

Gluten Free 1200 calorie menu

Day 1

Breakfast

[Quick Breakfast Taco](#)

- 1 Orange, medium
- 1 Cup Skim Milk

Morning Snack

- 1 Cup Honeydew Melon

Lunch

- 1 Cup Tossed Salad Mix
- 1 Tablespoon Vinegar & Oil [Salad Dressing](#)
- [Sliced Tomatoes with Pesto Drizzle](#)
- 1 Cup Skim Milk
- 3 Ounces Chicken Breast, Cooked Without Skin

Afternoon Snack

- 4 Ounces Fresh Baby Carrots

Dinner

[Bistro Beef Tenderloin](#)

- 1/2 Cup Cooked Brown Rice
- 1 Nectarine, medium
- 1/2 Cup Steamed Green Beans

Day 2

Breakfast

- 1 Cup Gluten-Free Corn Cereal (fortified)
- 1 Cup Skim Milk
- 1/2 Banana, small

Morning Snack

- 6 Ounces [Low Fat](#) Vanilla Yogurt

Lunch

- 3 Ounces 90%-Lean Hamburger Patty, cooked
- 2 Slices Gluten-Free Buckwheat Bread
- [Creamy Chopped Cauliflower Salad](#)

- 1 Cup Strawberries

Afternoon Snack

- 1 1/2 Cups Popcorn, air popped

Dinner

[Grilled Shrimp Cocktail with Yellow Gazpacho Salsa](#)

- 1/2 Baked Sweet Potato
- 1/2 Cup Cooked Quinoa

[Broiled Mango](#)

Day 3

Breakfast

- 1 Cup Gluten-Free Corn Cereal (fortified)
- 1 Ounce Skim Milk
- 1/2 Banana, small

Morning Snack

- 1 Apple, small

Lunch

[Spanish Tortilla](#)

- 1 Corn Tortilla, 6", unsalted
- 1/2 Cup Prepared Coleslaw
- 1 Cup Skim Milk

Afternoon Snack

- 1 Nectarine, medium

Dinner

[Chicken with Green Olives & Prunes](#)

- 1/2 Cup Cooked Brown Rice
- 3 Steamed Broccoli Spears
- 6 Ounces Low Fat Vanilla Yogurt

Day 4

Breakfast

- 1 Cup Gluten-Free Breakfast Cereal (fortified)
- 1 Cup Skim Milk
- 1/2 Cup Grapefruit

Morning Snack

- 1 Teaspoon Creamy Peanut Butter
- 1 Slice Gluten-Free Rice Bread

Lunch

[Five-Spice Turkey & Lettuce Wraps](#)

- 1 Corn Tortilla
- 1/2 Cup Papaya

Afternoon Snack

- 1 Ounce Low Fat Cheddar Cheese
- 1 Apple, small

Dinner

[Chili-Rubbed Tilapia with Asparagus & Lemon](#)

- [Crunchy Bok Choy Slaw](#)
- 1/2 Cup Cooked Brown Rice
- 1/2 Cup Blackberries

Day 5

Breakfast

- 1 Scrambled Eggs
- 1 Slice Gluten-Free Soy Bread
- 1 Cup Skim Milk

Morning Snack

- 1 Banana, small

Lunch

[Smoked Salmon Salad Niçoise](#)

- 6 Ounces [Low Fat](#) Vanilla Yogurt
- 1 Slice Gluten-Free Buckwheat Bread

Afternoon Snack

1 Apricot

Dinner

1/2 Cup Steamed Carrots

1 Cup Cooked Soba Noodles

Beef Tataki

1 Cup Strawberries

Day 6**Breakfast**

1 Cup Gluten-Free Corn Cereal (fortified)

1 Cup Skim Milk

1 Cup Blueberries

Morning Snack

1 Clementine

Lunch

1 Cup Tossed Salad Mix

1 Tablespoon Vinegar & Oil Salad Dressing

Sweet Potato-Turkey Hash

6 Ounces Nonfat Vanilla Yogurt

Afternoon Snack

Steak-&-Boursin-Wrapped Bells

DinnerSingapore Chile Crab with Spinach

3/4 Cup Cooked Teff

1/2 Cup Steamed Cauliflower

1 Cup Watermelon

Day 7**Breakfast**Herb & Onion Frittata

1 Cup Skim Milk

1 Slice Gluten-Free Buckwheat Bread

Morning Snack

1 Cup Cantaloupe Melon

LunchSouthwestern Rice & Pinto Bean Salad

1 Cup Skim Milk

Afternoon Snack

1 Orange, medium

DinnerChipotle-Marinaded Pork Tenderloin

1/2 Cup Steamed Broccoli

1/2 Cup Cooked Millet

1 Cup Strawberries