for this week:

- [Red Lentil Soup](#)
- [Indonesian Tofu Stew with Spring Vegetables](#)
- [Crustless Apple and Roasted Fennel Quiche](#)
- [White Fish with Roast Garlic and Lentil Mash](#)
- [Tomato and Black Bean Salad](#)
- [Cheesy Shepherd's Pie](#)
- [Fruit and Feta Salad](#)
- [Kale, Beet and Chickpea Power Bowls](#)
- [Skillet Chicken Breasts with Tomatoes and Olives](#)
- [Strawberry Instant Breakfast](#)
- [Oven-Roasted Salmon with Sriracha and Lime](#)
- [Vegetable Frittata](#)