

GLUTEN FREE MEAL PLAN (± 8400KJ)



Total Energy (TE)	Protein	% of TE	Carbohydrates	% of TE	Fat	% of TE
8400kJ	99g	20	247g	50	66g	30

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
DAY 1	1 slice gluten free bread 2 poached eggs ¼ cup cooked mushroom, peppers, onion	1 small peach ½ cup low fat plain yogurt	Tuna Salad: 90g tuna (canned in brine) 1½ cups salad (tomato, cucumber, red onion, kale) ¼ avocado ½ cup chickpeas	½ cup berries 1 cup milk	Quinoa Salad: ½ quinoa ½ cup cooked veg (peppers, aubergine, onion) ½ cup rosa tomatoes and cubed cucumber 90g low fat feta
DAY 2	50g FUTURELIFE® Smart food™ 1 cup low fat milk	1 apple topped with 1 tbsp. peanut butter	Chicken Salad: 90g grilled chicken strips 1 cup lettuce, carrots, tomato, cucumber, beetroot 4 gluten free crackers	1 FUTURELIFE® High Protein LITE Bar	Cottage Pie: 120g lean mince ¼ cup cooked tomato & onion 1 cup potatoes, mashed 1 cup salad (spinach, carrots, cucumber)
DAY 3	75g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk	2 gluten free rice crackers 2 tbsp. fat free cottage cheese ¼ cup julienne carrots	Tofu Bowl: 200g tofu ½ cup brown rice and quinoa ¼ cup steam broccoli ¼ cup shredded cabbage ¼ cup raw spinach & radish Ginger slices in vinegar (optional) Handful of cashews	1 small orange Handful of nuts	Polenta, Meat and Veg: ½ cup polenta 120g grilled lean meat of choice 1 cup cooked non-starchy mixed vegetables (green beans, carrots)
DAY 4	50g FUTURELIFE® Smart food™ 1 cup low fat milk	1 banana 30g lean biltong	Egg and Mayo Sandwich: 2 slices gluten free bread 2 boiled eggs 1 tsp. lite mayonnaise 1 cup tomato and cucumber slices	1 FUTURELIFE® High Protein LITE Bar	Chicken, Veg and Rice: ½ cup brown rice 120g grilled chicken breast 1 cup broccoli, cauliflower and carrot mix (steamed)
DAY 5	FUTURELIFE® Mocha Smoothie ½ cup coffee, already prepared ½ cup low fat vanilla yoghurt 50g or ½ cup FUTURELIFE® HIGH PROTEIN Smart food™ Chocolate flavour 1 handful ice cubes	½ cup fruit salad ½ cup low fat milk	Beef, Rice and Veg: 1 cup brown rice 120g lean beef fillet 1 cup spinach salad 1 tsp. pepper/mushroom sauce	1 apple topped with 1 tbs peanut butter	Fish with Baked Potato and Sprouts 1 medium baked potato 120g grilled fish 1 cup salad with bean sprouts

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DAY 6	40g FUTURELIFE® ZERO Smart food™ 1 cup low fat milk	1 cup low fat yoghurt 1 banana	Stir Fry: ½ cup gluten free spaghetti ½ cup cooked stir fry veg (cabbage, carrots, spinach, peppers, onion) 90g grilled chicken, strips	1 pear 30g biltong	Asparagus Quiche: 2 eggs (with 2 Tbsp. milk) 30g mozzarella cheese 1 cup asparagus, spring onion, peppers, mushroom (sautéed in pan) 4 baby potatoes (for the base)
DAY 7	75g FUTURELIFE® HIGH PROTEIN Smart food™ 1 cup low fat milk	1 FUTURELIFE® High Protein LITE SmartBar	Chickpea Salad & Fish: ½ cup chickpeas 30g low fat feta ½ cup cubed tomato, cucumber, onion ¼ cup raw spinach 90g grilled fish	½ cup fruit salad ½ cup low fat yoghurt	Chicken and Veg: 1 cup sweet potato 120g oven roast chicken (no skin) 1 cup non-starchy roasted veg (carrots, peppers, onion, aubergine, marrows)

DAILY EXTRA ALLOWANCES

- Drink plenty of water (at least 8 glasses/day)
- See website for recipes
- 125ml low fat or fat free milk for coffee or tea during day
- Can use 1 tsp. olive oil in lunch & dinner preparation
- To lower energy intake it is suggested to make FUTURELIFE® with water



NOTE: This meal plan is NOT suitable for individuals with coeliac disease. Please consult your healthcare practitioner for a personalized eating plan.