

# CHATELAINE

EVERYDAY. EXTRAORDINARY.

## The 5-day gluten-free meal plan you've got to try

From buckwheat pancakes to warm chicken and apple salad, this expert-approved meal plan is the perfect way to make a gluten-free start. And there's a printable PDF too!

Sep 9, 2014 Dr. Esther Konigsberg



Gluten-free buckwheat pancakes.

Thinking of going gluten-free? People who are sensitive to gluten — a protein found in wheat, barley and rye — can have irritable-bowel symptoms like diarrhea, cramping and bloating, as well as joint pain, acid reflux, skin problems and migraines, says Dr. Esther Konigsberg, medical director at Integrative Medicine Consultants, who adds that a gluten-free diet can change the lives of those with celiac disease. (For more information, go to [celiac.ca](http://celiac.ca))

This plan is for five days, but not eating gluten for two to four weeks is ideal. Make sure to read labels carefully for this plan.

### MONDAY

#### Breakfast

6 oz plain 0% Greek yogurt, topped with 1 cup cherries and 15 whole almonds.

#### Lunch

[Warm chicken and apple salad.](#)



Warm chicken and apple salad.  
Photo, Roberto Caruso.

**Snack**

1 cup veggie sticks and 1/4 cup hummus.

**Dinner**

Sticky honey-ginger chicken with 1/2 cup brown rice and 1 cup steamed vegetables.



Sticky honey-ginger chicken.  
Photo, Jodi Pudge.

**TUESDAY**

**Breakfast**

Gluten-free buckwheat pancakes (shown at top).

**Lunch**

Colourburst citrus chicken salad.



Colourburst citrus chicken salad.  
Photo, Roberto Caruso.

**Snack**

1 apple and 1.5 oz low-fat cheddar cheese, like Allegro.

**Dinner**

Grilled side of salmon with 1/2 cup wild rice and a tossed side salad with 2 tbsp salad dressing.



Grilled side of salmon.

**WEDNESDAY**

**Breakfast**

1 poached egg and 1.5 oz low-fat cheddar cheese on 1/2 gluten-free English muffin.

**Lunch**

Crunchy marinated fall salad.



Crunchy marinated fall salad.  
Photo, Yvonne Duivenvoorden.

### Snack

3/4 cup steamed edamame.

### Dinner

Sticky honey-ginger chicken with 1/2 cup brown rice and 1 cup steamed vegetables. (Healthy tip: Skip the salt.)



Sticky honey-ginger chicken.  
Photo, Jodi Pudge.

## THURSDAY

### Breakfast

Fresh vegetable omelette with lentils.

### Lunch

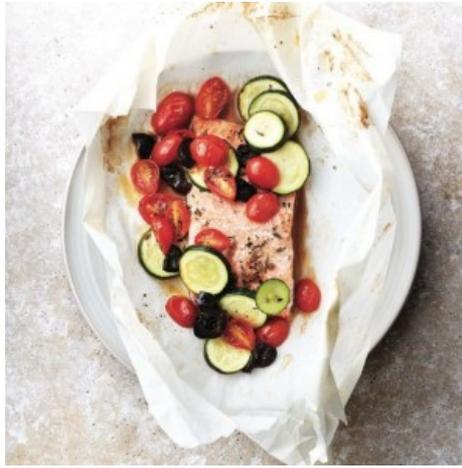
Warm chicken and apple salad.

### Snack

5 oz 0% plain Greek yogurt, with 2 tsp flaxseeds, 6 whole almonds and ¼ cup blueberries stirred in, and topped with ½ tsp honey.

### Dinner

Trout Provencale en papillote with 1/2 cup sautéed red pepper and 1/2 cup zucchini, plus 1/2 cup quinoa.



Trout provencale en papillote.  
Photo, Roberto Caruso.

## FRIDAY

### Breakfast

Smoothie made from 1 cup water, 30 g protein powder, 1/4 cup blackberries, 1/2 cup blueberries, 1/2 cup raspberries, 1 1/2 tsp flaxseed oil.

### Lunch

Colourburst citrus chicken salad. (Healthy tip: Skip the salt.)

### Snack

3/4 cup berries and 6 almonds.

### Dinner

Pistachio-crusted salmon with 1/2 cup cooked quinoa, plus a side salad with 2 tbsp salad dressing.



Pistachio-crusted salmon.

For a printable [PDF of this gluten-free meal plan click here](#).

*Dr. Esther Konigsberg is the medical director at Integrative Medicine Consultants. Cynthia Love is a nutritionist at Burlington's Natural Expectations.*