

Xchg	Qty	Measure	Description	Protein (gm)	Carbs (gm)	Fats (gm)	Calories
1600 Calories] Wheat Sensitivity - Day 01							
Breakfast - Top cereal w/ sliced banana & milk.							
5	1.5	cup	Milk - skim, no fat	12.60	17.85	0.60	129.00
15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
7	1.0	each	Small banana	1.00	23.00	0.00	90.00
<i>Totals for Breakfast</i>				16.60	81.35	0.60	399.00
Snack 1							
1	12.0	each	Almonds, unsalted	0.00	0.00	6.00	60.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	6.00	110.00
Lunch - Toss salad ingredients with oil and vinegar.							
20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	3.0	cup	Mixed greens	0.00	3.00	0.00	15.00
23	2.0	tea spoon	Olive oil	0.00	0.00	9.00	80.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
<i>Totals for Lunch</i>				52.98	11.00	18.92	437.24
Snack 2							
14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 2</i>				3.36	4.56	7.68	94.32
Dinner - Boil or grill shrimp. Top potato w/spread.							
2	1.0	each	Baked potato, small	3.00	29.00	0.00	130.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
1	9.0	ounce(s)	Shrimp - boiled or steamed	53.28	0.00	2.70	252.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Dinner</i>				60.00	40.20	6.34	466.60
Snack 3 - Core apple. Sprinkle sugar & cinnamon. Micro 5min.							
9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
22	0.5	tea spoon	Cinnamon	0.15	2.70	0.10	9.00
22	0.5	tea spoon	Sugar - brown	0.00	2.00	0.00	8.00
<i>Totals for Snack 3</i>				0.45	25.70	0.60	98.00
Totals For 1600 Calories] Wheat Sensitivity - Day 01				133.89	176.31	40.14	1605.16

Breakfast - Prepare oats per package directions using milk.

14	1.5	tablespoon	Chopped walnuts	3.00	1.50	6.75	75.00
3	0.8	cup	Dry steel cut oats	7.50	40.50	3.75	225.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
<i>Totals for Breakfast</i>				<i>22.50</i>	<i>66.00</i>	<i>10.50</i>	<i>420.00</i>

Snack 1 - Spread almond butter on apple.

21	0.3	tablespoon	Almond Butter	0.66	0.99	2.97	33.33
10	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				<i>0.96</i>	<i>21.99</i>	<i>3.47</i>	<i>114.33</i>

Lunch - Toss salad ingredients together.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
6	1.0	ounce(s)	Canned artichoke	0.98	3.17	0.00	14.00
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
1	1.0	each	Cooked egg white	4.00	0.00	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.71	0.75	0.08	5.08
6	3.0	cup	Fresh spinach	2.40	3.27	0.36	20.70
23	1.0	tablespoon	Olive oil	0.00	0.00	14.00	130.00
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
1	4.0	ounce(s)	Water packed white tuna	28.00	0.00	4.00	140.00
<i>Totals for Lunch</i>				<i>38.79</i>	<i>21.35</i>	<i>19.33</i>	<i>400.18</i>

Snack 2 - Slice pepper, dip in hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.0	tablespoon	Hummus	2.00	4.00	3.00	50.00
<i>Totals for Snack 2</i>				<i>3.40</i>	<i>13.60</i>	<i>3.20</i>	<i>90.00</i>

Dinner - Broil fish w/oil. Serve w/beets&veg.

6	1.5	cup	Cauliflower	3.00	7.50	0.00	37.50
1	8.0	ounce(s)	Flounder - broiled	54.64	0.00	0.00	264.00
23	1.0	tea spoon	Olive oil	0.00	0.00	4.50	40.00
6	1.5	cup	Roasted beets	1.50	16.50	0.00	75.00
3	1.0	each	Sweet potato, baked with peel, small	1.00	12.00	0.00	50.00
<i>Totals for Dinner</i>				<i>60.14</i>	<i>36.00</i>	<i>4.50</i>	<i>466.50</i>

Snack 3 - Top cereal with milk.

15	0.5	cup	Rice Chex	1.00	13.50	0.00	60.00
5	4.0	fluid ounce(s)	Skim milk	4.00	8.00	0.00	40.00
<i>Totals for Snack 3</i>				<i>5.00</i>	<i>21.50</i>	<i>0.00</i>	<i>100.00</i>

Totals For 1600 Calories] Wheat Sensitivity - Day 02				130.79	180.44	41.00	1591.01
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Breakfast - Saute eggs, cheese & veg in spread.

1	2.0	ounce(s)	2% milkfat cheddar cheese	14.00	2.00	4.00	100.00
1	6.0	large	Egg white	24.00	0.00	0.00	90.00
6	0.5	cup	Fresh mushrooms	1.08	1.14	0.12	7.70
6	0.5	cup	Fresh spinach	0.40	0.55	0.06	3.45
7	1.0	each	Grapefruit - pink or red 4" diam.	1.20	23.80	0.20	92.00
5	1.0	cup	Milk - skim, no fat	8.40	11.90	0.40	86.00
21	2.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	3.00	30.00
<i>Totals for Breakfast</i>				49.08	39.39	7.78	409.15

Snack 1

1	10.0	each	Almonds, unsalted	0.00	0.00	5.00	50.00
7	0.7	cup	Strawberries	0.66	5.94	0.00	39.60
<i>Totals for Snack 1</i>				0.66	5.94	5.00	89.60

Lunch - Top rice w/chopped chicken and remaining ing.

4	0.3	cup	Black beans	3.50	10.00	0.25	50.00
1	4.0	ounce(s)	Boneless chicken breast	26.00	0.00	1.60	124.00
3	0.7	cup	Brown rice, cooked	3.30	29.70	1.32	145.20
6	0.3	cup	Chopped tomato	0.66	2.31	0.00	9.90
6	0.5	cup	Kale	1.11	3.36	0.23	16.75
23	0.3	cup	Sliced avocado	0.75	3.00	5.25	57.50
<i>Totals for Lunch</i>				35.32	48.37	8.65	403.35

Snack 2

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 2</i>				0.70	25.10	0.00	98.00

Dinner - Combine chick w/veg/beans. Stuff pepper/sauce/Bake

6	1.0	each	Bell pepper	2.80	19.20	0.40	80.00
6	2.0	tablespoon	Chopped onion	0.20	1.80	0.00	8.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
1	8.0	ounce(s)	Ground chicken breast, raw	48.00	0.00	2.00	200.00
20	1.0	tablespoon	Italian dressing, reduced fat	0.00	1.00	1.00	10.00
3	0.1	cup	Kidney beans, cooked or canned	1.95	5.20	0.13	28.60
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
5	2.0	ounce(s)	Mozzarella cheese, part skim	13.58	1.56	8.92	142.24
6	0.5	cup	Tomato sauce	2.00	8.00	0.00	30.00
<i>Totals for Dinner</i>				68.72	39.75	12.47	513.31

Snack 3

14	24.0	each	Pistachio nuts	3.36	4.56	7.68	94.32
<i>Totals for Snack 3</i>				3.36	4.56	7.68	94.32

Totals For 1600 Calories] Wheat Sensitivity - Day 03				157.84	163.11	41.58	1607.73
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Breakfast - Enjoy luna bar w berries & soy milk.

7	1.0	cup	Fresh blueberries	1.07	21.01	0.48	82.65
0	1.0	each	luna bar	10.00	26.00	4.50	180.00
4	1.5	1 cup	SILK Plain, soymilk	10.50	11.99	6.01	149.45
Totals for Breakfast				21.57	59.00	10.99	412.10

Snack 1

14	1.0	tablespoon	Chopped walnuts	2.00	1.00	4.50	50.00
8	0.3	cup	Cottage Cheese - 1% fat	7.00	1.55	0.57	41.00
7	0.3	cup	Strawberries	0.33	2.97	0.00	19.80
Totals for Snack 1				9.33	5.52	5.07	110.80

Lunch - Spinach, broccoli, salmon cobb salad.

20	1.0	tablespoon	Balsamic Vinegar	0.00	2.00	0.00	10.00
1	4.0	ounce(s)	Canned salmon	28.00	0.00	4.00	160.00
6	0.5	cup	Chopped tomato	1.00	3.50	0.00	15.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
6	0.7	cup	Mixed vegetables (non starchy)	0.66	4.62	0.00	26.40
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
Totals for Lunch				41.28	13.87	19.97	411.29

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
Totals for Snack 2				1.00	27.00	0.00	100.00

Dinner - Saute beef w/ veg and soy. Serve over beef.

6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	2.0	cup	Chopped onion	4.00	30.00	0.00	120.00
1	6.0	ounce(s)	Extra lean beef	37.50	3.00	4.50	195.00
6	0.3	cup	Fresh mushrooms	0.54	0.57	0.06	3.85
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.1	1 teaspoon	Ginger root, raw	0.00	0.05	0.00	0.21
17	0.3	1 cup	Quinoa, cooked	2.04	9.85	0.89	55.50
21	2.0	tea spoon	Soy sauce, low sodium	0.00	0.00	0.00	10.00
Totals for Dinner				48.60	55.76	6.21	446.06

Snack 3 - Mix prepared popcorn with raisin.

0	2.0	cup	Popcorn - Lite, microwaved, Orvill Red. Gourmet	1.34	5.34	2.00	46.00
7	2.0	tablespoon	Raisins	0.00	16.00	0.00	70.00
Totals for Snack 3				1.34	21.34	2.00	116.00
Totals For 1600 Calories] Wheat Sensitivity - Day 04				123.12	182.49	44.24	1596.25

Breakfast - Top cereal w milk & sliced banana.

15	1.5	cup	Rice Chex	3.00	40.50	0.00	180.00
5	12.0	fluid ounce(s)	Skim milk	12.00	24.00	0.00	120.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
Totals for Breakfast				15.50	76.00	0.00	345.00

Snack 1

7	0.3	cup	Grapes	0.25	6.75	0.00	25.00
5	1.0	each	Hard boiled egg	6.00	1.00	4.00	60.00
Totals for Snack 1				6.25	7.75	4.00	85.00

Lunch - Toss ingredients and place on rice. Serve w/greens

4	2.0	tablespoon	Black beans, canned, drained	2.00	6.00	0.00	30.00
1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
3	0.3	cup	Brown rice, cooked	1.65	14.85	0.66	72.60
20	2.0	tablespoon	Italian dressing, reduced fat	0.00	2.00	2.00	20.00
6	2.0	cup	Mixed greens	0.00	2.00	0.00	10.00
21	0.3	cup	Salsa	1.00	4.05	0.10	17.48
23	0.5	cup	Sliced avocado	1.35	5.40	9.45	103.50
Totals for Lunch				51.50	34.30	15.01	470.58

Snack 2 - Prepare per package directions.

6	0.7	cup	Edamame, in pods, prepared from frozen	9.90	8.58	4.62	118.80
Totals for Snack 2				9.90	8.58	4.62	118.80

Dinner - Saute tilapia w/veg. Serve over rice.

3	0.5	cup	Brown rice, cooked	2.50	22.50	1.00	110.00
6	3.0	tablespoon	Chopped onion	0.30	2.70	0.00	12.00
6	1.3	cup	Fresh mushrooms	2.70	2.85	0.30	19.25
6	2.0	cup	Fresh spinach	1.60	2.18	0.24	13.80
23	3.5	tea spoon	Olive oil	0.00	0.00	15.75	140.00
1	6.0	ounce(s)	Tilapia	36.00	0.00	0.00	150.00
Totals for Dinner				43.10	30.23	17.29	445.05

Snack 3 - Top yogurt w sliced banana & nuts.

14	0.5	tablespoon	Chopped walnuts	1.00	0.50	2.25	25.00
1	4.0	ounce(s)	Greek yogurt, plain, non fat	8.00	4.00	0.00	60.00
7	0.5	each	Small banana	0.50	11.50	0.00	45.00
Totals for Snack 3				9.50	16.00	2.25	130.00

Totals For 1600 Calories] Wheat Sensitivity - Day 05				135.75	172.86	43.17	1594.43
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Breakfast - Scramble eggs 1/2 spread. Remain spread on bread.

1	1.0	ounce(s)	2% milkfat cheddar cheese	7.00	1.00	2.00	50.00
1	5.0	large	Egg white	20.00	0.00	0.00	75.00
7	1.0	each	Orange - medium	1.10	17.40	0.30	69.00
21	1.0	tea spoon	Trans fat-free buttery spread	0.00	0.00	1.50	15.00
11	2.0	ounce(s)	Turkey bacon	9.48	1.00	8.92	122.24
16	2.0	slice	Udi's Millet-Chia Bread	6.00	24.00	4.50	150.00
<i>Totals for Breakfast</i>				43.58	43.40	17.22	481.24

Snack 1

9	1.0	each	Apple - medium with peel	0.30	21.00	0.50	81.00
<i>Totals for Snack 1</i>				0.30	21.00	0.50	81.00

Lunch - Core tomato, set aside. Tuna in tom. Veg mix w/spi

6	0.3	each	Bell pepper	0.70	4.80	0.10	20.00
6	1.0	cup	Fresh spinach	0.80	1.09	0.12	6.90
6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
21	1.0	tablespoon	Low fat mayonnaise	0.00	4.00	1.00	25.00
6	1.0	each	Tomato	1.00	5.00	0.00	20.00
1	6.0	ounce(s)	Water packed white tuna	42.00	0.00	6.00	210.00
<i>Totals for Lunch</i>				45.00	20.39	7.22	304.40

Snack 2

7	1.0	cup	Grapes	1.00	27.00	0.00	100.00
<i>Totals for Snack 2</i>				1.00	27.00	0.00	100.00

Dinner - Roast halibut. Cook lentils w/ onions&carrots.

6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
3	0.8	cup	Cooked lentils	13.50	30.00	0.75	172.50
6	0.5	each	Garlic clove	0.09	0.50	0.01	2.23
1	6.0	ounce(s)	Halibut, raw	24.00	0.00	24.00	300.00
6	2.0	tablespoon	Onion - chopped	0.20	1.80	0.00	8.00
<i>Totals for Dinner</i>				38.92	43.99	25.05	532.73

Snack 3 - Mixed berry salad.

7	0.5	cup	Fresh blueberries	0.54	10.51	0.24	41.33
7	0.5	cup	Fresh raspberries	0.50	7.50	0.50	30.00
7	0.5	cup	Strawberries	0.50	4.50	0.00	30.00
<i>Totals for Snack 3</i>				1.54	22.51	0.74	101.33
Totals For 1600 Calories] Wheat Sensitivity - Day 06				130.34	178.29	50.73	1600.70

Breakfast - Top yogurt with melon, seeds and raisins.

7	1.3	cup	Fresh cantaloupe	1.64	15.91	0.38	66.30
1	10.0	ounce(s)	Greek yogurt, plain, non fat	20.00	10.00	0.00	150.00
8	2.0	tablespoon	Pumpkin seeds, roasted, unsalted	4.00	2.00	7.00	80.00
7	3.0	tablespoon	Raisins	0.00	24.00	0.00	105.00
<i>Totals for Breakfast</i>				25.64	51.91	7.38	401.30

Snack 1

1	8.0	each	Almonds, unsalted	0.00	0.00	4.00	40.00
7	0.5	cup	Grapes	0.50	13.50	0.00	50.00
<i>Totals for Snack 1</i>				0.50	13.50	4.00	90.00

Lunch - Gluten free avocado turkey wrap.

6	0.5	cup	Grated carrots	0.50	5.50	0.00	22.50
6	1.0	cup	Mixed greens	0.00	1.00	0.00	5.00
23	0.5	cup	Sliced avocado	1.50	6.00	10.50	115.00
1	5.0	ounce(s)	Turkey breast	42.50	0.00	1.00	190.00
16	1.0	each	Udi's Small Tortilla	3.00	15.00	2.00	90.00
<i>Totals for Lunch</i>				47.50	27.50	13.50	422.50

Snack 2 - Slice pepper dip into hummus.

6	0.5	each	Bell pepper	1.40	9.60	0.20	40.00
4	2.5	tablespoon	Hummus	2.50	5.00	3.75	62.50
<i>Totals for Snack 2</i>				3.90	14.60	3.95	102.50

Dinner - Saute chicken w/veg in oil. Top pasta w/mix/cheese

1	7.0	ounce(s)	Boneless chicken breast	45.50	0.00	2.80	217.00
6	1.0	cup	Broccoli	3.72	11.20	0.64	54.60
6	1.0	cup	Carrots	1.13	11.69	0.29	50.00
6	1.0	tablespoon	Chopped onion	0.10	0.90	0.00	4.00
6	1.0	each	Garlic clove	0.19	0.99	0.02	4.47
5	1.5	tablespoon	Grated parmesan cheese	2.88	0.30	2.14	32.32
23	1.5	tea spoon	Olive oil	0.00	0.00	6.75	60.00
17	1.3	cup	Rice pasta, cooked	0.00	13.75	0.00	62.50
<i>Totals for Dinner</i>				53.52	38.83	12.64	484.89

Snack 3

7	1.0	each	Pear	0.70	25.10	0.00	98.00
<i>Totals for Snack 3</i>				0.70	25.10	0.00	98.00

Totals For 1600 Calories] Wheat Sensitivity - Day 07				131.76	171.44	41.47	1599.19
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