

Gluten Free Menu Worksheet

	CURRENT FOODS	GLUTEN FREE REPLACEMENTS
Breakfasts for 1 week	<p><i>Examples:</i> cold cereal eggs, toast</p>	<p><i>Examples:</i> GF cold cereal eggs, GF toast</p>
Lunches for 1 week	<p><i>Examples:</i> canned soup sandwiches</p>	<p><i>Examples:</i> GF homemade soup (leftovers) GF sandwiches and fillings</p>
Dinners for 1 week	<p><i>Examples:</i> spaghetti tacos</p>	<p><i>Examples:</i> GF spaghetti and sauce GF corn tortillas and fillings</p>

Congratulations! If you filled this whole sheet you've just created your first gluten free menu.