**Gluten-Free Diet - What To Eat In a Day**

Gluten is becoming a new sensation in the world of dieting. Especially when we talk about gluten-free eating, people think this is the new revolution. The problem is that when we hear "gluten-free diet" most of us unconsciously relate it to unnecessary starving and removing some of the most delicious foods from our menu. Such a diet could be not only as delicious as our previous eating habit, but could bring many other, unknown to now benefits like a healthier lifestyle, more energy during the day and cleansed body.

What to look for in a diet?

Most gluten-free foods exclude important substances like Vitamin B12, fiber and niacin. Make sure that when you create your own, personal diet, you include all of those in your menu. Read the labels of the packaged foods carefully. For instance - when buying bread (one of the most common parts of our daily eating), we should be looking for one that has around 70 calories per slice.

Breakfast

For the most important meal of the day you can experiment more than usual. You can include oats cooked in water, 1 cup of raspberries (great supplier of needed vitamins in the morning), almonds and honey. Another recipe you can eat - 1 slice gluten-free bread, 1 1/2 Tbsp peanut butter with one cup unsweetened almond milk. Classics like scrambled eggs (with olive oil of course) should not be overlooked and you can add corn tortilla or avocado.

Lunch

Focus on salads (not only for lunch but mainly here). One of the top salads you can eat is - 2 cups spinach, 2 oz chunk light tuna in water (drained), 1/3 cup canned white beans (rinsed), Half a cup of veggies (cucumber is the obvious choice). Mix them all together and enjoy the healthy life. You can also have - 2 cups mixed greens, 5-6 cherry tomatoes, 4 oz cooked chicken and half a cup of quinoa.

Dinner

Brown rice is a great option here as you can have it with almost everything if it is not enough. You can cooked chicken breast (cooked with olive oil and seasoned with ground cumin, salt and pepper) and again - quinoa.

During the day you might need the feel to recharge the batteries with some snack - boiled eggs are a wonderful option providing you with a lot of protein. Raspberries and almond milk is a combination that you will love as well.