

# Nutricheck



## Professional Dietary Advice

### Wheatfree Meals

Please Note: This *Wheatfree Meals Guide* is not intended to be a recommendation for self-medication, or to replace medical services.

# **WHEATFREE MEALS**

*USE ONLY UNDER THE GUIDANCE OF A HEALTH PRACTITIONER*

## **ALTERNATIVE MEALS FOR THE WHEAT INTOLERANT**

### **BREAKFAST:**

#### **Option 1:**

Brown Rice - store pre-cooked rice and chicken in fridge. Chicken - heat rice/chicken in pan with olive oil. Eggs -beat eggs and fold into rice/chicken mix. Bubble and Squeak - Mash left-over vegetables together and heat in pan with olive oil.

#### **Option 2:**

Fish -grilled Or fried. Bubble and Squeak - mix with mashed/grated potato and fry. Tomato Saute -saute onions with mushrooms and zucchini in olive oil and serve over fish/bubble-squeak. A small amount of fruit may be eaten after breakfast.

### **LUNCH:**

Seafood or Poultry (tinned or fresh) is preferred. Salad -use a wide variety of salad vegetables. Salad dressings -olive oil mixed with vinegar and herbs. PLUS Rice, beans lentils splitpeas or chickpeas. These may be added to the salad or eaten in a thick soup. A small amount of fruit may be eaten after lunch.

### **DINNER:**

Protein (3-4 oz -Seafood, poultry, lean meat/liver(1 per week) OR beans and pulses (6-8oz)  
PLUS vegetables (steamed or stir-fried):

#### **Group 1:**

Choose 4 of these: Cauliflower, broccoli, cabbage, greenbeans, peas, zucchini, buttonsquash, choko, spinach, celery, onions, shallots.

#### **Group 2:**

Choose 2 of these: Pumpkin, yellow sweet potato, carrot, turnip, parsnip, beetroot, tomato, capsicum, eggplant, tomato, capsicum, eggplant, potato.

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