



Gluten-Free Plan

Designed for individuals avoiding gluten while staying balanced.

Celiac-safe

Naturally gluten-free foods

Diverse and tasty

Sample Menu:

Breakfast: Gluten-free pancakes with maple syrup

Lunch: Quinoa salad with veggies and grilled tofu

Snack: Rice cakes with almond butter

Dinner: Stuffed bell peppers with ground turkey