

5-Day Menu Planner Gluten-Free Guide



People with gluten sensitivities can and should eat a variety of nutritious and delicious foods on a regular basis. Cabot's team of Registered Dietitians has developed a five-day meal plan with a well-balanced and nutritious eating pattern that individuals with celiac disease can enjoy without feeling deprived. Adjust the menu plan based on your individual tolerances and preferences. Reading labels carefully

is very important, as gluten can be present either as a basic ingredient or from processing or preparation. Please read labels of items below to make sure you're selecting options without gluten. For more information, visit the Gluten Intolerance Group Web site at www.Gluten.net. Consult a Registered Dietitian for guidance on nutrition management of celiac disease.

	Breakfast	Lunch	Snacks	Dinner
Day 1	<ul style="list-style-type: none"> • Quick Yogurt Parfait: Mix 1 cup Cabot Plain Nonfat Yogurt with 1 cup raspberries and 8 walnut halves • 1 oz Cabot Sharp Light Cheddar (about 1/4 cup) 	<ul style="list-style-type: none"> • Top a microwaved potato with 2 oz Cabot Sharp Light Cheddar (about 1/2 cup), 1 oz GF lean sandwich meat and 1/2 cup steamed broccoli • 1 small orange • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 3 cups plain popcorn • 2 4-inch rice cakes • 1/4 cup Cabot Cottage Cheese • 1 cup cucumber slices • 34 grapes • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • Tamale Skillet Supper • 5 cup salad greens with 1 large tomato and 2 Tbsp GF reduced fat dressing • 1 6" corn tortilla
Day 2	<ul style="list-style-type: none"> • 1 cup cooked quick grits, 1 tsp butter, 1 oz Cabot Sharp Light Cheddar, shredded (about 1/4 cup) • 1 medium pear • 1 cup lowfat milk (1%) 	<ul style="list-style-type: none"> • Quick Corn Quesadilla: Between two 6-inch corn tortillas, melt 2 oz Cabot Sharp Light Cheddar (about 1/2 cup) with 1/2 cup chopped green bell pepper in the microwave. Top with 1/4 c salsa. • 1 cup cantaloupe cubes • 1 kiwi, peeled and sliced • 1 cup lowfat milk (1%) 	<ul style="list-style-type: none"> • 1 oz Cabot Sharp Light Cheddar (about 1/4 cup) • 4 4-inch rice cakes • 1 cup carrot slices • 1 small apple • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • Chicken Stir Fry: 4 oz chicken, 3 tsp vegetable oil, 1 Tbsp GF soy sauce, 1 cup cooked mixed veggies and 2/3 cup brown rice
Day 3	<ul style="list-style-type: none"> • 1 1/4 cup GF Rice or Corn Chex • 3/4 cup blueberries • 1 cup lowfat (1%) milk • 1 hard-cooked egg 	<ul style="list-style-type: none"> • 2 Tbsp GF peanut butter and 2 small apples (sliced) on 5 4-inch rice cakes • 1 cup carrot sticks • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 9 almonds • 1 cup edamame • 1 small apple • 1 cup Cabot Plain Nonfat Yogurt 	<ul style="list-style-type: none"> • Crustless Spinach Quiche • 1 cup steamed asparagus spear pieces • 1 cup raspberries • 2/3 cup brown rice
Day 4	<ul style="list-style-type: none"> • 1/4 cup Cabot Cottage Cheese • 1 medium pear • 1/2 cup cooked GF oatmeal • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • Crunchy Chicken Salad: 2 oz chopped cooked chicken with 17 grapes (cut in half), 1/2 stalk chopped celery (chopped), 1 Tbsp reduced-fat mayo on 2 1/2 cup shredded broccoli slaw (without dressing) • 1 1/2 cup heated winter squash • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 3 cups plain popcorn • 34 grapes • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • Jake's Tailgate Chili • 1/2 large baked potato (with skin) • 1 oz Cabot Sharp Light Cheddar, shredded (about 1/4 cup)

	Breakfast	Lunch	Snacks	Dinner
Day 5	<ul style="list-style-type: none"> • <i>Orange Yogurt Smoothie</i> 	<ul style="list-style-type: none"> • <i>Tasty Nachos:</i> 100% corn tortilla chips with 2 oz Cabot Sharp Light Cheddar, 1/2 c diced green pepper (about 1/2 cup), 2 oz cooked chicken and 1/4 cup salsa • 1 1/2 cup mixed raw veggies with 2 Tbsp gluten free, fat free salad dressing • 1 cup lowfat (1%) milk 	<ul style="list-style-type: none"> • 1 cup GF Rice or Corn Chex mixed with 4 Tbsp dried fruit pieces • 1 cup carrot sticks • 6 oz Cabot Flavored Nonfat Yogurt 	<ul style="list-style-type: none"> • <i>Creamy Chicken and Spinach:</i> 2 tsp olive oil, 2.5 oz frozen chopped spinach (1/4 of bag), 1 1/2 Tbsp half and half, 4 oz chicken • 2/3 cup quinoa with 1 tsp olive oil and 2 tsp mint

Note: This menu plan is based on an 1800 calorie/day diet (50% Carbohydrate, 20% Protein, 30% Fat). Each complies with the DASH Diet (Dietary Approaches to Stop Hypertension) and provides the following Exchanges for Diabetes Meal Planning: 8 Starch, 8 Lean Meat, 4 Vegetable, 4 Fruit, 3 Low-Fat Milk and 4 Fat. Exchange calculations are based on the American Dietetic Association Choose Your Foods: Exchange Lists for Diabetes, 2007. **GF = Gluten-Free**

Tamale Skillet Supper

Makes 6 servings

- 1 lb ground beef chuck
 - 1/2 cup chopped onion
 - 1/2 cup chopped green bell pepper
 - 1 (15-oz) can kidney beans, drained
 - 1 (14 1/2-oz) can Mexican-style stewed tomatoes
 - Cooking Spray
 - 1 (16-oz) tube prepared polenta*, cut into 1/4-inch-thick slices
 - 4 oz Cabot Sharp Light Cheddar (about 1 cup), grated
 - Chopped fresh cilantro or parsley (optional)
1. In large skillet over medium-high heat, combine ground beef, onion and bell pepper; cook until beef is browned, about 5 minutes, breaking it up with spoon. Drain well. Stir in beans and tomatoes and cook, stirring occasionally, until mixture is thickened, about 10 minutes longer.
 2. Preheat oven to 375°F.
 3. Coat 1 1/2-quart baking dish with cooking spray. Line bottom and sides of dish with some of polenta slices, leaving enough to cover top. Spoon in beef mixture, then sprinkle with cheese. Top with remaining polenta slices.
 4. Bake for 25 minutes, or until lightly browned and bubbly. Let stand for 10 minutes before serving. Sprinkle with cilantro or parsley, if desired.

* Find prepared polenta in produce section of supermarket.

Nutrition Analysis: Calories 317, Total Fat 13g, Saturated Fat 6g, Sodium 687mg, Carbohydrates 28g, Dietary Fiber 4g, Protein 25g, Calcium 166mg

Jake's Tailgate Chili

Serves 10

- 1 lb lean ground beef
 - 1 (10-oz) package mild Italian sausage
 - 1 (10-oz) package hot Italian sausage
 - 1 large onion, coarsely chopped
 - 2 cloves garlic, minced
 - 1 (4-oz) can chopped jalapeños (optional)
 - 1 cup red wine
 - 1/4 cup GF Worcestershire sauce
 - 1 1/2 tsp mild chili powder
 - 1 1/2 tsp ground black pepper
 - 1 tsp hot mustard powder
 - 1 tsp celery seed
 - 1 tsp ground red pepper (cayenne)
 - 1/2 tsp salt
 - 2 (28-ounce) cans whole tomatoes, coarsely chopped, with liquid
 - 1 (28-ounce) can crushed tomatoes with liquid
 - 2 (15-ounce) cans red kidney beans with liquid
 - 1 (28-ounce) can Cabot Sharp or Extra Sharp Cheddar, grated
1. In large (4 1/2-quart) pot, cook ground beef until no longer pink, breaking up with spoon. Add both sausages and cook until browned, 8 to 10 minutes, breaking up into bite-size pieces.
 2. Add onion, garlic and jalapenos (if using, chili will be very hot). Simmer for 5 minutes.
 3. Stir in wine, Worcestershire, chili powder, black pepper, mustard powder, celery seed, cayenne and salt; simmer for 10 minutes.
 4. Add chopped and crushed tomatoes. Bring to simmer and cook, covered, for 2 hours, stirring occasionally.
 5. Add beans and simmer, covered, for 1 hour longer, stirring occasionally. Serve topped with grated cheese.

Nutrition Analysis: Calories 519, Total Fat 27g, Saturated Fat 8g, Sodium 1657mg, Carbohydrates 36g, Dietary Fiber 9g, Protein 32g, Calcium 272mg

Crustless Spinach Quiche

Makes 4 servings

- 2 tsp canola oil
 - 1 medium yellow onion, finely chopped
 - 1 (10-oz) package frozen chopped spinach, thawed and drained
 - 6 oz Cabot Sharp Light Cheddar, grated (about 1 1/2 cups)
 - 6 large egg whites
 - 1 large egg
 - 1/3 cup Cabot No Fat Cottage Cheese
 - 1/4 tsp ground red pepper (cayenne)
 - 1/8 tsp salt
 - 1/8 tsp grated nutmeg
1. Preheat oven to 375°F. Coat 9-inch pie plate, preferably nonstick, with cooking spray; set aside.
 2. In nonstick skillet over medium-high heat, heat oil. Add onion and cook, stirring, for 5 minutes, or until translucent. Add spinach and stir until moisture has evaporated, about 3 minutes longer.
 3. Sprinkle cheese evenly in prepared pie plate. Top with spinach mixture.
 4. In medium bowl, whisk together egg whites, egg, cottage cheese, red pepper, salt and nutmeg. Pour egg mixture evenly over spinach.
 5. Bake for 30 to 40 minutes, or until set. Let stand for 5 minutes, then cut into wedges and serve.

Nutrition Analysis: Calories 211, Total Fat 11g, Saturated Fat 5g, Sodium 620mg, Carbohydrates 8g, Dietary Fiber 2g, Protein 24g, Calcium 409mg

Orange Yogurt Smoothie

Makes 1-2 servings

- 1 cup Cabot 2% Vanilla Bean
Greek-Style Yogurt
- 1/2 cup orange juice
- 1/2 cup frozen or fresh fruit

1. Combine ingredients in blender; blend until fruit is pureed.

Nutrition Analysis: Calories 119, Total Fat 2.5g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 2mg, Carbohydrates 16g, Dietary Fiber 1g, Protein 11.5g, Calcium 213mg