

# Gluten-Free **FirstLineTherapy**® Menu Plan Worksheet

Food Groups	
____ Medical Food	2 servings per day
____ Legumes	____ serving(s) per day
____ Category 1 Vegetables	unlimited
____ Category 2 Vegetables	____ serving(s) per day
____ Concentrated Protein	____ serving(s) per day
____ Oil	____ serving(s) per day
____ Nuts and Seeds	____ serving(s) per day
____ Fruit	____ serving(s) per day
____ Dairy	____ serving(s) per day
____ Grain	____ serving(s) per day
____ Total Calories Per Day	

## Legumes

Serving size: *1/2 cup* cooked, or as indicated  
(1 serving = approximately 110 calories)

- Beans - garbanzo, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green soy beans
- Bean soups, 3/4 cup
- Hummus, 1/4 cup
- Split peas, sweet green peas, lentils

## Category 1 Vegetables

Serving size: *1/2 cup* - servings unlimited  
Fresh juices made from these are allowed  
(1 serving = approximately 10-25 calories)

- Artichokes -Asparagus -Bamboo shoots
- Bean sprouts -Bell or other peppers
- Broccoli, Broccoflower -Brussels sprouts
- Cabbage (all types) -Cauliflower -Celery -Chives, onion, leeks, garlic -Cucumber
- Dill pickles -Eggplant -Green Beans
- Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion, mustard, or beet greens
- Lettuce/Mixed greens: romaine, red and green leaf, endive, spinach, arugula, radicchio, watercress, chicory
- Mushrooms -Okra -Radishes
- Salsa (sugar-free) -Sea vegetables (kelp, etc.)
- Snow peas -Sprouts
- Tomatoes or mixed vegetable juice
- Water chestnuts, 5 whole
- Zucchini, yellow, summer, or spaghetti squash

## Category 2 Vegetables

Serving size: *1/2 cup*, or as indicated  
(1 serving = approximately 45 calories)

- Beets, winter squash, such as acorn or butter nut squash
- Carrots, 1/2 cup cooked or 2 medium raw or 12 baby carrots
- Sweet potatoes or yams, 1/2 medium baked
- Yukon Gold Potato, 1/2 medium

## Concentrated Protein

Serving size: *3-6 oz.* cooked, or as indicated.  
Meat, poultry and fish should be grilled, baked or roasted; fish can also be poached.  
Keep cheese intake low due to saturated fat.  
(1 serving = approximately 150 calories) (continued)

Name \_\_\_\_\_ Day \_\_\_\_\_

### Concentrated Protein (continued)

- Eggs, 2 whole, or 3 egg whites plus 1 whole egg
- Egg substitute, 2/3 cup
- Fish, shellfish, 3 oz. fresh or 3/4 cup canned in water
- Poultry: chicken or Cornish hen (breast only), turkey
- Leg of lamb, lean roast
- Beef, very lean
- Tofu, 8 oz. or 1 cup (fresh), or 3.5 oz. cube (baked)
- Tempeh, 3 oz. or 1/2 cup
- Soy or veggie burger, 4 oz.
- Cottage cheese, nonfat or lowfat, 3/4 cup
- Ricotta, part skim or nonfat, 1/2 cup
- Mozzarella, part skim or nonfat, 2 oz. or 1/2 cup shredded
- Parmesan cheese (grated), 4 tbsps.
- TVP (soy protein concentrate), 2/3 cup

### Nuts and Seeds

- Serving size as indicated  
(1 serving = approximately 100 calories)
- Almonds or hazelnuts, 10-12 whole nuts
  - Walnut or pecan halves, 7-8
  - Peanuts, 18 nuts or 2 tbsp.
  - Pistachios, sunflower, pumpkin, or sesame seeds, 2 tbsp.
  - Nut butter, 1 tbsp. made from above nuts

### Oils

- Serving size: *1 tsp.* or as indicated  
Oils should be cold pressed  
(1 serving = approximately 40 calories)
- Avocado, 1/8
  - Flaxseed oil (refrigerate) -Walnut oil
  - Extra virgin olive oil (preferable) & canola oil for cooking
  - Mayonnaise (from canola oil)
  - Olives, 8-10 medium

### Fruit

- Serving size as indicated  
(1 serving = approximately 80 calories)
- Apple, 1 medium -Apricots, 3 medium
  - Berries: blackberries & blueberries, 1 cup; raspberries & strawberries, 1 1/2 cups
  - Cantaloupe, 1/2 medium -Cherries, 15 -Fresh figs, 2
  - Grapefruit, 1 whole
  - Grapes, 15 -Honeydew melon, 1/4 small
  - Mango, 1/2 medium -Nectarines, 2 small
  - Orange, 1 large -Peaches, 2 small
  - Pear, 1 medium -Plums, 2 small
  - Tangerines, 2 small -Watermelon, 2 cups

### Dairy

- Serving size: 6 oz., or as indicated  
(1 serving = approximately 80 calories)
- Buttermilk -Fat-free yogurt, plain
  - Lowfat yogurt, plain, 4 oz.
  - Nonfat, 1%, or 2% milk, Soy milk, plain

### Grain

- Serving size: *1/2 cup cooked*, or as indicated  
(1 serving = approximately 75-100 calories)
- Amaranth, teff, or quinoa
  - Basmati or other brown rice, wild rice
  - Millet -Low-carb tortillas, 2 small or 1 large
  - Buckwheat
- Note: buckwheat products and even soy sauce may contain wheat

**Read labels carefully**

<b>Wake up</b> time: _____	
<b>Morning Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Mid-day Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Evening Meal</b> time: _____	
<b>Snack</b> time: _____	
<b>Water</b> (ounces):	
<b>Other Drinks</b> (not listed with meals above):	
<b>Activity/Exercise</b> Type: Duration:	
<b>Relaxation</b> Type: Duration:	
<b>Sleep:</b> Duration:	