

### Dietary Options for a Wheat-Free, Dairy-Free Diet

#### ***Breakfast***

- |                                       |                                       |
|---------------------------------------|---------------------------------------|
| ☞ Quinoa with raisins and almond milk | ☞ Eggs and potatoes with herb tea     |
| ☞ Oatmeal with fruit and rice milk    | ☞ Tofu with vegetables and herb tea   |
| ☞ Rice with vegetables and soy milk   | ☞ Millet with vegetables and herb tea |

#### ***Lunch***

- ☞ Salad with oil and vinegar dressing and fresh herbs
- ☞ Choose one: Fish, poultry, wild game, lamb, tofu, almond butter or other nut butters
- ☞ Choose one: Potatoes, rice, 3-bean salad, 100% rye, rice or spelt bread, lentils and rice, beans and corn, or nuts and seeds.

#### ***Afternoon snacks***

- |                  |                    |
|------------------|--------------------|
| ☞ Fruit          | ☞ Vegetable sticks |
| ☞ Nuts and seeds | ☞ Soups            |

#### ***Dinner***

##### Proteins

- |               |                   |                  |                    |
|---------------|-------------------|------------------|--------------------|
| ☞ Trout       | ☞ Red snapper     | ☞ Salmon         | ☞ Tuna             |
| ☞ Halibut     | ☞ Eggs            | ☞ Chicken        | ☞ Turkey           |
| ☞ Game hen    | ☞ Tofu            | ☞ Beans and rice | ☞ Lentils and rice |
| ☞ Nut butters | ☞ Sunflower seeds | ☞ Sesame seeds   | ☞ Pumpkin seeds    |

##### Carbohydrates

- |                |            |            |            |
|----------------|------------|------------|------------|
| ☞ Millet       | ☞ Parsnip  | ☞ Rutabaga | ☞ Yam      |
| ☞ Sweet potato | ☞ Peas     | ☞ Potato   | ☞ Rice     |
| ☞ Beans        | ☞ Eggplant | ☞ Squash   | ☞ Rye      |
| ☞ Oats         | ☞ Teff     | ☞ Quinoa   | ☞ Amaranth |

##### Vegetables

- |                    |            |             |               |
|--------------------|------------|-------------|---------------|
| ☞ Green salad      | ☞ Broccoli | ☞ Asparagus | ☞ Artichokes  |
| ☞ Brussels sprouts | ☞ Carrots  | ☞ Chard     | ☞ Beet greens |
| ☞ Spinach          | ☞ Okra     | ☞ Cabbage   | ☞ Green beans |

##### Drinks

- |                  |                                   |
|------------------|-----------------------------------|
| ☞ Filtered water | ☞ Herbal tea                      |
| ☞ Diluted juices | ☞ Coffee substitutes (Pero, Inka) |

##### Evening Snack

- |         |           |
|---------|-----------|
| ☞ Fruit | ☞ Nuts    |
| ☞ Seeds | ☞ Popcorn |