

7-Day Gluten-Free Meal Plan for Lowering LDL Cholesterol (1,500 Calories)

Important Note: This meal plan is a general guide. Individual caloric and macro needs can vary based on activity level, metabolism, and other factors. It's always recommended to consult with a registered dietitian or healthcare professional for personalized advice, especially when addressing specific health concerns like high LDL cholesterol.



Day 1 Meal Plan

1

Breakfast (Approx. 300 calories)

- 1/2 cup **gluten-free rolled oats** cooked with **unsweetened almond milk**, 1/2 cup **mixed berries**, 1 scoop (20g) **plant-based protein powder** (e.g., pea or rice protein).

Macros: Protein: 27g, Carbs: 45g, Fat: 6g

2

Snack 1 (Approx. 100 calories)

- 1 medium **apple**.

Macros: Protein: 0g, Carbs: 25g, Fat: 0g

3

Lunch (Approx. 400 calories)

- Large salad with 3 oz **grilled chicken breast**, 2 cups **mixed greens**, 1/2 cup **cucumber**, 1/4 cup **shredded carrots**, 1/4 cup **chickpeas**, 1 tbsp **olive oil & lemon juice dressing**.

Macros: Protein: 35g, Carbs: 30g, Fat: 20g

1

Snack 2 (Approx. 150 calories)

- 1 tbsp **almond butter** with 1/2 **banana**.

Macros: Protein: 4g, Carbs: 20g, Fat: 9g

2

Dinner (Approx. 550 calories)

- 4 oz **baked cod**, 1 cup **roasted sweet potato**, 1 cup **steamed green beans** with 1 tsp **olive oil**.

Macros: Protein: 32g, Carbs: 55g, Fat: 18g

Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 98g
- **Total Carbohydrates:** 175g
- **Total Fat:** 53g

Day 2 Meal Plan

Breakfast (Approx. 300 calories)

- Smoothie: 1 scoop (20g) **plant-based protein powder**, 1 cup **spinach**, 1/2 **banana**, 1/2 cup **unsweetened almond milk**.

Macros: Protein: 25g, Carbs: 40g, Fat: 5g

Snack 1 (Approx. 100 calories)

- 1/4 cup **unsalted walnuts**.

Macros: Protein: 5g, Carbs: 4g, Fat: 9g



Lunch (Approx. 400 calories)

- Turkey & Avocado Sandwich:** 3 oz sliced **turkey breast** (low sodium), 1/4 **avocado**, lettuce, tomato on 1 slice **gluten-free bread**.

Macros: Protein: 28g, Carbs: 30g, Fat: 18g

Snack 2 (Approx. 150 calories)

- 1/2 cup **plain low-fat Greek yogurt** with 1 tsp **honey** or **maple syrup** and 1 tbsp **chia seeds**.

Macros: Protein: 12g, Carbs: 15g, Fat: 4g

Dinner (Approx. 550 calories)

- 4 oz **baked salmon**, 1 cup **asparagus**, 1/2 cup **brown rice**.

Macros: Protein: 30g, Carbs: 40g, Fat: 25g

Daily Summary:

- Total Calories:** 1,500 calories
- Total Protein:** 100g
- Total Carbohydrates:** 129g
- Total Fat:** 61g

Day 3 Meal Plan



Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 97g
- **Total Carbohydrates:** 150g
- **Total Fat:** 51g

Day 4 Meal Plan



Breakfast (Approx. 300 calories)

- 1/2 cup **gluten-free rolled oats** cooked with **unsweetened almond milk**, 1/4 cup **sliced peaches**, 1 tbsp **pumpkin seeds**.

Macros: Protein: 10g, Carbs: 55g, Fat: 10g

Snack 1 (Approx. 100 calories)

- 1 **hard-boiled egg**.

Macros: Protein: 6g, Carbs: 0g, Fat: 5g



Lunch (Approx. 400 calories)

- **Quinoa Salad with Chickpeas & Veggies:** 1 cup cooked **quinoa**, 1/2 cup **chickpeas**, 1/2 cup diced cucumber, bell peppers, and cherry tomatoes, 1 tbsp **olive oil & lemon dressing**.

Macros: Protein: 18g, Carbs: 60g, Fat: 10g



Snack 2 (Approx. 150 calories)

- 1 cup **cantaloupe** with 10 **almonds**.

Macros: Protein: 3g, Carbs: 25g, Fat: 8g



Dinner (Approx. 550 calories)

- 4 oz **baked tilapia**, 1 cup **roasted sweet potato**, 1 cup **steamed green beans** with 1 tsp **olive oil**.

Macros: Protein: 32g, Carbs: 55g, Fat: 18g

Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 69g
- **Total Carbohydrates:** 195g
- **Total Fat:** 51g

Day 5 Meal Plan



Breakfast (Approx. 300 calories)

- **Chia seed pudding:** 3 tbsp **chia seeds**, 1 cup **unsweetened almond milk**, 1/2 tsp vanilla extract, 1/4 cup **mixed berries**.
Let set overnight.

Macros: Protein: 10g, Carbs: 40g, Fat: 18g



Snack 1 (Approx. 100 calories)

- 1 small **pear**.

Macros: Protein: 0g, Carbs: 25g, Fat: 0g



Lunch (Approx. 400 calories)

- **Gluten-Free Chicken & Veggie Pasta Salad:** 1 cup cooked **gluten-free pasta** (chickpea or lentil-based), 3 oz diced cooked **chicken breast**, 1/2 cup chopped bell peppers, cucumber, and cherry tomatoes, 1 tbsp **light vinaigrette**.

Macros: Protein: 30g, Carbs: 40g, Fat: 15g

Snack 2 (Approx. 150 calories)

- 1/4 cup **pumpkin seeds**.

Macros: Protein: 7g, Carbs: 5g, Fat: 10g

Dinner (Approx. 550 calories)

- **Marinated Grilled Chicken Breast** (4 oz - marinate in lemon juice, herbs, and garlic), 1 cup **mashed cauliflower** (made with a splash of unsweetened almond milk) and 1 cup **steamed Brussels sprouts**.

Macros: Protein: 40g, Carbs: 40g, Fat: 10g

Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 87g
- **Total Carbohydrates:** 150g
- **Total Fat:** 53g

Day 6 Meal Plan

1

Breakfast (Approx. 300 calories)

- **Gluten-free toast** (1 slice) with 1/4 **avocado** and everything bagel seasoning.

Macros: Protein: 5g, 1/2 cup **baby carrots** with 2 tbsp **hummus**.

Macros: Protein: 3g, Carbs: 15g, Fat: 3g



2

Lunch (Approx. 400 calories)

- **Leftover Chicken Breast and Avocado Sandwich:** 3 oz sliced **grilled chicken breast**, 1/4 **avocado**, lettuce, tomato in 1 **gluten-free wrap**.

Macros: Protein: 28g, Carbs: 30g, Fat: 18g

1

Snack 2 (Approx. 150 calories)

- 1 cup **plain low-fat Greek yogurt** with 1 tsp **honey** or **maple syrup** and 1/4 cup **berries**.

Macros: Protein: 18g, Carbs: 25g, Fat: 1g

2

Dinner (Approx. 550 calories)

- **Baked chicken drumstick** (skin removed, 2 small) with 1 cup **roasted asparagus** and 1/2 cup **quinoa**.

Macros: Protein: 30g, Carbs: 50g, Fat: 18g

Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 84g
- **Total Carbohydrates:** 150g
- **Total Fat:** 55g

Day 7 Meal Plan

Breakfast (Approx. 300 calories)

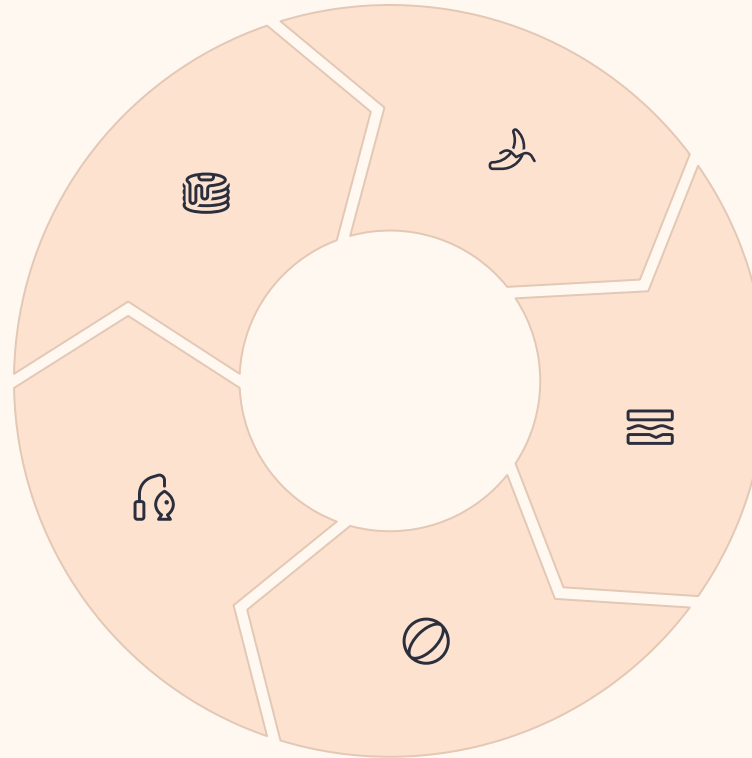
- **Gluten-free pancake** (1 medium) made with gluten-free flour, 1/4 cup **berries**, and 1 tbsp **pure maple syrup**.

Macros: Protein: 8g, Carbs: 60g, Fat: 8g

Dinner (Approx. 550 calories)

- **Baked white fish** (e.g., haddock, 4 oz) with 1 cup **brown rice** and 1 cup **steamed mixed vegetables** (peas, corn, green beans).

Macros: Protein: 30g, Carbs: 60g, Fat: 10g



Snack 1 (Approx. 100 calories)

- 1 medium **banana**.

Macros: Protein: 1g, Carbs: 27g, Fat: 0g

Lunch (Approx. 400 calories)

- **Chickpea salad sandwich:** 1/2 cup **mashed chickpeas** with 1 tbsp **light mayo**, chopped celery, and onion, served on 1 slice **gluten-free bread** with lettuce and tomato.

Macros: Protein: 15g, Carbs: 40g, Fat: 15g

Snack 2 (Approx. 150 calories)

- 1 cup **cantaloupe** with 1/4 cup **walnuts**.

Macros: Protein: 5g, Carbs: 20g, Fat: 12g

Daily Summary:

- **Total Calories:** 1,500 calories
- **Total Protein:** 59g
- **Total Carbohydrates:** 207g
- **Total Fat:** 45g

Food Substitutions

Here are some substitutions for foods that may be disliked or not tolerated, keeping in mind the gluten-free, no red meat, low-fat dairy, and LDL-cholesterol-lowering requirements.

Protein Sources

Chicken Breast/Turkey Breast/Lean Ground Turkey:

- **Other Fish:** Cod, tilapia, haddock, trout, sardines (canned in water/olive oil), tuna (canned in water). These are excellent for heart health.
- **Legumes:** Chickpeas, black beans, cannellini beans, edamame. Great source of fiber and plant-based protein.
- **Eggs:** For those who tolerate eggs, they are a versatile protein source.
- **Protein Powder:** Whey, casein, or plant-based (pea, rice, hemp) protein powders.
- **Tofu/Tempeh:** If soy is tolerated, these are great options for stir-fries or baked dishes.

Shrimp:

- Other fish, chicken, or plant-based proteins like chickpeas or beans.

Carbohydrate Sources (Gluten-Free & Fiber-Rich)

Oats (Gluten-Free):

- Quinoa (cooked), brown rice, sweet potato, gluten-free buckwheat groats, millet.

Brown Rice/Quinoa/Sweet Potato:

- Other gluten-free grains (millet, sorghum), white potato (in moderation, focus on preparation without added fats), corn, gluten-free pasta (lentil or chickpea based for extra protein).

Gluten-Free Bread/Crackers/Wraps:

- Rice cakes, corn thins, lettuce wraps, or simply omit and increase other complex carbs.

Berries/Fruits:

- Any other fruit (apples, pears, oranges, bananas, peaches, plums). Focus on a variety.



Healthy Fat Sources

Avocado:

- Olives, olive oil, flax seeds, hemp seeds, pumpkin seeds, sunflower seeds.

Nuts (Almonds, Walnuts):

- Pecans, cashews, pistachios, sunflower seeds, pumpkin seeds. Be mindful of portion sizes due to calorie density.

Chia Seeds/Flax Seeds:

- Hemp seeds.

Vegetables

Any Vegetable: Feel free to substitute disliked vegetables with others you enjoy. The goal is to consume a wide variety of colorful vegetables for maximum nutrient intake. Focus on leafy greens, cruciferous vegetables, and a rainbow of colors.

Dairy/Dairy-Free Alternatives

Unsweetened Almond Milk:

- Unsweetened oat milk (ensure gluten-free certified), unsweetened soy milk, unsweetened cashew milk.

Plain Low-Fat Greek Yogurt:

- Plain low-fat cottage cheese (check sodium content), or if dairy is an issue, plain unsweetened dairy-free yogurt (like almond or coconut).

Seasonings/Dressings

Olive Oil & Lemon Juice Dressing/Balsamic Vinaigrette:

- Apple cider vinegar, herbs and spices (garlic powder, onion powder, paprika, turmeric, black pepper, chili flakes), homemade dressings using healthy oils.

Low-Sodium Tamari/Coconut Aminos:

- Other gluten-free, low-sodium sauces you enjoy.

Remember to always check labels to ensure products are truly gluten-free and align with your dietary needs.