Daily Meal Planning Ideas: Gluten Free and Low Glycemic

Sample Day 1

Breakfast: 3 or more eggs, soft scrambled in butter, seasoned to taste with salt and pepper, (add a kick by adding a little cayenne pepper), nitrate free sausage patties, half of an avocado and sliced tomatoes.

Snack: Almond Butter (no sugar added) with Celery Sticks and/or small organic apple with skin on

Lunch: Beef Chili, topped with cheddar cheese, sour cream, and diced green onions, served with Cheesy Muffins buttered liberally. (See attached recipe)

Snack: Roasted & Salted Mixed Nuts (Peanut Free) (See roasted nut recipes attached)

Dinner: Baked Chicken Quarters (skin on), Cauliflower Rice with butter and seasonings, Salad with Blue Cheese Salad Dressing. (See attached Salad Dressing recipes)

Dessert: World's Best Keto Brownies (See recipe attached)

Sample Day 2

Breakfast: 3 or more poached eggs or lightly cooked in butter, keeping the egg yolks soft. Serve over a bed of arugula sprinkled with goat cheese, season to taste. Slices of nitrate free bacon. (May serve with turkey bacon if you prefer) Small bowl of blueberries, served by themselves or in heavy cream, sweetened with liquid stevia. (Sweetleaf or Trader Joe's Organic are good choices)

Snack: Cheese and Crackers, sliced cucumbers (Eat only gluten free, glycemic friendly crackers) Some good options are Paleo Crackers like Jilz Gluten Free Crackers, Julian Bakery Crackers

Lunch: Tuna Salad Lettuce Wrap or use Paleo Wraps. (Consider substituting canned Salmon or Mackerel for Tuna for reduced Mercury risk), Smoked Greek Deviled Eggs (See attached Recipes), radishes, sliced raw carrots and celery. If you would like a dip for your veggies have a blue cheese dip or hummus dip. (See attached recipes)

Snack: Oil Free Hummus (this is a family favorite recipe) served with sliced red or yellow bell peppers and sliced Jicama (See attached recipe)

Dinner: Baked Salmon, Roasted Brussel Sprouts, cooked and seasoned Quinoa topped with butter and chives.

Dessert: Keto Lemon Bars (See recipe attached)

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