

# 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 Tamales Calabacitas (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) Peanut Butter and Jelly (16)
Day 5	Appetizer Edamame (16)	Dinner Chicken Curry (16) Dessert (GF) Pepperidge Farms Cookies (16)	Breakfast (GF) Quick Steak Tacos (16)	Lunch (GF) Cold Cut Sammies (16)
Day 6	Appetizer Tomato and Mozzarella Sliders (16)	Dinner Fish Tacos (16)	Breakfast Quick Bacon Scramble (16)	Lunch 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 Cold Cut Lettuce Wraps (16)
Day 9	Appetizer Smoked Gouda with Summer Sausage (16)	Dinner (GF) Shrimp Tacos (16)	Breakfast (GF) Pancakes, Eggs, and Sausage (16)	Lunch Black Bean and Corn Quinoa Salad (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 (GF) BLTA (16)
Day 11	Appetizer Smoked Gouda and (GF) Crackers (16)	Dinner Cauliflower and Potato Curry (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 Veggies and Quinoa (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 Edamame (16)	Dinner Quick Chicken Stir Fry (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 Black Bean Wrap (16)
Day 18	Appetizer Mango Salsa and Chips (16)	Dinner (GF) Beef Tacos (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) Shrimp 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 Tomato Mozzarella Salad Dip (16)	Dinner (GF) Cheese and Chicken Quesadillas (16)	Breakfast Leftovers (16)	Lunch En Route to Flagstaff (16)