Gluten Free Menu Worksheet

	CURRENT FOODS	GLUTEN FREE REPLACEMENTS
	Examples:	<i>Examples:</i> GF cold cereal
	cold cereal	GF cold cereal
	eggs, toast	eggs, GF toast
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Breakfasts for 1 week		
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	Eugenerales	Eugenerales
	Examples:	Examples:
	canned soup sandwiches	GF homemade soup (leftovers)
	sandwiches	GF sandwiches and fillings
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Lunches for 1 week		
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	Examples:	Examples:
	spaghetti	GF spaghetti and sauce
	tacos	GF corn tortillas and fillings
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Dinners for 1 week		
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Congratulations! If you filled this whole sheet you've just created your first gluten free menu.