

21 Day Gluten Free Menu

Total individuals: 16
 Total servings: 16.0
 Dietary Restrictions: Wheat/Gluten (16)



Calendar Planning

Day	Appetizer	Dinner	Breakfast	Lunch
Day 0	Safeway Lunch (16)	Rig Night (BYO or Moe Meal- additional charge) (16)	(GF) Breakfast Salmon Lox on Bagels (16)	Lunch (GF) BLTA (16)
Day 1	Appetizer Mixed Green Salad (16)	Dinner Calabacitas Tamales (PM) (16) Dessert Dark Chocolate Bars (16)	Breakfast (GF) Burritos (16)	Lunch Cold Cut Lettuce Wraps (16)
Day 2	Appetizer Brie and (GF) Crackers (16)	Dinner Grilled Wild Salmon (16) Dessert (GF) Mixed Berry Cobbler (DO) (16)	Breakfast (GF) Berry Pancakes, and Eggs with Bacon (16)	Lunch (GF) Roast Beef Wraps (16)
Day 3	Appetizer Bruschetta and (GF) Crackers (16)	Dinner (GF) Grilled Cheese and Tomato (16)	Breakfast (GF) Scrammlets and Bacon (16)	Lunch (GF) Veggie Bagel Sandwiches (16)
Day 4	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner (GF) Steak Fajitas (16)	Breakfast (GF) Bagels with Hard Boiled Eggs (16)	Lunch (GF) Cold Cut Sammies (16)
Day 5	Appetizer Edamame (16)	Dinner Chicken Curry (16) Dessert (GF) Pepperidge Farms Cookies (16)	Breakfast (GF) Quick Steak Tacos (16)	Lunch (GF) Peanut Butter and Jelly (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fish Tacos (16)	Breakfast Quick Bacon Scramble (16)	Lunch (GF) Lox on Bagels with Cream Cheese (16)
Day 7	Appetizer Spinach Salad (16)	Dinner Kabobs (16) Dessert (GF) Chocolate Cake (16)	Breakfast (GF) Egg Sammies (16)	Lunch Healthy Tuna Salad Lettuce Wraps (16)
Day 8	Appetizer Olive Tapenade (GF) Crackers (16)	Dinner (GF) Fettuccine Alfredo with Chicken (16)	Breakfast (GF) Quick Steak Burritos (16)	Lunch (GF) BLTA (16)
Day 9	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner Chicken Fajitas 2nd Half (16)	Breakfast (GF) Pancakes, Eggs, and Sausage (16)	Lunch Cold Cut Wraps 2nd Half (16)
Day 10	Appetizer Caesar Salad (16)	Dinner (GF) Chicken Pesto Pasta (16) Dessert (GF) Pepperidge Farms Cookies (16)	(GF) Breakfast Salmon Lox on Bagels (16)	Lunch Mexi Wraps (16)
Day 11	Appetizer Smoked Gouda and (GF) Crackers (16)	Dinner Cauliflower and Potato Curry 2nd Half (16)	Breakfast (GF) Oatmeal (16)	Lunch (GF) River Pasta Salad (16)
Day 12	Appetizer Tortilla Chips, Salsa, and Guacamole (16)	Dinner (GF) Beef Tacos (16) Dessert Dark Chocolate Mints (16)	Breakfast (GF) Cold Cereal with (GF) Bagels (16)	Lunch (GF) Veggie Bagel Sandwiches (16)
Day 13	Appetizer Veggies and Dip (16)	Dinner (GF) Spaghetti and (GF) Meatballs (16)	Breakfast (GF) Scrammlets and Breakfast Sausage (16)	Lunch (GF) Crackers and Cheese With Salami (16)
Day 14	Appetizer Train Wreck (16)	Dinner Grilled Teriyaki Chicken (16) Dessert (GF) Apple Cobbler (DO) (16)	Breakfast (GF) Pancakes, Eggs, and Bacon (16)	Lunch Caprese Salad Sandwich (16)
Day 15	Appetizer Spinach Dip (GF) Crackers (16)	Dinner (GF) White Bean and Sausage Penne (16)	Breakfast (GF) Cereal with Hard Boiled Eggs (16)	Lunch Chicken Caesar Wraps (16)
Day 16	Appetizer Mango Salsa and Chips (16)	Dinner (GF) Shrimp Tacos (16)	Breakfast (GF) Quick Steak Tacos (16)	Lunch Mediterranean Tuna Salad (16)
Day 17	Appetizer Cheese and (GF) Crackers (16)	Dinner (GF) Chicken Pesto Pasta (16) Dessert (GF) Pepperidge Farms Cookies (16)	Breakfast (GF) Bagels with Hard Boiled Eggs (16)	Lunch Steak and Black Bean Wraps (16)
Day 18	Appetizer Edamame (16)	Dinner Quick Chicken Stir Fry (16)	Breakfast (GF) Egg Sammies (16)	Lunch (GF) Crackers and Cheese With Salami (16)
Day 19	Appetizer Pesto Cream Cheese and Veggies (16)	Dinner (GF) Beef Tacos (16) Dessert Dark Chocolate Bars (16)	Breakfast (GF) Scrammlets and Bacon (16)	Lunch Cold Cut Sammies 2nd Half (16)

Day	Appetizer	Dinner	Breakfast	Lunch
Day 20	Appetizer Mixed Nuts (16)	Dinner (GF) Cheese and Chicken Quesadillas (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)