

PERSONALIZED NUTRITION PLAN

7-Day Gluten-Free Meal Plan & Recipes

A week of naturally and carefully gluten-free meals — built on rice, quinoa, corn, and certified GF oats, with label-check notes on the ingredients that most often hide gluten.

Breakfast: 4 servings

Lunch: 1 serving

Dinner: 4 servings

How to Use This Plan

Built for a working household: breakfast and dinner are sized to feed a family of 4, while lunch is sized for one and designed to travel to work without any cooking on-site. Every seasoning is measured — no more guessing on "garlic, to taste."

Ingredients That Need a Label Check	
Instead of	This plan uses
Wheat bread & rolls	Certified gluten-free bread
Regular pasta	Gluten-free pasta (rice, corn, or legume-based)
Regular oats	Certified gluten-free oats (regular oats are frequently cross-contaminated)
Soy sauce	Tamari or a labeled gluten-free soy sauce
Wheat tortillas	Corn tortillas (naturally gluten-free)
Regular granola / cornbread mix	Certified gluten-free granola / GF cornbread mix

How the Lunches Work

- **Every lunch is built to eat cold or with, at most, a 1-2 minute microwave reheat** — nothing requires a stovetop, oven, or active cooking once you're at your desk.
- **Batch-cook the components on the weekend** — see the checklist below.
- **Watch for hidden gluten** in deli meats, broths, spice blends, and salad dressings — many are gluten-free but some use wheat as a filler or thickener, so check labels rather than assuming.
- **Cross-contamination matters** if you're managing celiac disease specifically: use separate cutting boards/toasters where possible, and choose "certified gluten-free" labels over "wheat-free," which isn't the same thing.
- **Spice measurements are exact** in every recipe below — level teaspoons and tablespoons, not "to taste."
- **Medical conditions:** if you have celiac disease specifically (rather than a sensitivity or preference), a registered dietitian can help make sure sourcing and cross-contamination practices meet your needs.

Weekend Prep Checklist

Component	Used In	Prep Method
Grilled chicken breast (~1½ lb total)	Lunches — Day 2, 4, 5, 7	Season with salt & pepper; grill 5–6 min per side
Cooked rice (~2 cups)	Lunches — Day 2, 5, 6	Cook per package directions
Cooked quinoa (~1½ cups)	Lunches — Day 1, 7	Cook per package directions
Corn & black bean salsa (double batch)	Lunches — Day 2, 5	Combine black beans, corn, red onion, lime juice & cilantro — no cooking
Cooked shrimp (4 oz)	Lunch — Day 6	Boil or sauté 2–3 min per side; cool

SUGGESTED PREP ORDER

1. Grill the chicken and cook the shrimp together.
2. While those cook, start the rice and quinoa — these can overlap on separate burners.
3. Make the corn and black bean salsa — no cooking needed.
4. Let everything cool, then portion into containers for the week, or store components separately and assemble each morning.

Breakfast

26P • 40C • 6Fb • 8Ft | serves 4

*Greek Yogurt Bowl with GF Granola & Berries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups certified gluten-free granola
- 2 cups mixed berries
- 4 tsp honey

METHOD

1. Divide yogurt among 4 bowls; top with granola, berries, and a drizzle of honey.

Lunch

18P • 46C • 10Fb • 14Ft | serves 1 • work-ready

*Quinoa & Black Bean Salad (No-Cook Assembly)***INGREDIENTS (1 SERVING)**

- 1 cup cooked quinoa, chilled
- ½ cup black beans, drained & rinsed
- ½ cup corn
- ¼ cup red onion, diced
- ¼ cup feta, crumbled
- 1 tbsp olive oil
- 1 tbsp lime juice
- 2 tbsp fresh cilantro, chopped
- Pinch of salt

METHOD

1. **Weekend prep:** cook a batch of quinoa — keeps 4–5 days refrigerated.
2. Combine quinoa, black beans, corn, and onion in a container; toss with olive oil, lime juice, cilantro, and salt. Top with feta.
3. **At work:** eat cold — no reheating needed.

Dinner

30P • 42C • 7Fb • 16Ft | serves 4

*Baked Salmon with Rice & Roasted Vegetables***INGREDIENTS (4 SERVINGS)**

- 1 lb salmon (4 fillets)
- 3 cups cooked rice
- 4 cups broccoli & carrot, chopped
- 4 tsp olive oil
- 2 cloves garlic, minced
- 1 lemon, juiced
- 1 tbsp fresh dill, chopped (or 1 tsp dried)
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Toss broccoli and carrot with 2 tsp olive oil, ¼ tsp salt, and ⅛ tsp pepper; roast 15 minutes on a large sheet pan.
2. Season salmon with garlic, lemon juice, dill, ¼ tsp salt, and ⅛ tsp pepper; add to the pan and roast 12–15 minutes more, until it flakes easily.
3. Serve over rice, 4 servings.

Snack

8P • 20C | serves 1

*Rice Cakes with Peanut Butter***INGREDIENTS**

- 2 plain rice cakes
- 1½ tbsp peanut butter

METHOD

1. Spread peanut butter over rice cakes.

Breakfast

28P · 30C · 5Fb · 10Ft | serves 4

*Veggie Egg Scramble with GF Toast***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups spinach, chopped
- 2 cups mushrooms, sliced
- ½ tsp salt, ¼ tsp black pepper
- 4 slices certified gluten-free bread
- 2 cups mixed berries

METHOD

1. Coat a large skillet with cooking spray; sauté mushrooms and spinach 4–5 minutes.
2. Whisk eggs with salt and pepper, pour in, and scramble until set, about 5–6 minutes.
3. Toast GF bread (in a separate toaster or after wiping crumbs, to avoid cross-contamination). Serve with berries, 4 servings.

Lunch

32P · 44C · 6Fb · 8Ft | serves 1 · work-ready

*Chicken & Rice Bowl with Corn Salsa (Make-Ahead)***INGREDIENTS (1 SERVING)**

- 3 oz grilled chicken breast
- ½ cup cooked rice
- ½ cup black beans, ½ cup corn
- 1 tsp lime juice
- 1 tbsp fresh cilantro, chopped
- 2 tbsp red onion, diced
- ¼ tsp salt

METHOD

1. **Weekend prep:** grill a batch of chicken and cook a pot of rice. Make the corn salsa — it keeps well 4–5 days.
2. Pack chicken, rice, beans, and salsa into a container.
3. **At work:** eat cold, or microwave the chicken and rice 1–2 minutes if you'd like it warm.

Dinner

28P · 46C · 6Fb · 12Ft | serves 4

*Gluten-Free Pasta with Turkey Meatballs & Marinara***INGREDIENTS (4 SERVINGS)**

- 1 lb lean ground turkey (for meatballs)
- 1 egg
- ¼ cup gluten-free breadcrumbs
- 1 clove garlic, minced
- 1 tsp dried Italian seasoning
- ½ tsp salt, ¼ tsp black pepper
- 4 cups cooked gluten-free pasta (rice or corn-based)
- 3 cups marinara sauce (check label for GF certification)
- Parmesan, fresh basil

METHOD

1. Preheat oven to 400°F. Mix turkey, egg, GF breadcrumbs, garlic, Italian seasoning, salt, and pepper; form into 16 meatballs and bake 18–20 minutes.
2. Warm marinara in a large pot; add cooked meatballs and simmer 5 minutes.
3. Serve over gluten-free pasta with parmesan and basil, 4 servings.

Snack

4P · 26C | serves 1

*Apple with Almond Butter***INGREDIENTS**

- 1 medium apple, sliced
- 1 tbsp almond butter

METHOD

1. Slice apple and serve with almond butter for dipping.

Breakfast

24P · 38C · 6Fb · 6Ft | serves 4

*Banana Spinach Protein Smoothies***INGREDIENTS (4 SERVINGS)**

- 4 scoops certified gluten-free whey protein
- 4 cups milk of choice
- 2 bananas
- 4 cups spinach
- 4 tbsp ground flaxseed

METHOD

1. Blend all ingredients in batches (most blenders hold about half this at once).
2. Pour into 4 glasses and serve immediately.

Lunch

30P · 20C · 8Fb · 15Ft | serves 1 · work-ready

*Tuna & Avocado Lettuce Wraps (No-Cook)***INGREDIENTS (1 SERVING)**

- 5 oz canned tuna in water, drained
- ½ avocado, diced
- 2 tbsp plain Greek yogurt
- 1 tsp lemon juice
- 2 tbsp celery, diced
- Pinch of salt & black pepper
- 4-5 large lettuce leaves (romaine or butter lettuce)

METHOD

1. **Night before:** mix tuna, avocado, yogurt, lemon juice, celery, salt, and pepper in a container — keeps well overnight.
2. Pack lettuce leaves separately to keep them crisp.
3. **At work:** spoon the tuna mixture into lettuce leaves and eat cold — no cooking required.

Dinner

30P · 40C · 6Fb · 8Ft | serves 4

*Chicken & Vegetable Stir-Fry with Tamari***INGREDIENTS (4 SERVINGS)**

- 1¼ lb chicken breast, sliced
- 8 cups mixed stir-fry vegetables (broccoli, carrot, snap peas)
- 3 cups cooked rice
- 4 tsp sesame oil
- ¼ cup gluten-free tamari
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, minced (or ½ tsp ground)

METHOD

1. Heat sesame oil in a large wok (or work in two batches). Cook chicken 5-6 minutes until no longer pink; set aside.
2. Add garlic, ginger, and vegetables to the pan; stir-fry 5-6 minutes until crisp-tender.
3. Return chicken to the pan, stir in tamari, and toss to combine. Serve over rice, 4 servings.

Snack

15P · 20C | serves 1

*Cottage Cheese with Pineapple***INGREDIENTS**

- 1 cup low-fat cottage cheese
- ½ cup pineapple chunks

METHOD

1. Combine cottage cheese and pineapple in a bowl.

Breakfast

18P · 44C · 8Fb · 7Ft | serves 4

*GF Overnight Oats with Chia & Berries***INGREDIENTS (4 SERVINGS)**

- 2 cups certified gluten-free rolled oats
- 2 cups milk of choice
- 1 cup plain Greek yogurt
- 4 tbsp chia seeds
- 2 cups berries
- 4 tsp honey

METHOD

1. Stir oats, milk, yogurt, chia, and honey together in a large container or 4 jars.
2. Refrigerate overnight. Top with berries before eating — makes 4 grab-and-go breakfasts.

Lunch

28P · 26C · 6Fb · 20Ft | serves 1 · work-ready

*Greek Salad with Grilled Chicken (Make-Ahead)***INGREDIENTS (1 SERVING)**

- 3 oz grilled chicken breast, sliced
- 2 cups romaine, chopped
- ½ cup cucumber, ½ cup tomato
- 8 kalamata olives
- 3 tbsp feta, crumbled
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano
- Pinch of salt & black pepper

METHOD

1. **Weekend prep:** grill a batch of chicken — keeps 4 days refrigerated, so make extra for other lunches.
2. Toss romaine, cucumber, tomato, and olives with olive oil, vinegar, oregano, salt, and pepper; top with chicken and feta.
3. **At work:** eat cold — no bread or croutons needed, so it's naturally gluten-free as written.

Dinner

30P · 34C · 8Fb · 8Ft | serves 4

*Baked Cod with Quinoa & Asparagus***INGREDIENTS (4 SERVINGS)**

- 1¼ lb cod fillet (4 portions)
- 2 cups cooked quinoa
- 6 cups asparagus, trimmed
- 4 tsp olive oil
- 1 tbsp lemon juice
- 1 tsp paprika
- ¾ tsp salt, divided
- ¼ tsp black pepper, divided

METHOD

1. Preheat oven to 400°F. Season cod with paprika, lemon juice, ¼ tsp salt, and ⅛ tsp pepper.
2. Arrange cod and asparagus on a large sheet pan with olive oil and remaining salt & pepper; roast 12–15 minutes, until cod flakes easily.
3. Serve over quinoa, 4 servings.

Snack

7P · 18C | serves 1

*Hummus with Vegetable Sticks***INGREDIENTS**

- ½ cup hummus (check label — most are GF, but some flavored varieties add wheat-based thickeners)
- 1 cup carrot & cucumber sticks

METHOD

1. Serve hummus with vegetable sticks for dipping.

Breakfast

20P • 26C • 5Fb • 12Ft | serves 4

*Veggie Omelets with GF Toast***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 2 cups tomato, diced
- 1 cup onion, diced
- ½ tsp salt, ¼ tsp black pepper
- 4 slices certified gluten-free bread
- 2 cups mixed berries

METHOD

1. Sauté onion and tomato in a large nonstick pan 3–4 minutes.
2. Whisk eggs with salt and pepper; pour over vegetables in batches; cover and cook 3–4 minutes per batch until set. Fold each in half.
3. Serve with toast and berries, 4 servings.

Lunch

32P • 46C • 9Fb • 5Ft | serves 1 • work-ready

*Rice & Black Bean Bowl with Corn Salsa***INGREDIENTS (1 SERVING)**

- 3 oz grilled chicken breast (or extra from Day 4 batch)
- ½ cup cooked rice
- ½ cup black beans, ½ cup corn
- 1 tsp lime juice
- 1 tbsp fresh cilantro, chopped
- 2 tbsp red onion, diced
- ¼ tsp salt

METHOD

1. **Weekend prep:** use leftover grilled chicken and rice from earlier in the week, or cook a fresh batch.
2. Pack chicken, rice, beans, and corn salsa into a container.
3. **At work:** eat cold, or microwave 1–2 minutes if you'd like it warm.

Dinner

26P • 42C • 12Fb • 8Ft | serves 4

*Turkey Chili with GF Cornbread***INGREDIENTS (4 SERVINGS)**

- 1 lb lean ground turkey
- 3 cups black beans or kidney beans
- 1 can (28 oz) diced tomatoes
- 1 onion, diced
- 2 bell peppers, diced
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 tsp chili powder
- ¾ tsp salt, ¼ tsp black pepper
- 4 squares gluten-free cornbread (from a certified GF mix)

METHOD

1. Brown turkey with onion, pepper, and garlic in a large pot, 7–8 minutes.
2. Add beans, diced tomatoes, cumin, chili powder, salt, and pepper; simmer 25–30 minutes.
3. Serve 4 with a square of gluten-free cornbread.

Snack

7P • 16C | serves 1

*Trail Mix (GF Nuts & Dried Fruit)***INGREDIENTS**

- 2 tbsp almonds
- 1 tbsp pumpkin seeds
- 2 tbsp dried cranberries

METHOD

1. Combine and portion into a small container. Check dried fruit isn't dusted with a flour-based anti-caking agent.

Breakfast

22P · 42C · 6Fb · 6Ft | serves 4

*Yogurt Parfaits with GF Granola & Berries***INGREDIENTS (4 SERVINGS)**

- 4 cups plain Greek yogurt
- 2 cups certified gluten-free granola
- 2 cups mixed berries

METHOD

1. Layer yogurt, granola, and berries in 4 glasses.

Lunch

26P · 38C · 5Fb · 9Ft | serves 1 · work-ready

*Chilled Shrimp & Rice Salad***INGREDIENTS (1 SERVING)**

- 4 oz shrimp, cooked & chilled
- 1 cup cooked rice, cooled
- ½ cup bell pepper, ½ cup cucumber, diced
- 1 tbsp olive oil
- 1 tsp lime juice
- 1 tbsp fresh cilantro, chopped
- Pinch of salt

METHOD

1. **Weekend prep:** cook rice and shrimp (or use extra from another dinner) — both hold well chilled.
2. Toss everything together with olive oil, lime juice, cilantro, and salt in a container.
3. **At work:** eat cold as a rice salad — no reheating needed.

Dinner

30P · 38C · 7Fb · 12Ft | serves 4

*Grilled Steak Fajitas with Corn Tortillas***INGREDIENTS (4 SERVINGS)**

- 1 lb lean flank or sirloin steak, sliced
- 3 bell peppers, sliced
- 1 onion, sliced
- 2 cloves garlic, minced
- 4 tsp olive oil
- 1 tbsp lime juice
- 1½ tsp ground cumin
- 1 tsp chili powder
- ¾ tsp salt, ¼ tsp black pepper
- 8 corn tortillas (naturally gluten-free — check for cross-contamination on shared equipment)

METHOD

1. Season steak with cumin, chili powder, garlic, ½ tsp salt, and ½ tsp pepper; grill or pan-sear 3–4 minutes per side, then rest and slice.
2. Sauté peppers and onion in olive oil with remaining salt & pepper, 6–7 minutes until softened.
3. Warm tortillas; serve with steak and peppers, finished with lime juice, 4 servings.

Snack

8P · 22C | serves 1

*String Cheese with Grapes***INGREDIENTS**

- 1 light string cheese
- 1 cup grapes

METHOD

1. No preparation needed — pack together.

Breakfast

18P · 28C · 6Fb · 11Ft | serves 4

*Shakshuka (Eggs in Tomato-Pepper Sauce) with GF Bread***INGREDIENTS (4 SERVINGS)**

- 8 eggs
- 4 cups crushed tomatoes
- 2 cups bell pepper, diced
- 1 cup onion, diced
- 4 tbsp olive oil
- 3 cloves garlic, minced
- 1½ tsp ground cumin
- 1 tsp paprika
- ¾ tsp salt, ¼ tsp black pepper
- 4 slices certified gluten-free bread

METHOD

1. Heat olive oil in a large skillet; sauté onion and pepper 4–5 minutes. Add garlic, cumin, paprika, salt, and pepper.
2. Stir in crushed tomatoes; simmer 8–10 minutes until slightly thickened.
3. Make 8 wells, crack in eggs, cover, and cook 6–7 minutes until whites are set. Serve with bread, 4 servings.

Lunch

30P · 40C · 8Fb · 14Ft | serves 1 · work-ready

*Chicken & Quinoa Greek Salad***INGREDIENTS (1 SERVING)**

- 3 oz grilled chicken, sliced
- ¾ cup cooked quinoa
- 2 cups mixed greens, cucumber, tomato
- 6 kalamata olives
- 2 tbsp feta
- 1½ tbsp olive oil
- 1 tsp red wine vinegar
- 1 tsp dried oregano

METHOD

1. **Weekend prep:** use leftover grilled chicken and quinoa from earlier batches.
2. Pack greens, cucumber, tomato, quinoa, olives, and chicken into a container; keep dressing (olive oil, vinegar, oregano) separate.
3. **At work:** pour on the dressing and eat cold — no cooking required.

Dinner

22P · 48C · 6Fb · 14Ft | serves 4

*Gluten-Free Margherita Pizza***INGREDIENTS (4 SERVINGS)**

- 1 gluten-free pizza crust (store-bought or cauliflower-based)
- 1 cup marinara sauce (check label for GF certification)
- 8 oz fresh mozzarella, torn
- 2 cups cherry tomatoes, halved
- 2 tbsp fresh basil, chopped
- 1 tbsp olive oil, for drizzling

METHOD

1. Preheat oven per crust package directions (usually 425°F).
2. Spread marinara over the crust; top with mozzarella and cherry tomatoes.
3. Bake per package directions, about 12–15 minutes, until cheese is melted and bubbly. Top with basil and a drizzle of olive oil; slice into 4 servings.

Snack

10P · 18C | serves 1

*Greek Yogurt with Honey & Walnuts***INGREDIENTS**

- ½ cup plain Greek yogurt
- 1 tsp honey
- 1 tbsp walnuts, chopped

METHOD

1. Stir honey into yogurt and top with walnuts.

7-Day Grocery List

Quantities reflect breakfast & dinner at 4 servings and lunch & snack at 1 serving each day. Items marked "certified GF" are worth checking labels on specifically.

Proteins — Meat, Poultry & Fish

- Salmon fillet — 1 lb (dinner, serves 4)
- Cod fillet — 1¼ lb (dinner, serves 4)
- Shrimp, raw peeled & deveined — 4 oz (lunch, Day 6)
- Canned tuna in water — 5 oz (lunch, Day 3)
- Chicken breast — about 1¾-2 lb (dinner + 3 lunches)
- Ground turkey (lean) — 2 lb (meatballs + chili, dinners)
- Lean flank or sirloin steak — 1 lb (dinner, serves 4)
- Eggs — about 26 (2 dozen + 2)

Grains & GF Specialty Items

- Certified gluten-free rolled oats — 2 cups
- Quinoa, dry — about 2¾ cups
- Rice, dry — about 4 cups
- Certified gluten-free pasta — about 4 cups cooked worth
- Certified gluten-free bread — 12 slices
- Certified gluten-free granola — 4 cups
- Certified gluten-free breadcrumbs — ¼ cup
- Certified gluten-free cornbread mix — enough for 4 squares
- Gluten-free pizza crust — 1
- Corn tortillas — 8
- Rice cakes — 2
- Black beans, canned — about 4 cups (3 cans)
- Kidney beans, canned — 1½ cups (if using instead of extra black beans)
- Hummus (check label) — ½ cup

Fruits

- Mixed berries — 6 cups
- Bananas — 2
- Apple — 1
- Grapes — 1 cup
- Pineapple chunks — ½ cup
- Avocado — ½
- Lemons & limes — 5 total

Dairy & Alternatives

- Plain Greek yogurt — about 8 cups (~2½ tubs, 32 oz each)
- Milk of choice — 6 cups
- Low-fat cottage cheese — 1 cup
- Feta cheese — about 1½ cups crumbled (1 block, ~8 oz)
- Fresh mozzarella — 8 oz
- Parmesan — small wedge or shredded
- Light string cheese — 1
- Certified gluten-free whey protein — 4 scoops

Vegetables & Herbs

- Spinach — about 8 cups (2 bags)
- Mixed greens/romaine — 4 cups
- Mushrooms — 2 cups
- Bell peppers — about 8
- Onions — about 4
- Garlic — 2 heads
- Cucumber — 1½
- Tomatoes — 2
- Cherry tomatoes — 2 cups
- Diced/crushed tomatoes, canned — 2 large cans (28 oz each)
- Broccoli & carrot, chopped — 4 cups
- Asparagus — 6 cups
- Mixed stir-fry vegetables (broccoli, carrot, snap peas) — 8 cups
- Corn — 1½ cups
- Celery — 1 stalk
- Fresh basil — 1 bunch
- Fresh cilantro — 1 bunch
- Fresh dill — small bunch
- Fresh ginger — 1 knob

Pantry, Oils & Seasonings

- Olive oil
- Sesame oil
- Gluten-free tamari — ¼ cup
- Marinara sauce (certified GF) — 4 cups
- Peanut butter
- Almond butter
- Honey
- Ground flaxseed, chia seeds
- Almonds, pumpkin seeds, dried cranberries — for trail mix
- Kalamata olives — 1 jar
- Cumin, chili powder, paprika, garlic (check spice blends for GF certification), dried oregano, dried Italian seasoning, salt & pepper