

Complete Gluten Free Cookbook

Collection of 100+ Easy Recipes from Breakfast
to Dessert & Bakery | Beginner-Friendly 30 days
Meal Plan | Includes Useful Snack & Lunchbox
Ideas

Author

Beata Pierce

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TABLE OF CONTENT

CHAPTER 1. INTRODUCTION TO A GLUTEN-FREE DIET	04-7
CHAPTER 2: BREAKFAST	08-12
CHAPTER 3: LUNCH	13
SALADS & DRESSINGS	13-15
GLUTEN-FREE WRAPS & SANDWICHES	16-18
SOUPS & STEWS	19-21
GRAIN-BASED RECIPES	22-25
CHAPTER 4: DINNER RECIPES	26
GLUTEN-FREE PASTA DISHES	26-28
MEAT-BASED MAIN COURSES	29-32
FISH & SEAFOOD MAIN COURSES	33-37
VEGETARIAN & VEGAN OPTIONS	38-41
CASSEROLES AND BAKING DISHES	42-44
CHAPTER 5: DESSERT & BAKERY	45
GLUTEN-FREE CAKES & PUDDING	45-47
COOKIES	48
BROWNIES	49-51
MUFFINS	52-53
SCONES	54-55
PIES & TARTS	56-57
GLUTEN-FREE BREAD	58-62
CHAPTER 6: GLUTEN-FREE LUNCHBOX IDEAS	63-67
CHAPTER 7: 30-DAY GLUTEN-FREE MEAL PLAN	68-75
CHAPTER 8: TIPS FOR GLUTEN-FREE LIVING	76-78

CHAPTER 1. INTRODUCTION TO A GLUTEN-FREE DIET

ABOUT THIS COOKBOOK

Welcome to the Easy and Complete Gluten-Free Cookbook – your all-in-one guide to living deliciously and confidently gluten-free!

This book was created for anyone starting a gluten-free lifestyle or looking to simplify their journey. Whether you have celiac disease, gluten sensitivity, or are choosing gluten-free for wellness, you'll find everything you need to thrive – without sacrificing taste or variety.

Inside, you'll discover:

- 100+ tested gluten-free recipes for every meal, from energizing breakfasts to satisfying dinners, snacks, baked goods
- A 30-day beginner-friendly meal plan with weekly shopping lists and prep guidance
- Family-friendly dishes, lunchbox ideas, and smart swaps for busy days
- Practical checklists and essential tips to help you read labels, eat out safely, and travel gluten-free with confidence
- Check-Up Lists with products that are allowed, forbidden, substitutes for different ingredients.

This cookbook is here to make gluten-free living simple, joyful, and truly delicious. Let's get cooking!

What Is a Gluten-Free Diet?

A gluten-free diet is a way of eating that eliminates all foods containing gluten – a protein found in wheat, rye, barley, and their derivatives.

This diet is essential for people with celiac disease, non-celiac gluten sensitivity, or wheat allergies. Even small amounts of gluten can cause serious health issues for those affected.

By removing gluten and focusing on naturally gluten-free foods – like fruits, vegetables, meats, eggs, dairy, legumes, rice, and gluten-free grains – you can enjoy a healthy, balanced, and satisfying lifestyle.

The Easy and Complete Gluten-Free Cookbook makes it simple with:

- Tasty and easy recipes
- Clear shopping guidance
- A full 30-day meal plan
- Smart tips to help you eat safely at home and beyond

Whether you're new to gluten-free or just want fresh inspiration, this book is your practical companion to eating well – and feeling great – without gluten.

TIPS FOR GLUTEN-FREE COOKING & SHOPPING

✔ Gluten-Free Shopping Tips

- **Read labels carefully** – Look for products labeled “gluten-free” or certified by trusted organizations like GFCO.
- **Avoid hidden gluten** – Watch for ingredients like malt, modified food starch (unless labeled GF), soy sauce, and flavorings.
- **Shop naturally gluten-free** – Stick to whole foods like fresh fruits, vegetables, meat, dairy, rice, quinoa, and legumes.
- **Buy certified GF grains** – Especially for oats, which are often cross-contaminated unless labeled gluten-free.
- **Use a gluten-free shopping list** – It keeps you focused and helps avoid risky packaged foods.

✔ Gluten-Free Cooking Tips

- **Prevent cross-contact** – Clean all surfaces, utensils, toasters, and pans before use.
- **Use separate cutting boards and colanders** – Especially if cooking in a shared kitchen.
- **Store gluten-free ingredients separately** – Label them clearly and keep them in sealed containers.
- **Check sauces, spices, and condiments** – Many contain hidden gluten or are processed with wheat.
- **Bake with trusted gluten-free flours** – Like almond, coconut, rice, or certified GF flour blends.


GLUTEN-FREE CHECK-UP PRODUCTS LIST

✔ Safe / Gluten-Free Foods	⊘ Forbidden / Gluten-Containing Foods	⚠ Foods That May Contain Hidden Gluten
Fresh fruits & vegetables	Wheat (white, whole, spelt, kamut, farro, etc.)	Sauces & gravies (often thickened with flour)
Fresh meat, poultry, fish (unprocessed)	Barley (including malt & malt extract)	Salad Dressings & Marinades
Eggs	Rye	Seasoning mixes & spice blends
Milk, butter, cheese, plain yogurt	Triticale	Flavored yogurts, processed cheese spreads
Gluten-free grains: rice, quinoa, buckwheat, millet	Pasta, bread, bagels (unless labeled GF)	Frozen meals, breaded items
Gluten-free oats (certified GF)	Cakes, cookies, pies, pastries (unless labeled GF)	Canned soups and chili
Legumes: beans, lentils, peas	Beer (unless labeled gluten-free)	Deli meats, sausages, hot dogs, imitation crab
Nuts & seeds	Regular Soy Sauce	French fries (shared fryers)
Olive oil, coconut oil, butter	Couscous, bulgur, semolina	Oats (unless certified gluten-free)
Tamari (GF soy sauce), coconut aminos	Seitan (wheat gluten)	Candy (licorice, coated chocolates), granola bars
Almond flour, coconut flour, GF flour blends		Meat substitutes (veggie burgers, processed plant meats)

SUBSTITUTES FOR COMMON INGREDIENTS

When going gluten-free, you don't have to give up your favorite recipes — just use safe, delicious substitutes! Below is a helpful chart of common gluten-containing ingredients and their gluten-free alternatives.

Ingredient	Use Instead (Gluten-Free Alternative)
Wheat flour (all-purpose)	Gluten-free flour blend, almond flour, coconut flour, oat flour (certified GF)
Breadcrumbs	Crushed gluten-free crackers, GF oats, ground nuts, gluten-free panko
Soy sauce	Tamari (gluten-free soy sauce), coconut aminos
Semolina / couscous/ Bulgur	Quinoa, millet, rice, buckwheat
Barley or farro	Brown rice, wild rice, quinoa
Regular pasta	Gluten-free pasta (rice, corn, quinoa, lentil-based)
Flour tortillas	Corn tortillas (check label), gluten-free wraps
Cream of wheat / farina	Gluten-free hot cereals: rice cereal, cream of rice, certified GF oats
Croutons	Toasted gluten-free bread cubes or roasted chickpeas
Beer (barley-based)	Gluten-free beer, hard cider, dry wine, seltzer
Baking powder (check label)	Aluminum-free, gluten-free labeled brands
Thickening with flour	Cornstarch, arrowroot, tapioca flour, potato starch
Wheat-based noodles	Rice noodles, GF ramen, GF soba (100% buckwheat)
Wheat-based breakfast cereals	Certified gluten-free cereals: rice, corn, or oat-based
Pre-made baking mixes	Gluten-free baking mixes (labeled GF and preferably certified)

 **Tip:** Always check product labels for gluten-free certification — especially when using flours, oats, and processed foods.

CHAPTER 2: BREAKFAST

GLUTEN-FREE PANCAKES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1 cup gluten-free all-purpose flour
- 1 tbsp maple syrup or sugar
- 1 tbsp gluten-free baking powder
- 1/4 tsp salt
- 1 cup milk (or dairy-free)
- 1 large egg
- 2 tbsp melted butter or oil
- 1 tsp vanilla extract

Nutrition (per serving):

230 calories, 6g protein, 32g carbs, 8g fat, 2g fiber, 55mg cholesterol, 240mg sodium, 130mg potassium

DIRECTIONS

1. In a bowl, whisk together flour, baking powder, salt, and sweetener.
2. In another bowl, whisk milk, egg, butter, and vanilla.
3. Mix wet and dry ingredients until just combined.
4. Preheat skillet and lightly grease.
5. Pour 1/4 cup batter per pancake.
6. Cook until bubbles form, flip and cook 2 more minutes.
7. Serve warm with fruit or syrup.



GLUTEN-FREE WAFFLES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1 cup gluten-free flour blend
- 1 tbsp sugar
- 1 tsp gluten-free baking powder
- 1/4 tsp salt
- 3/4 cup milk (or non-dairy)
- 1 egg
- 2 tbsp melted butter or oil
- 1/2 tsp vanilla extract

Nutrition (per serving):

240 calories, 7g protein, 30g carbs, 9g fat, 2g fiber, 60mg cholesterol, 260mg sodium, 150mg potassium

DIRECTIONS

1. Preheat waffle iron and grease lightly.
2. Mix dry ingredients in a bowl.
3. Mix wet ingredients in another bowl.
4. Combine both and whisk until smooth.
5. Pour batter into waffle iron.
6. Cook until golden brown.
7. Serve with toppings.



CHIA SEED PUDDING

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 5 MIN

Ingredients

- 1/4 cup chia seeds
- 1 cup almond milk (or milk of choice)
- 1 tsp vanilla extract
- 1 tbsp maple syrup



Directions

1. Mix all ingredients in a jar or bowl.
2. Stir well to avoid clumps.
3. Refrigerate for 2+ hours or overnight.
4. Stir before serving.
5. Top with fruit or nuts if desired.

NUTRITION

200 calories, 5g protein, 16g carbs, 12g fat, 10g fiber, 0mg cholesterol, 40mg sodium, 220mg potassium

GLUTEN-FREE BREAKFAST QUINOA

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1/2 cup quinoa (rinsed)
- 1 cup milk or water
- 1/2 tsp cinnamon
- 1 tbsp maple syrup
- 1/2 banana or berries

DIRECTIONS

1. Preheat waffle iron and grease lightly.
2. Mix dry ingredients in a bowl.
3. Mix wet ingredients in another bowl.
4. Combine both and whisk until smooth.
5. Pour batter into waffle iron.
6. Cook until golden brown.
7. Serve with toppings.

Nutrition (per serving):

240 calories, 7g protein, 30g carbs, 9g fat, 2g fiber, 60mg cholesterol, 260mg sodium, 150mg potassium

GLUTEN-FREE CINNAMON ROLLS

SERVES: 2

PREP TIME: 20 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 3/4 cup gluten-free flour blend
- 1 tbsp sugar
- 1/2 tsp gluten-free baking powder
- 1/4 tsp salt
- 1/4 cup milk (or dairy-free)
- 1 tbsp butter or coconut oil (melted)
- Filling: 1 tbsp brown sugar + 1/2 tsp cinnamon
- Optional glaze: 2 tbsp powdered sugar + 1 tsp milk

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix flour, baking powder, salt, and sugar.
3. Stir in milk and butter until a soft dough forms.
4. Roll dough into a rectangle; sprinkle with cinnamon sugar.
5. Roll up tightly and slice into 2 pieces.
6. Place in greased dish and bake for 18–20 minutes.
7. Drizzle with glaze and serve warm.

Nutrition (per serving):

260 calories, 3g protein, 38g carbs, 10g fat, 2g fiber, 10mg cholesterol, 180mg sodium, 110mg potassium

GLUTEN-FREE BREAKFAST BURRITO

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 2 frozen bananas
- 1/2 cup frozen berries
- 1/2 cup plain Greek yogurt or dairy-free yogurt
- 1/4 cup milk or plant milk
- 1 tbsp chia seeds
- Toppings: GF granola, nuts, fruit

DIRECTIONS

1. Blend bananas, berries, yogurt, and milk until smooth.
2. Divide into bowls.
3. Top with granola, fruit, and chia seeds.
4. Serve immediately.

Nutrition (per serving):

250 calories, 6g protein, 35g carbs, 8g fat, 5g fiber, 10mg cholesterol, 40mg sodium, 350mg potassium

AVOCADO TOAST ON GLUTEN-FREE BREAD

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 2 slices certified gluten-free bread
- 1 ripe avocado
- 1 tsp lemon juice
- Salt and pepper to taste
- Optional: chili flakes or olive oil drizzle

DIRECTIONS

1. Toast gluten-free bread.
2. Mash avocado with lemon juice, salt, and pepper.
3. Spread onto toast.
4. Add optional toppings.
5. Serve fresh.



Nutrition (per serving):

250 calories, 5g protein, 20g carbs, 18g fat, 6g fiber, 0mg cholesterol, 180mg sodium, 480mg potassium

FRITTATA WITH SPINACH AND FETA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 eggs
- 1/4 cup crumbled feta cheese
- 1/2 cup chopped spinach
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Whisk eggs, feta, spinach, salt, and pepper.
3. Heat oil in an oven-safe skillet.
4. Pour in egg mixture and cook 2–3 minutes.
5. Transfer to oven and bake for 10–12 minutes.
6. Cool slightly and slice.
7. Serve warm.

Nutrition (per serving):

280 calories, 16g protein, 4g carbs, 22g fat, 1g fiber, 370mg cholesterol, 340mg sodium, 220mg potassium



VEGETABLE OMELETTE



SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 7 MIN

INGREDIENTS

- 3 eggs
- 1/4 cup diced vegetables (peppers, spinach, zucchini)
- 1 tbsp olive oil or butter
- Salt and pepper to taste

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Sauté vegetables in oil for 2–3 minutes.
3. Pour eggs over veggies.
4. Cook until set and gently fold.
5. Cook 1 more minute, then serve.

Nutrition (per serving):

200 calories, 12g protein, 5g carbs, 15g fat, 2g fiber, 280mg cholesterol, 210mg sodium, 230mg potassium



CLASSIC SCRAMBLED EGGS

SERVES: 2

PREP TIME: 3 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 4 eggs
- 2 tbsp milk (or dairy-free)
- Salt and pepper to taste
- 1 tsp butter or oil

DIRECTIONS

1. Whisk eggs with milk, salt, and pepper.
2. Melt butter in non-stick pan.
3. Pour in eggs and stir gently.
4. Cook over low heat until just set.
5. Serve warm.

Nutrition (per serving):

190 calories, 12g protein, 2g carbs, 15g fat, 0g fiber, 370mg cholesterol, 200mg sodium, 210mg potassium

CHAPTER 3: LUNCH

CLASSIC GREEK SALAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 5 MIN

Ingredients

- 2 cups chopped cucumbers
- 1 cup cherry tomatoes, halved
- 1/4 cup sliced red onion
- 1/4 cup Kalamata olives (pitted)
- 1/4 cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tsp red wine vinegar
- 1/4 tsp dried oregano
- Salt and pepper to taste

Directions

1. Combine cucumbers, tomatoes, onion, and olives in a bowl.
2. Add feta on top.
3. Whisk olive oil, vinegar, oregano, salt, and pepper.
4. Drizzle dressing over salad.
5. Toss gently and serve fresh.

NUTRITION

220 calories, 5g protein, 10g carbs, 18g fat, 3g fiber, 15mg cholesterol, 400mg sodium, 300mg potassium



QUINOA SALAD WITH AVOCADO AND CILANTRO

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 cup uncooked quinoa
- 1 cup water
- 1/2 avocado, diced
- 1/4 cup chopped red onion
- 1/4 cup chopped cilantro
- Juice of 1 lime
- 1 tbsp olive oil
- Salt to taste

Nutrition (per serving):

290 calories, 7g protein, 28g carbs, 16g fat, 5g fiber, 0mg cholesterol, 150mg sodium, 450mg potassium

DIRECTIONS

1. Rinse quinoa and cook in water for 15 minutes. Cool slightly.
2. In a bowl, mix quinoa, avocado, onion, and cilantro.
3. Add lime juice, olive oil, and salt.
4. Toss gently and serve at room temperature or chilled.

KALE AND QUINOA SALAD WITH LEMON DRESSING

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 cup uncooked quinoa
- 1 cup water
- 2 cups chopped kale
- 1 tbsp olive oil (for massaging kale)
- Juice of 1 lemon
- 1 tbsp olive oil (for dressing)
- 1/4 tsp Dijon mustard
- Salt and pepper to taste

Nutrition (per serving):

270 calories, 6g protein, 26g carbs, 14g fat, 4g fiber, 0mg cholesterol, 130mg sodium, 400mg potassium

DIRECTIONS

1. Cook quinoa in water for 15 minutes and let cool.
2. Massage kale with 1 tbsp olive oil until soft.
3. In a small bowl, whisk lemon juice, olive oil, mustard, salt, and pepper.
4. Combine quinoa and kale.
5. Toss with dressing and serve.

ROASTED BEET SALAD WITH ORANGE VINAIGRETTE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 2 medium beets, peeled and cubed
- 1 tsp olive oil
- 1 orange, segmented
- 2 cups mixed greens
- 1 tbsp chopped walnuts

Dressing:

- 1 tbsp orange juice
- 1 tbsp olive oil
- 1/2 tsp Dijon mustard
- Salt

Nutrition (per serving):

250 calories, 5g protein, 22g carbs, 15g fat, 5g fiber, 0mg cholesterol, 120mg sodium, 450mg potassium

DIRECTIONS

1. Toss beets with oil and roast at 400°F (200°C) for 30 minutes.
2. Let roasted beets cool slightly.
3. In a bowl, combine greens, beets, orange, and walnuts.
4. Whisk dressing ingredients.
5. Drizzle dressing over salad and serve.

VEGETABLE OMELETTE

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 7 MIN

INGREDIENTS

- 3 eggs
- 1/4 cup diced vegetables (peppers, spinach, zucchini)
- 1 tbsp olive oil or butter
- Salt and pepper to taste

DIRECTIONS

1. Whisk eggs with salt and pepper.
2. Sauté vegetables in oil for 2–3 minutes.
3. Pour eggs over veggies.
4. Cook until set and gently fold.
5. Cook 1 more minute, then serve.



Nutrition (per serving):

200 calories, 12g protein, 5g carbs, 15g fat, 2g fiber, 280mg cholesterol, 210mg sodium, 230mg potassium

GLUTEN-FREE CHICKEN CAESAR SALAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN



INGREDIENTS

- 2 grilled chicken breasts, sliced
- 4 cups chopped romaine lettuce
- 2 tbsp grated Parmesan cheese
- 2 tbsp gluten-free Caesar dressing
- 1/2 cup gluten-free croutons (optional)

DIRECTIONS

1. Grill or pan-fry chicken and slice.
2. Toss romaine with dressing in a large bowl.
3. Top with chicken and Parmesan.
4. Add croutons (if using) and serve.

Nutrition (per serving):

310 calories, 30g protein, 8g carbs, 18g fat, 2g fiber, 70mg cholesterol, 420mg sodium, 400mg potassium

GRILLED VEGGIE AND PESTO WRAP



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 gluten-free tortillas
- 1/2 zucchini, sliced
- 1/2 red bell pepper, sliced
- 1/4 red onion, sliced
- 2 tbsp gluten-free pesto
- 1 tsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Heat olive oil in a skillet and sauté zucchini, pepper, and onion until tender.
2. Warm gluten-free tortillas in a pan.
3. Spread 1 tbsp pesto on each tortilla.
4. Layer grilled veggies over pesto.
5. Roll tightly and slice.

Nutrition (per serving):

280 calories, 5g protein, 28g carbs, 15g fat, 4g fiber, 0mg cholesterol, 310mg sodium, 420mg potassium



GRILLED CHICKEN & AVOCADO WRAP

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 gluten-free tortillas
- 1 grilled chicken breast, sliced
- 1/2 avocado, sliced
- 1/2 cup baby spinach
- 2 tsp mayo or Greek yogurt (optional)
- Salt and pepper to taste

DIRECTIONS

1. Warm tortillas until flexible.
2. Spread mayo or yogurt, if using.
3. Layer with spinach, grilled chicken, and avocado.
4. Season lightly.
5. Roll up and serve.

Nutrition (per serving):

330 calories, 20g protein, 22g carbs, 18g fat, 4g fiber, 60mg cholesterol, 280mg sodium, 410mg potassium

CHICKEN CAESAR WRAP

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 gluten-free tortillas
- 1 grilled chicken breast, sliced
- 1/2 cup chopped romaine
- 2 tbsp gluten-free Caesar dressing
- 1 tbsp grated Parmesan
- Optional: gluten-free croutons

DIRECTIONS

1. Warm tortillas slightly.
2. In a bowl, toss chicken, romaine, and dressing.
3. Divide between tortillas.
4. Top with Parmesan and croutons (if using).
5. Wrap and slice to serve.

Nutrition (per serving):

310 calories, 25g protein, 10g carbs, 18g fat, 2g fiber, 70mg cholesterol, 430mg sodium, 370mg potassium

VEGETARIAN HUMMUS & VEGGIE WRAP

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 2 gluten-free tortillas
- 1/4 cup hummus
- 1/4 cucumber, thinly sliced
- 1/2 bell pepper, sliced
- 1/2 cup shredded carrots
- 1/2 cup baby spinach

DIRECTIONS

1. Spread hummus on each tortilla.
2. Layer with veggies and spinach.
3. Roll tightly and slice.
4. Serve fresh or chilled.

Nutrition (per serving):

270 calories, 7g protein, 25g carbs, 14g fat, 5g fiber, 0mg cholesterol, 240mg sodium, 350mg potassium

EGG SALAD SANDWICH (ON GLUTEN-FREE BREAD)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 4 hard-boiled eggs, chopped
- 2 tbsp mayo or Greek yogurt
- 1/2 tsp Dijon mustard (optional)
- Salt and pepper to taste
- 4 slices gluten-free sandwich bread

DIRECTIONS

1. Mash eggs with mayo, mustard, salt, and pepper.
2. Spread onto two slices of bread.
3. Top with remaining slices.
4. Slice sandwiches and serve.

Nutrition (per serving):

300 calories, 13g protein, 20g carbs, 18g fat, 2g fiber, 290mg cholesterol, 330mg sodium, 260mg potassium

AVOCADO, BACON, AND TOMATO SANDWICH

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 4 slices gluten-free bread
- 1 ripe avocado, mashed
- 4 slices cooked gluten-free bacon
- 1 tomato, sliced
- Salt and pepper to taste

DIRECTIONS

1. Toast bread if desired.
2. Spread mashed avocado on two slices.
3. Add bacon and tomato.
4. Season with salt and pepper.
5. Top with remaining bread and serve.



Nutrition (per serving):

350 calories, 10g protein, 24g carbs, 22g fat, 4g fiber, 25mg cholesterol, 400mg sodium, 460mg potassium

TURKEY & CRANBERRY GLUTEN-FREE SANDWICH

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 4 slices gluten-free bread
- 4 oz sliced roasted turkey (gluten-free)
- 2 tbsp cranberry sauce
- 1 tbsp mayo (optional)
- Leafy greens

DIRECTIONS

1. Spread cranberry sauce (and mayo if using) on bread.
2. Layer with turkey and greens.
3. Close with top bread slices.
4. Slice and serve cold or lightly toasted.



Nutrition (per serving):

320 calories, 22g protein, 26g carbs, 12g fat, 3g fiber, 45mg cholesterol, 390mg sodium, 360mg potassium

LENTIL SOUP



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup dried green or brown lentils, rinsed
- 1/2 onion, diced
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1 clove garlic, minced
- 2 cups vegetable broth (gluten-free)
- 1/2 tsp cumin
- Salt and pepper to taste
- 1 tsp olive oil

Nutrition (per serving):

280 calories, 14g protein, 32g carbs, 8g fat, 10g fiber, 0mg cholesterol, 380mg sodium, 550mg potassium

DIRECTIONS

1. Heat olive oil in a pot and sauté onion, carrot, celery, and garlic for 3–4 minutes.
2. Add lentils, broth, and cumin.
3. Bring to a boil, then reduce to simmer.
4. Cover and cook for 25–30 minutes, or until lentils are tender.
5. Season to taste and serve warm.



CHICKEN AND VEGETABLE SOUP

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1 cooked chicken breast, shredded
- 1 carrot, chopped
- 1 celery stalk, chopped
- 1/2 onion, chopped
- 1 clove garlic, minced
- 2 cups gluten-free chicken broth
- 1/2 tsp thyme
- Salt and pepper to taste
- 1 tsp olive oil

Nutrition (per serving):

260 calories, 22g protein, 12g carbs, 12g fat, 2g fiber, 60mg cholesterol, 450mg sodium, 470mg potassium

DIRECTIONS

1. Sauté onion, garlic, carrot, and celery in olive oil for 5 minutes.
2. Add broth and thyme; bring to a simmer.
3. Stir in chicken and cook for 10–15 minutes.
4. Serve hot.

BEEF AND BARLEY STEW (GLUTEN-FREE)

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 45 MIN

INGREDIENTS

- 1/2 lb beef stew meat, cubed
- 1/2 cup cooked gluten-free barley (or sorghum or buckwheat groats)
- 1 carrot, chopped
- 1/2 onion, chopped
- 1 garlic clove, minced
- 2 cups gluten-free beef broth
- 1 tsp olive oil
- Salt, pepper, and thyme to taste

DIRECTIONS

1. Brown beef in oil in a pot. Remove and set aside.
2. Sauté onion, garlic, and carrot.
3. Add beef, broth, and seasonings. Simmer 35 minutes.
4. Stir in cooked GF barley alternative. Simmer 10 more minutes.
5. Serve hot.

Nutrition (per serving):

390 calories, 28g protein, 22g carbs, 18g fat, 3g fiber, 80mg cholesterol, 520mg sodium, 600mg potassium

SWEET POTATO AND BLACK BEAN CHILI

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 medium sweet potato, diced
- 1/2 onion, chopped
- 1/2 bell pepper, chopped
- 1 clove garlic, minced
- 1 cup black beans (cooked or canned, rinsed)
- 1 cup crushed tomatoes
- 1/2 cup vegetable broth
- 1/2 tsp chili powder
- 1 tsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion, garlic, and pepper in oil.
2. Add sweet potato, tomatoes, broth, and spices.
3. Simmer for 20 minutes.
4. Stir in black beans and cook 10 more minutes.
5. Serve hot.

Nutrition (per serving):

290 calories, 9g protein, 35g carbs, 10g fat, 7g fiber, 0mg cholesterol, 380mg sodium, 600mg potassium

TOMATO BASIL SOUP

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1 can (14 oz) diced tomatoes
- 1/2 onion, chopped
- 1 clove garlic, minced
- 1 cup gluten-free vegetable broth
- 1 tbsp olive oil
- 1/4 cup fresh basil (or 1 tsp dried)
- Salt and pepper to taste

DIRECTIONS

1. Sauté onion and garlic in olive oil.
2. Add tomatoes and broth.
3. Simmer for 15 minutes.
4. Blend until smooth.
5. Stir in basil, season, and serve warm.

Nutrition (per serving):

160 calories, 4g protein, 18g carbs, 9g fat, 4g fiber, 0mg cholesterol, 360mg sodium, 480mg potassium

MINISTRONE SOUP

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup diced zucchini
- 1/2 carrot, chopped
- 1/4 cup chopped green beans
- 1/4 cup canned white beans
- 1/4 cup gluten-free pasta
- 2 cups vegetable broth (gluten-free)
- 1/2 cup crushed tomatoes
- 1 clove garlic
- 1 tsp olive oil
- 1/4 tsp Italian seasoning

Nutrition (per serving):

250 calories, 9g protein, 32g carbs, 8g fat, 5g fiber, 0mg cholesterol, 350mg sodium, 450mg potassium

DIRECTIONS

1. Sauté vegetables and garlic in olive oil.
2. Add broth, tomatoes, and seasoning.
3. Bring to boil, then add beans and pasta.
4. Simmer for 15–20 minutes until pasta is tender.
5. Serve warm.



CREAMY BROCCOLI AND CHEDDAR SOUP

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 2 cups broccoli florets
- 1/2 onion, chopped
- 1 tbsp gluten-free flour or cornstarch
- 1 tbsp butter
- 1 cup milk (or dairy-free)
- 1/2 cup shredded cheddar cheese
- Salt and pepper to taste

Nutrition (per serving):

300 calories, 12g protein, 14g carbs, 22g fat, 3g fiber, 45mg cholesterol, 320mg sodium, 380mg potassium

DIRECTIONS

1. Steam or boil broccoli until tender.
2. In a pot, melt butter and sauté onion.
3. Stir in flour and cook 1 minute.
4. Slowly whisk in milk, simmer until thickened.
5. Stir in cheese and broccoli. Blend or leave chunky.
6. Season and serve.



RISOTTO WITH MUSHROOMS



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup arborio rice
- 1 1/2 cups gluten-free vegetable broth (warmed)
- 1 cup sliced mushrooms
- 1/4 onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1 tbsp grated Parmesan (optional)
- Salt and pepper to taste

Nutrition (per serving):

300 calories, 6g protein, 42g carbs, 12g fat, 3g fiber, 5mg cholesterol, 300mg sodium, 350mg potassium

DIRECTIONS

1. Sauté onion, garlic, and mushrooms in olive oil until soft.
2. Stir in arborio rice and cook 1–2 minutes.
3. Gradually add warm broth, stirring constantly until absorbed.
4. Repeat until rice is creamy and tender (about 25 minutes).
5. Stir in Parmesan, season, and serve.



WILD RICE AND SHRIMP CASSEROLE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup uncooked wild rice blend (certified gluten-free)
- 8–10 medium shrimp (peeled and deveined)
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/2 cup gluten-free broth
- 1 tbsp olive oil
- Salt, pepper, and thyme to taste

Nutrition (per serving):

320 calories, 20g protein, 34g carbs, 10g fat, 3g fiber, 140mg cholesterol, 400mg sodium, 480mg potassium

DIRECTIONS

1. Cook wild rice according to package directions.
2. Sauté onion and celery in olive oil.
3. Stir in shrimp and cook until pink.
4. Combine rice, shrimp, and broth in a baking dish.
5. Bake at 375°F (190°C) for 15–20 minutes.
6. Season and serve warm.

VEGETABLE FRIED RICE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Ingredients

- 1 cup cooked jasmine or basmati rice (day old)
- 1/2 cup mixed vegetables (carrot, peas, corn)
- 2 eggs, beaten
- 1 clove garlic, minced
- 2 tsp gluten-free tamari or coconut aminos
- 1 tbsp sesame oil or olive oil
- Salt and pepper to taste



Directions

1. Scramble eggs in a skillet and set aside.
2. Sauté garlic and vegetables in oil.
3. Add rice and stir-fry 5 minutes.
4. Stir in eggs and tamari sauce.
5. Cook until heated through and serve.

NUTRITION

340 calories, 10g protein, 38g carbs, 14g fat, 3g fiber, 185mg cholesterol, 360mg sodium, 400mg potassium

CHICKEN AND RICE CASSEROLE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 35 MIN

INGREDIENTS

- 1/2 cup uncooked white rice
- 1 chicken breast, cubed
- 1/4 cup diced onion
- 1/4 cup chopped carrot
- 1/2 cup gluten-free chicken broth
- 1 tbsp olive oil
- Salt, pepper, and garlic powder to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Sauté chicken until lightly browned.
3. In a baking dish, mix rice, vegetables, broth, and seasonings.
4. Add chicken on top.
5. Cover with foil and bake 30–35 minutes until rice is tender.

Nutrition (per serving):

330 calories, 24g protein, 32g carbs, 10g fat, 2g fiber, 55mg cholesterol, 380mg sodium, 410mg potassium

QUINOA BOWLS WITH ROASTED VEGETABLES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup uncooked quinoa
- 1 cup water or broth
- 1 cup chopped veggies (zucchini, bell pepper, red onion)
- 1 tbsp olive oil
- Salt, pepper, and paprika to taste

DIRECTIONS

1. Toss veggies with oil and seasonings, roast at 400°F (200°C) for 20 minutes.
2. Cook quinoa in water/broth for 15 minutes.
3. Fluff quinoa and divide into bowls.
4. Top with roasted veggies.
5. Serve warm or room temperature.

Nutrition (per serving):

310 calories, 9g protein, 34g carbs, 14g fat, 5g fiber, 0mg cholesterol, 270mg sodium, 500mg potassium

QUINOA AND GRILLED CHICKEN BOWL

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 cup quinoa
- 1 grilled chicken breast, sliced
- 1/2 avocado, diced
- 1/2 cup cherry tomatoes, halved
- 1 tbsp olive oil + 1 tsp lemon juice
- Salt and pepper to taste

DIRECTIONS

1. Cook quinoa in 1 cup water, then fluff.
2. Arrange quinoa in bowls, top with chicken, avocado, and tomatoes.
3. Drizzle with olive oil and lemon juice.
4. Season and serve.

Nutrition (per serving):

360 calories, 26g protein, 28g carbs, 15g fat, 4g fiber, 55mg cholesterol, 310mg sodium, 520mg potassium

QUINOA AND CHICKPEA CURRY

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 cup uncooked quinoa
- 1 cup water
- 1 cup cooked chickpeas
- 1/2 cup diced tomatoes (canned or fresh)
- 1 clove garlic, minced
- 1 tsp curry powder
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Cook quinoa in water for 15 minutes.
2. Sauté garlic in olive oil, add tomatoes, chickpeas, and curry powder.
3. Simmer for 10 minutes.
4. Serve chickpea curry over quinoa.



Nutrition (per serving):

340 calories, 12g protein, 38g carbs, 14g fat, 6g fiber, 0mg cholesterol, 360mg sodium, 510mg potassium

BUCKWHEAT PILAF WITH ROASTED VEGETABLES

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup buckwheat groats (kasha), rinsed
- 1 cup water
- 1 cup chopped vegetables (carrot, zucchini, onion)
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Roast veggies at 400°F (200°C) for 20 minutes.
2. Cook buckwheat in water for 15 minutes.
3. Fluff buckwheat and mix with roasted veggies.
4. Drizzle with extra olive oil and serve.



Nutrition (per serving):

300 calories, 8g protein, 34g carbs, 12g fat, 4g fiber, 0mg cholesterol, 270mg sodium, 460mg potassium

CHAPTER 4: DINNER RECIPES

HOMEMADE GLUTEN-FREE SPAGHETTI



SERVES: 2

PREP TIME: 20 MIN

COOK TIME: 4 MIN

INGREDIENTS

- 1 cup gluten-free all-purpose flour blend (with xanthan gum)
- 2 large eggs
- 1/4 tsp salt
- 1 tsp olive oil (optional)
- 1–2 tbsp water (as needed for dough consistency)

DIRECTIONS

1. In a bowl, whisk together the gluten-free flour and salt.
2. Make a well in the center and add the eggs and olive oil.
3. Stir with a fork, gradually incorporating the flour into the eggs until a dough forms.
4. Add water 1 tbsp at a time if the dough is too dry.
5. Knead the dough for 2–3 minutes until smooth. Let rest for 10 minutes.
6. Roll out thin sheets and cut into spaghetti using a pasta cutter or knife.
7. Boil salted water, cook spaghetti for 3–4 minutes until tender.
8. Drain and serve with your favorite gluten-free sauce.

Nutrition (per serving):

280 calories, 9.5g protein, 34g carbs, 10.5g fat, 2.5g fiber, 186mg cholesterol, 160mg sodium, 95mg potassium



GLUTEN-FREE SPAGHETTI BOLOGNESE

SERVES: 2

PREP TIME: 10MIN

COOK TIME: 25 MIN

INGREDIENTS

- 4 oz gluten-free spaghetti
- 1/2 lb ground beef or turkey
- 1/2 onion, chopped
- 1 garlic clove, minced
- 1 cup crushed tomatoes
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- Salt and pepper to taste

DIRECTIONS

1. Cook gluten-free spaghetti as directed.
2. In a pan, sauté onion and garlic in olive oil.
3. Add ground meat and cook until browned.
4. Stir in tomatoes, oregano, salt, and pepper. Simmer 10–15 minutes.
5. Serve sauce over cooked pasta.

Nutrition (per serving):

430 calories, 26g protein, 38g carbs, 20g fat, 3g fiber, 60mg cholesterol, 450mg sodium, 500mg potassium

GLUTEN-FREE MACARONI AND CHEESE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

Ingredients

- 4 oz gluten-free elbow pasta
- 1 cup milk (or dairy-free alternative)
- 1 tbsp butter
- 1 tbsp gluten-free flour (or cornstarch)
- 3/4 cup shredded cheddar cheese
- Salt and pepper to taste

Directions

1. Cook pasta and drain.
2. In a saucepan, melt butter and stir in GF flour.
3. Gradually whisk in milk, cook until thickened.
4. Add cheese, stir until melted.
5. Combine with pasta and serve warm.

NUTRITION

410 calories, 15g protein, 38g carbs, 22g fat, 2g fiber, 45mg cholesterol, 420mg sodium, 380mg potassium



GLUTEN-FREE PASTA PRIMAVERA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 oz gluten-free pasta (penne or fusilli)
- 1/2 zucchini, sliced
- 1/2 bell pepper, sliced
- 1/4 cup cherry tomatoes, halved
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt, pepper, and basil to taste

DIRECTIONS

1. Cook gluten-free pasta and set aside.
2. Sauté garlic and vegetables in olive oil for 5–7 minutes.
3. Toss pasta with vegetables and seasonings.
4. Top with fresh basil or Parmesan if desired.

Nutrition (per serving):

320 calories, 7g protein, 42g carbs, 14g fat, 4g fiber, 0mg cholesterol, 280mg sodium, 450mg potassium

GLUTEN-FREE PASTA CARBONARA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 oz gluten-free spaghetti
- 2 eggs
- 1/2 cup grated Parmesan cheese
- 2 slices gluten-free bacon, chopped
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Cook pasta and reserve 1/4 cup pasta water.
2. In a pan, cook bacon until crisp. Add garlic and cook 1 min.
3. In a bowl, whisk eggs and Parmesan.
4. Toss hot pasta with egg mixture, bacon, and reserved water.
5. Stir quickly to form a creamy sauce. Serve immediately.

Nutrition (per serving):

460 calories, 20g protein, 40g carbs, 24g fat, 2g fiber, 130mg cholesterol, 500mg sodium, 400mg potassium

GLUTEN-FREE LASAGNA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 gluten-free lasagna noodles
- 1/2 cup ricotta cheese
- 1/2 cup shredded mozzarella
- 1/2 cup ground beef or turkey
- 1/2 cup marinara sauce (gluten-free)
- 1 tbsp Parmesan cheese
- Salt, pepper, and Italian herbs

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Cook GF lasagna noodles as directed.
3. Brown ground meat, mix with marinara.
4. In a baking dish, layer noodles, ricotta, meat sauce, and mozzarella.
5. Repeat layers. Top with Parmesan.
6. Bake covered for 25 minutes, then uncovered for 5 minutes.

Nutrition (per serving):

480 calories, 28g protein, 32g carbs, 24g fat, 3g fiber, 70mg cholesterol, 520mg sodium, 430mg potassium

GRILLED LEMON-HERB CHICKEN BREASTS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 2 boneless, skinless chicken breasts
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1/2 tsp dried oregano
- 1/2 tsp garlic powder
- Salt and pepper to taste

DIRECTIONS

1. In a bowl, mix olive oil, lemon juice, oregano, garlic powder, salt, and pepper.
2. Coat chicken breasts in marinade and let sit for 10 minutes.
3. Grill chicken over medium heat for 6–7 minutes per side or until fully cooked.
4. Let rest 5 minutes before slicing.



Nutrition (per serving):

290 calories, 30g protein, 1g carbs, 17g fat, 0g fiber, 90mg cholesterol, 180mg sodium, 360mg potassium

ROASTED CHICKEN THIGHS WITH GARLIC & ROSEMARY

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 35 MIN

INGREDIENTS

- 4 bone-in, skin-on chicken thighs
- 1 tbsp olive oil
- 2 garlic cloves, minced
- 1 tsp fresh rosemary (or 1/2 tsp dried)
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Rub chicken thighs with olive oil, garlic, rosemary, salt, and pepper.
3. Place on a baking tray and roast for 35 minutes or until golden and cooked through.
4. Let rest before serving.



Nutrition (per serving):

390 calories, 28g protein, 0g carbs, 30g fat, 0g fiber, 130mg cholesterol, 240mg sodium, 350mg potassium

HONEY GARLIC CHICKEN THIGHS



SERVES: 2

PREP TIME: 20 MIN

COOK TIME: 4 MIN

INGREDIENTS

- 4 boneless, skinless chicken thighs
- 1 tbsp olive oil
- 2 tbsp honey
- 2 garlic cloves, minced
- 1 tbsp gluten-free tamari or coconut aminos
- Salt and pepper to taste

DIRECTIONS

1. Heat oil in a skillet over medium heat.
2. Add chicken and cook 5–6 minutes per side until browned.
3. Mix honey, garlic, and tamari in a bowl.
4. Pour sauce over chicken and simmer 10 minutes, turning to coat.
5. Serve with sauce spooned on top.

Nutrition (per serving):

340 calories, 26g protein, 12g carbs, 20g fat, 0g fiber, 120mg cholesterol, 360mg sodium, 420mg potassium



GLUTEN-FREE CHICKEN PARMESAN

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 2 chicken breasts, pounded thin
- 1/4 cup gluten-free breadcrumbs
- 1/4 cup grated Parmesan
- 1 egg, beaten
- 1/2 cup gluten-free marinara sauce
- 1/2 cup shredded mozzarella
- 1 tbsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Mix breadcrumbs and Parmesan. Dip chicken in egg, then breadcrumb mix.
2. Pan-fry in olive oil until golden, about 4 minutes per side.
3. Transfer to baking dish, top with marinara and mozzarella.
4. Bake at 375°F (190°C) for 10 minutes or until cheese melts.

Nutrition (per serving):

430 calories, 35g protein, 10g carbs, 25g fat, 2g fiber, 100mg cholesterol, 480mg sodium, 440mg potassium

STUFFED ZUCCHINI BOATS WITH GROUND BEEF

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 2 medium zucchinis, halved and scooped
- 1/2 lb ground beef
- 1/4 cup gluten-free marinara
- 1/4 cup shredded mozzarella
- 1 tbsp olive oil
- Salt, pepper, and Italian herbs

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Sauté beef in oil with seasoning until cooked.
3. Mix with marinara and stuff zucchini halves.
4. Top with cheese and bake 20–25 minutes.

Nutrition (per serving):

340 calories, 27g protein, 7g carbs, 22g fat, 2g fiber, 75mg cholesterol, 420mg sodium, 580mg potassium

SLOW-COOKED BEEF STEW

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 1/2 lb beef stew meat
- 1/2 cup chopped carrots
- 1/2 cup chopped potatoes
- 1/4 cup chopped onion
- 1 cup gluten-free beef broth
- 1 tsp gluten-free tomato paste
- 1 bay leaf, salt, pepper, thyme

DIRECTIONS

1. Add all ingredients to a slow cooker.
2. Cook on low for 4 hours or until beef is tender.
3. Remove bay leaf and serve warm.

Nutrition (per serving):

400 calories, 30g protein, 18g carbs, 22g fat, 3g fiber, 85mg cholesterol, 480mg sodium, 600mg potassium

STUFFED BELL PEPPERS WITH GROUND TURKEY & RICE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 2 large bell peppers, halved and cored
- 1/2 cup cooked brown rice
- 1/2 lb ground turkey
- 1/4 cup chopped onion
- 1/4 cup gluten-free tomato sauce
- 1 tbsp olive oil
- Salt, pepper, Italian seasoning

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Cook turkey and onion in oil. Mix with rice and tomato sauce.
3. Stuff pepper halves, place in baking dish.
4. Cover with foil and bake 30 minutes.

Nutrition (per serving):

360 calories, 28g protein, 20g carbs, 18g fat, 3g fiber, 70mg cholesterol, 440mg sodium, 510mg potassium

GLUTEN-FREE MEATLOAF

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 45 MIN

INGREDIENTS

- 1/2 lb ground beef or turkey
- 1/4 cup gluten-free oats or breadcrumbs
- 1 egg
- 2 tbsp gluten-free ketchup
- 1/4 onion, chopped
- Salt, pepper, garlic powder

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients and shape into a loaf.
3. Place in baking dish and top with extra ketchup.
4. Bake for 45 minutes until cooked through.



Nutrition (per serving):

390 calories, 29g protein, 10g carbs, 24g fat, 2g fiber, 110mg cholesterol, 480mg sodium, 430mg potassium

LAMB CHOPS WITH ROSEMARY AND GARLIC

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 4 small lamb chops
- 1 tbsp olive oil
- 1 garlic clove, minced
- 1 tsp fresh rosemary (or 1/2 tsp dried)
- Salt and pepper

DIRECTIONS

1. Rub lamb chops with oil, garlic, rosemary, salt, and pepper.
2. Grill or pan-sear over medium-high heat for 4–5 minutes per side.
3. Let rest for 5 minutes before serving.



Nutrition (per serving):

420 calories, 28g protein, 0g carbs, 34g fat, 0g fiber, 95mg cholesterol, 220mg sodium, 400mg potassium

PAN-SEARED SALMON WITH LEMON & DILL



SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 2 salmon fillets (4–5 oz each)
- 1 tbsp olive oil
- 1 tbsp fresh lemon juice
- 1/2 tsp dried or fresh dill
- Salt and pepper to taste

DIRECTIONS

1. Season salmon with salt, pepper, and dill.
2. Heat oil in a skillet over medium-high heat.
3. Place salmon skin-side down and sear 4–5 minutes.
4. Flip and cook 3–4 minutes until cooked through.
5. Drizzle with lemon juice before serving.

Nutrition (per serving):

360 calories, 32g protein, 0g carbs, 24g fat, 0g fiber, 85mg cholesterol, 75mg sodium, 480mg potassium



BAKED COD WITH TOMATOES AND OLIVES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 2 cod fillets (4 oz each)
- 1/2 cup cherry tomatoes, halved
- 1/4 cup black olives, sliced
- 1 tbsp olive oil
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place cod in baking dish and top with tomatoes, olives, garlic, and olive oil.
3. Season with salt and pepper.
4. Bake for 18–20 minutes until fish flakes easily.

Nutrition (per serving):

290 calories, 30g protein, 6g carbs, 16g fat, 1g fiber, 65mg cholesterol, 320mg sodium, 420mg potassium

GRILLED FISH TACOS (WITH GLUTEN-FREE TORTILLAS)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

Ingredients

- 2 small white fish fillets (e.g., tilapia or cod)
- 1 tsp olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- 1/2 cup shredded cabbage
- 2 tbsp plain Greek yogurt or GF sour cream
- Juice of 1/2 lime
- 4 small gluten-free corn tortillas

Directions

1. Rub fish with oil, cumin, paprika, salt, and pepper.
2. Grill or pan-sear fish for 3–4 minutes per side.
3. Warm tortillas and layer with fish and cabbage.
4. Drizzle with yogurt and lime juice.

NUTRITION

330 calories, 28g protein, 20g carbs, 14g fat, 3g fiber, 55mg cholesterol, 210mg sodium, 370mg potassium



BAKED TILAPIA WITH LEMON AND CAPERS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 2 tilapia fillets
- 1 tbsp olive oil
- Juice of 1 lemon
- 1 tbsp capers
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Place tilapia in a baking dish.
3. Drizzle with lemon juice and olive oil; sprinkle capers, salt, and pepper.
4. Bake for 12–15 minutes until tender.

Nutrition (per serving):

280 calories, 30g protein, 2g carbs, 16g fat, 0g fiber, 70mg cholesterol, 350mg sodium, 440mg potassium

COCONUT-CRUSTED FISH FILLETS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 white fish fillets (e.g., cod or mahi-mahi)
- 1 egg, beaten
- 1/3 cup shredded unsweetened coconut
- 1/4 cup gluten-free breadcrumbs
- 2 tbsp coconut oil
- Salt and pepper to taste

DIRECTIONS

1. Mix coconut and breadcrumbs in a bowl.
2. Dip fish in egg, then coconut mixture.
3. Heat coconut oil in skillet; cook fish 4–5 minutes per side.
4. Serve golden and crispy.

Nutrition (per serving):

400 calories, 27g protein, 10g carbs, 28g fat, 2g fiber, 75mg cholesterol, 270mg sodium, 410mg potassium

THAI COCONUT CURRY WITH WHITE FISH

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 2 white fish fillets (e.g., cod or halibut)
- 1/2 cup canned coconut milk
- 1 tsp red curry paste (gluten-free)
- 1 tsp fish sauce (gluten-free)
- 1/4 cup chopped bell pepper
- 1/4 cup chopped onion
- 1 tsp coconut oil

DIRECTIONS

1. Sauté onion and bell pepper in coconut oil.
2. Stir in curry paste, fish sauce, and coconut milk. Simmer 5 minutes.
3. Add fish fillets and cook 8–10 minutes until flaky.

Nutrition (per serving):

390 calories, 28g protein, 7g carbs, 27g fat, 1g fiber, 70mg cholesterol, 450mg sodium, 460mg potassium

TUNA STEAKS WITH SESAME CRUST

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 6 MIN

INGREDIENTS

- 2 tuna steaks (4 oz each)
- 2 tbsp sesame seeds
- 1 tsp gluten-free tamari
- 1 tsp sesame oil
- 1/2 tsp ground black pepper

DIRECTIONS

1. Rub tuna with tamari, sesame oil, and pepper.
2. Press sesame seeds into both sides.
3. Sear in hot skillet for 2–3 minutes per side (rare-medium).



Nutrition (per serving):

350 calories, 34g protein, 2g carbs, 22g fat, 1g fiber, 65mg cholesterol, 260mg sodium, 530mg potassium

SHRIMP AND QUINOA STIR-FRY

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 lb shrimp, peeled and deveined
- 1 cup cooked quinoa
- 1/2 cup mixed vegetables (carrots, peas, bell pepper)
- 1 tbsp olive or sesame oil
- 1 tbsp gluten-free tamari
- 1 garlic clove, minced

DIRECTIONS

1. Heat oil in a pan; sauté shrimp 3–4 minutes until pink. Remove.
2. Add vegetables and garlic; cook 3 minutes.
3. Add quinoa and tamari, stir well. Return shrimp and heat through.

Nutrition (per serving):

390 calories, 28g protein, 22g carbs, 20g fat, 3g fiber, 170mg cholesterol, 470mg sodium, 520mg potassium



SEAFOOD PAELLA



SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup uncooked arborio or paella rice
- 1/4 lb shrimp
- 1/4 lb mussels or scallops (optional)
- 1/4 cup diced tomato
- 1/4 cup chopped bell pepper
- 1 garlic clove, minced
- 1 tbsp olive oil
- 1/4 tsp saffron or turmeric
- 1 cup gluten-free chicken or seafood broth
- Salt and pepper to taste

Nutrition (per serving):

420 calories, 30g protein, 30g carbs, 18g fat, 2g fiber, 160mg cholesterol, 460mg sodium, 560mg potassium

DIRECTIONS

1. Heat oil in a pan; sauté garlic and pepper.
2. Stir in rice, saffron, and tomatoes. Add broth.
3. Simmer for 20 minutes, stirring occasionally.
4. Add seafood and cook until fully done.



GARLIC BUTTER SHRIMP WITH ZUCCHINI NOODLES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 lb shrimp, peeled and deveined
- 2 medium zucchinis, spiralized
- 2 tbsp butter
- 2 garlic cloves, minced
- Juice of 1/2 lemon
- Salt and pepper to taste

Nutrition (per serving):

320 calories, 25g protein, 6g carbs, 20g fat, 2g fiber, 170mg cholesterol, 410mg sodium, 480mg potassium

DIRECTIONS

1. Heat butter in skillet; sauté garlic for 1 minute.
2. Add shrimp and cook until pink, about 4 minutes.
3. Add zucchini noodles, toss gently for 2–3 minutes.
4. Season and finish with lemon juice.

STUFFED SWEET POTATOES WITH BLACK BEANS & AVOCADO

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 35 MIN

INGREDIENTS

- 2 medium sweet potatoes
- 1/2 cup canned black beans, rinsed
- 1/2 avocado, diced
- 1 tbsp lime juice
- 1/4 tsp cumin
- Salt and pepper to taste

DIRECTIONS

1. Bake sweet potatoes at 400°F (200°C) for 35 minutes or until tender.
2. In a bowl, mash black beans slightly with cumin, salt, and pepper.
3. Slice sweet potatoes and fill with bean mixture.
4. Top with avocado and drizzle with lime juice.

Nutrition (per serving):

340 calories, 9g protein, 45g carbs, 12g fat, 11g fiber, 0mg cholesterol, 280mg sodium, 750mg potassium

CHICKPEA CURRY (CHANA MASALA)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1 cup canned chickpeas, rinsed
- 1/2 cup diced tomatoes
- 1/4 cup chopped onion
- 1 garlic clove, minced
- 1/2 tsp curry powder
- 1/4 tsp turmeric
- 1/2 tbsp olive oil
- Salt to taste

DIRECTIONS

1. Heat oil in pan; sauté onion and garlic.
2. Add spices and stir for 1 minute.
3. Add chickpeas and tomatoes. Simmer for 15 minutes.
4. Serve with gluten-free rice or flatbread.

Nutrition (per serving):

310 calories, 11g protein, 38g carbs, 10g fat, 9g fiber, 0mg cholesterol, 290mg sodium, 590mg potassium

ZUCCHINI NOODLES WITH ROASTED TOMATOES & PESTO

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 2 medium zucchinis, spiralized
- 1/2 cup cherry tomatoes, halved
- 2 tbsp gluten-free pesto
- 1 tsp olive oil
- Salt and pepper to taste

DIRECTIONS

1. Roast cherry tomatoes at 375°F (190°C) for 10 minutes.
2. Sauté zucchini noodles in olive oil for 2–3 minutes.
3. Toss noodles with roasted tomatoes and pesto.
4. Serve immediately.

Nutrition (per serving):

220 calories, 6g protein, 14g carbs, 16g fat, 4g fiber, 0mg cholesterol, 240mg sodium, 530mg potassium

VEGAN STIR-FRY WITH TOFU & VEGETABLES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 block firm tofu, cubed
- 1 cup mixed vegetables (broccoli, bell pepper, carrots)
- 1 tbsp olive or sesame oil
- 1 tbsp gluten-free tamari
- 1 garlic clove, minced
- Salt and pepper to taste

DIRECTIONS

1. Sauté tofu in oil until golden. Remove.
2. Add veggies and garlic; stir-fry 5–6 minutes.
3. Return tofu and add tamari. Cook 2–3 minutes more.



Nutrition (per serving):

290 calories, 14g protein, 15g carbs, 18g fat, 4g fiber, 0mg cholesterol, 390mg sodium, 480mg potassium

VEGAN CHILI (BEAN & VEGGIE)

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup canned kidney beans
- 1/2 cup canned black beans
- 1/2 cup diced tomatoes
- 1/4 cup chopped onion
- 1/4 cup chopped bell pepper
- 1 tsp chili powder
- 1/2 tsp cumin
- 1/2 tbsp olive oil

DIRECTIONS

1. Sauté onion and bell pepper in oil.
2. Add beans, tomatoes, and spices.
3. Simmer uncovered for 20–25 minutes.
4. Serve hot.



Nutrition (per serving):

320 calories, 14g protein, 35g carbs, 12g fat, 9g fiber, 0mg cholesterol, 410mg sodium, 570mg potassium

EGGPLANT & CHICKPEA TAGINE



SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 medium eggplant, diced
- 1/2 cup canned chickpeas, rinsed
- 1/4 cup chopped tomatoes
- 1/4 onion, chopped
- 1 garlic clove, minced
- 1/2 tsp ground cumin
- 1/4 tsp cinnamon
- 1 tbsp olive oil

DIRECTIONS

1. Sauté onion and garlic in oil.
2. Add eggplant and spices. Cook for 5 minutes.
3. Add chickpeas and tomatoes. Simmer 25 minutes.
4. Serve warm.

Nutrition (per serving):

290 calories, 8g protein, 30g carbs, 14g fat, 8g fiber, 0mg cholesterol, 300mg sodium, 500mg potassium



ROASTED VEGETABLE & QUINOA BOWL

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup cooked quinoa
- 1/2 cup chopped zucchini
- 1/2 cup chopped bell pepper
- 1/2 cup sweet potato, cubed
- 1 tbsp olive oil
- Salt and herbs (thyme, rosemary)

DIRECTIONS

1. Preheat oven to 400°F (200°C).
2. Toss veggies with oil and herbs.
3. Roast for 20–25 minutes.
4. Serve over quinoa.

Nutrition (per serving):

330 calories, 9g protein, 38g carbs, 14g fat, 6g fiber, 0mg cholesterol, 270mg sodium, 610mg potassium

VEGETARIAN & VEGAN OPTIONS

TOFU TIKKA MASALA

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 20 MIN

Ingredients

- 1/2 block firm tofu, cubed
- 1/4 cup tomato sauce
- 1/4 cup canned coconut milk
- 1 garlic clove, minced
- 1/2 tsp garam masala
- 1/2 tsp paprika
- 1/2 tbsp olive oil
- Salt to taste

Directions

1. Sauté tofu in oil until browned. Remove.
2. Sauté garlic with spices. Add tomato sauce and coconut milk.
3. Return tofu and simmer 10–15 minutes.
4. Serve with gluten-free rice.

NUTRITION

350 calories, 13g protein, 16g carbs, 25g fat, 3g fiber, 0mg cholesterol, 360mg sodium, 480mg potassium



GLUTEN-FREE CHICKEN AND BROCCOLI CASSEROLE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1 cup cooked, shredded chicken breast
- 1 cup steamed broccoli florets
- 1/2 cup cooked gluten-free rice
- 1/4 cup shredded cheddar cheese
- 1/4 cup plain Greek yogurt or GF sour cream
- 1 garlic clove, minced
- Salt and pepper to taste

Nutrition (per serving):

380 calories, 30g protein, 20g carbs, 20g fat, 3g fiber, 80mg cholesterol, 360mg sodium, 520mg potassium

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix chicken, broccoli, rice, yogurt, garlic, salt, and pepper.
3. Pour into a greased small baking dish.
4. Top with shredded cheese.
5. Bake uncovered for 20–25 minutes until bubbly.

BEEF & POTATO CASSEROLE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 40 MIN

INGREDIENTS

- 1/2 lb ground beef
- 1 cup thinly sliced potatoes
- 1/4 cup chopped onion
- 1/4 cup shredded mozzarella
- 1/2 cup gluten-free broth
- 1 tsp olive oil
- Salt, pepper, thyme

Nutrition (per serving):

440 calories, 28g protein, 25g carbs, 26g fat, 2g fiber, 85mg cholesterol, 430mg sodium, 580mg potassium

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Cook beef and onion in oil until browned.
3. Layer potatoes and beef mixture in baking dish.
4. Pour broth on top and cover with foil.
5. Bake for 35 minutes. Add cheese and bake uncovered for 5 minutes

BUFFALO CHICKEN CAULIFLOWER CASSEROLE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1 cup cooked shredded chicken
- 1 cup cauliflower florets
- 2 tbsp gluten-free buffalo sauce
- 2 tbsp cream cheese or GF dairy-free alternative
- 1/4 cup shredded cheddar
- Salt and pepper to taste

Nutrition (per serving):

370 calories, 30g protein, 10g carbs, 24g fat, 3g fiber, 90mg cholesterol, 460mg sodium, 470mg potassium

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Steam cauliflower until slightly tender.
3. Mix all ingredients in a bowl.
4. Place in a greased baking dish.
5. Bake for 20–25 minutes.

STUFFED BELL PEPPER CASSEROLE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 lb ground turkey or beef
- 1/2 cup cooked rice
- 1 cup chopped bell peppers
- 1/2 cup diced tomatoes
- 1/4 cup shredded cheese (optional)
- 1/2 tsp garlic powder
- Salt and pepper to taste

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Brown meat with garlic powder.
3. Mix in peppers, rice, tomatoes, salt, and pepper.
4. Transfer to baking dish, top with cheese.
5. Bake 25–30 minutes.



Nutrition (per serving):

390 calories, 28g protein, 22g carbs, 22g fat, 3g fiber, 75mg cholesterol, 410mg sodium, 510mg potassium

SWEET POTATO BLACK BEAN ENCHILADA BAKE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 medium sweet potato, diced
- 1/2 cup canned black beans
- 1/2 cup enchilada sauce (gluten-free)
- 1/4 cup corn kernels
- 2 small gluten-free corn tortillas, cut into strips
- 1/4 cup shredded dairy-free or regular cheese

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Steam sweet potato until soft.
3. Mix all ingredients in a bowl.
4. Transfer to baking dish and bake 25–30 minutes.

Nutrition (per serving):

360 calories, 12g protein, 40g carbs, 14g fat, 8g fiber, 0mg cholesterol, 480mg sodium, 620mg potassium



VEGETARIAN EGGPLANT PARMESAN



SERVES: 2

PREP TIME: 20 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 small eggplant, sliced
- 1/2 cup gluten-free marinara
- 1/4 cup gluten-free breadcrumbs
- 1/4 cup shredded mozzarella
- 1 egg, beaten
- 1 tbsp olive oil

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Dip eggplant slices in egg, then breadcrumbs.
3. Bake on a greased tray for 15 minutes.
4. Layer in a baking dish with marinara and cheese.
5. Bake 15 more minutes.

Nutrition (per serving):

320 calories, 14g protein, 22g carbs, 18g fat, 5g fiber, 45mg cholesterol, 390mg sodium, 480mg potassium



VEGAN SHEPHERD'S PIE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 cup mashed potatoes
- 1/2 cup cooked lentils
- 1/2 cup mixed vegetables (carrots, peas, corn)
- 1/4 cup chopped onion
- 1 tbsp olive oil
- 1/4 cup gluten-free vegetable broth
- Salt, pepper, thyme

DIRECTIONS

1. Sauté onion, lentils, and veggies in oil.
2. Stir in broth and simmer 5 minutes.
3. Pour into baking dish, spread mashed potatoes on top.
4. Bake at 375°F (190°C) for 20–25 minutes.

Nutrition (per serving):

340 calories, 12g protein, 38g carbs, 14g fat, 7g fiber, 0mg cholesterol, 300mg sodium, 580mg potassium

CHAPTER 5: DESSERT & BAKERY

GLUTEN-FREE CHOCOLATE CAKE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup almond flour
- 2 tbsp cocoa powder
- 1/4 tsp gluten free baking powder
- 1 egg
- 2 tbsp maple syrup or sugar
- 2 tbsp milk (or dairy free alternative)
- 1 tbsp melted coconut oil
- 1/4 tsp vanilla extract
- Pinch of salt

Nutrition (per serving):

290 calories, 7g protein, 18g carbs, 21g fat, 3g fiber, 55mg cholesterol, 80mg sodium, 230mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Whisk all ingredients in a bowl until smooth.
3. Pour batter into greased mini cake pan or ramekins.
4. Bake for 20–25 minutes or until toothpick comes out clean.
5. Cool before serving.

GLUTEN-FREE LEMON DRIZZLE CAKE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup gluten free all purpose flour
- 1/4 tsp gluten free baking powder
- 1 egg
- 2 tbsp sugar
- 2 tbsp milk
- 2 tbsp oil
- Zest of 1 lemon
- Juice of 1/2 lemon

Nutrition (per serving):

310 calories, 6g protein, 28g carbs, 18g fat, 1g fiber, 55mg cholesterol, 95mg sodium, 150mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix flour, baking powder, sugar, lemon zest.
3. Stir in egg, milk, and oil.
4. Pour into greased mini loaf pan and bake for 30 minutes.
5. While warm, drizzle with lemon juice mixed with a bit of sugar.

GLUTEN-FREE CARROT CAKE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup almond flour
- 1/2 cup grated carrot
- 1 egg
- 2 tbsp maple syrup or brown sugar
- 1 tbsp chopped walnuts (optional)
- 1/2 tsp cinnamon
- 1/4 tsp baking soda (glutenfree)
- 1 tbsp oil
- Pinch of salt

Nutrition (per serving):

300 calories, 7g protein, 22g carbs, 20g fat, 3g fiber, 55mg cholesterol, 90mg sodium, 270mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl.
3. Pour into muffin tin or ramekins.
4. Bake for 20–25 minutes.
5. Let cool and optionally top with dairy-free or cream cheese frosting.

CHIA SEED PUDDING

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 1/2 cup unsweetened almond milk
- 2 tbsp chia seeds
- 1 tbsp maple syrup
- 1/4 tsp vanilla extract

DIRECTIONS

1. Combine all ingredients in a jar or bowl.
2. Stir well, let sit 5 minutes, then stir again.
3. Refrigerate for at least 4 hours or overnight.
4. Serve with fruit or nuts if desired.



Nutrition (per serving):

180 calories, 4g protein, 14g carbs, 11g fat, 6g fiber, 0mg cholesterol, 30mg sodium, 160mg potassium

RICE PUDDING

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/4 cup white rice
- 1 cup milk (or plantbased)
- 1 tbsp maple syrup or sugar
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. Combine rice, milk, and salt in a saucepan.
2. Bring to a boil, reduce heat and simmer for 20–25 minutes, stirring often.
3. Add sweetener, cinnamon, and vanilla. Cook another 2–3 minutes.
4. Serve warm or chilled.

Nutrition (per serving):

210 calories, 5g protein, 28g carbs, 9g fat, 1g fiber, 10mg cholesterol, 80mg sodium, 180mg potassium



BANANA PUDDING (GLUTEN-FREE VERSION)



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 ripe banana, mashed
- 1 cup milk (dairy or nondairy)
- 1 egg yolk
- 1 tbsp sugar
- 1/2 tsp vanilla extract
- 1 tbsp cornstarch
- Glutenfree vanilla cookies (optional topping)

DIRECTIONS

1. In a saucepan, whisk sugar, cornstarch, and egg yolk.
2. Add milk and mashed banana. Cook over medium heat, stirring constantly.
3. When thickened, remove from heat and add vanilla.
4. Chill before serving with optional GF cookies.

Nutrition (per serving):

220 calories, 6g protein, 26g carbs, 10g fat, 1g fiber, 70mg cholesterol, 65mg sodium, 310mg potassium



CHOCOLATE PUDDING (FROM SCRATCH)

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1 cup milk (or nondairy milk)
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 1 tbsp cornstarch
- 1/4 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. In a saucepan, whisk sugar, cocoa, cornstarch, and salt.
2. Gradually whisk in milk.
3. Cook over medium heat, stirring until thick.
4. Remove from heat and stir in vanilla.
5. Cool and refrigerate until set.

Nutrition (per serving):

190 calories, 4g protein, 24g carbs, 8g fat, 2g fiber, 0mg cholesterol, 85mg sodium, 210mg potassium

GLUTEN-FREE CHOCOLATE CHIP COOKIES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 12 MIN

INGREDIENTS

- 1/4 cup glutenfree allpurpose flour
- 2 tbsp brown sugar
- 1 tbsp melted butter or coconut oil
- 1 tbsp milk (dairy or nondairy)
- 1/4 tsp vanilla extract
- 1/8 tsp baking soda (glutenfree)
- Pinch of salt
- 2 tbsp glutenfree chocolate chips

Nutrition (per serving):

250 calories, 2g protein, 26g carbs, 14g fat, 1g fiber, 10mg cholesterol, 110mg sodium, 80mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix flour, baking soda, sugar, and salt in a bowl.
3. Stir in butter, milk, and vanilla until dough forms.
4. Fold in chocolate chips.
5. Scoop onto lined baking tray.
6. Bake 10–12 minutes. Cool before serving.

GLUTEN-FREE PEANUT BUTTER COOKIES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1/4 cup peanut butter
- 2 tbsp sugar or coconut sugar
- 1 egg yolk
- 1/8 tsp vanilla extract
- Pinch of salt

Nutrition (per serving):

280 calories, 7g protein, 10g carbs, 22g fat, 2g fiber, 55mg cholesterol, 150mg sodium, 230mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a small bowl until smooth.
3. Scoop dough into balls and place on lined baking sheet.
4. Flatten with fork in crisscross pattern.
5. Bake for 8–10 minutes. Cool before serving.

FLOURLESS DOUBLE CHOCOLATE COOKIES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1/2 cup powdered sugar
- 2 tbsp cocoa powder
- 1 egg white
- 1/4 tsp vanilla extract
- 2 tbsp glutenfree chocolate chips

Nutrition (per serving):

240 calories, 3g protein, 34g carbs, 10g fat, 1g fiber, 0mg cholesterol, 55mg sodium, 160mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix powdered sugar and cocoa powder.
3. Stir in egg white and vanilla until glossy.
4. Fold in chocolate chips.
5. Spoon onto lined baking tray.
6. Bake 8–10 minutes. Let cool fully before removing.

FUDGY GLUTEN-FREE BROWNIES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/4 cup glutenfree allpurpose flour
- 2 tbsp cocoa powder
- 1/4 tsp baking powder (glutenfree)
- 2 tbsp melted butter
- 2 tbsp sugar
- 1 egg
- 1/4 tsp vanilla extract
- Pinch of salt
- Optional: 2 tbsp glutenfree chocolate chips

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix melted butter, sugar, egg, and vanilla.
3. Add flour, cocoa powder, baking powder, and salt.
4. Stir in chocolate chips if using.
5. Pour into greased small baking dish or ramekin.
6. Bake 18–20 minutes. Let cool before serving.



Nutrition (per serving):

290 calories, 5g protein, 26g carbs, 18g fat, 2g fiber, 75mg cholesterol, 120mg sodium, 130mg potassium

FLOURLESS CHOCOLATE BROWNIES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 1/4 cup almond butter or peanut butter
- 2 tbsp cocoa powder
- 2 tbsp maple syrup
- 1 egg
- 1/4 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until smooth.
3. Pour into lined ramekin or small pan.
4. Bake 15–18 minutes. Let cool completely.



Nutrition (per serving):

320 calories, 8g protein, 18g carbs, 24g fat, 3g fiber, 70mg cholesterol, 140mg sodium, 250mg potassium

BLACK BEAN BROWNIES



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup cooked black beans (rinsed, drained)
- 1 egg
- 2 tbsp cocoa powder
- 2 tbsp sugar or maple syrup
- 1 tbsp melted coconut oil
- 1/4 tsp vanilla
- Pinch of salt
- Optional: 1 tbsp chocolate chips

Nutrition (per serving):

280 calories, 9g protein, 26g carbs, 12g fat, 5g fiber, 60mg cholesterol, 150mg sodium, 310mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Blend all ingredients in food processor until smooth.
3. Pour into greased ramekin or small baking pan.
4. Bake 22–25 minutes. Cool before slicing.



PEANUT BUTTER SWIRL BROWNIES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/4 cup almond flour
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 1 egg
- 2 tbsp melted butter
- 1 tbsp peanut butter
- 1/4 tsp vanilla
- Pinch of salt

Nutrition (per serving):

320 calories, 6g protein, 24g carbs, 22g fat, 2g fiber, 70mg cholesterol, 130mg sodium, 210mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix butter, sugar, egg, and vanilla. Add flour, cocoa, and salt.
3. Pour into greased pan. Drop peanut butter on top and swirl.
4. Bake 18–20 minutes. Let cool before cutting.

MINT CHOCOLATE GLUTEN-FREE BROWNIES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

Ingredients

- 1/4 cup glutenfree flour blend
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 1 egg
- 2 tbsp butter, melted
- 1/4 tsp peppermint extract
- Optional: 1 tbsp chocolate chips or mint chips

Directions

1. Preheat oven to 350°F (175°C).
2. Combine butter, sugar, egg, and peppermint.
3. Stir in flour, cocoa, and chips.
4. Pour into small greased dish and bake 18–20 minutes.

NUTRITION

300 calories, 5g protein, 25g carbs, 20g fat, 2g fiber, 70mg cholesterol, 115mg sodium, 180mg potassium



GLUTEN-FREE VANILLA MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 cup glutenfree allpurpose flour
- 1/4 tsp glutenfree baking powder
- 1/4 tsp baking soda
- 1 egg
- 2 tbsp sugar
- 2 tbsp milk (or dairyfree milk)
- 1 tbsp oil or melted butter
- 1/4 tsp vanilla extract
- Pinch of salt

Nutrition (per serving):

240 calories, 5g protein, 28g carbs, 12g fat, 1g fiber, 55mg cholesterol, 120mg sodium, 90mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients in a bowl.
3. Whisk egg, milk, oil, and vanilla in another bowl.
4. Combine wet and dry ingredients.
5. Divide batter into muffin liners.
6. Bake for 18–20 minutes until golden.

GLUTEN-FREE BLUEBERRY MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 22 MIN

INGREDIENTS

- 1/2 cup glutenfree flour blend
- 1/4 tsp glutenfree baking powder
- 1/4 tsp baking soda
- 1 egg
- 2 tbsp milk
- 1 tbsp melted butter
- 2 tbsp sugar
- 1/4 cup fresh or frozen blueberries
- 1/4 tsp vanilla
- Pinch of salt

Nutrition (per serving):

260 calories, 5g protein, 30g carbs, 13g fat, 1g fiber, 55mg cholesterol, 115mg sodium, 100mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients.
3. Whisk wet ingredients, then combine with dry.
4. Gently fold in blueberries.
5. Divide into muffin cups.
6. Bake 20–22 minutes until cooked through.

GLUTEN-FREE BANANA MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 cup mashed ripe banana
- 1/2 cup glutenfree flour blend
- 1/4 tsp baking soda
- 1 egg
- 1 tbsp honey or maple syrup
- 1 tbsp oil or butter
- 1/4 tsp cinnamon
- Pinch of salt

Nutrition (per serving):

250 calories, 5g protein, 27g carbs, 12g fat, 2g fiber, 55mg cholesterol, 95mg sodium, 280mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix banana, egg, oil, and sweetener.
3. Add flour, baking soda, salt, and cinnamon.
4. Pour into muffin liners.
5. Bake 18–20 minutes until golden.

GLUTEN-FREE APPLE CINNAMON MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 22 MIN

INGREDIENTS

- 1/2 cup diced apple
- 1/2 cup glutenfree flour
- 1/4 tsp baking powder
- 1/4 tsp cinnamon
- 1 egg
- 2 tbsp milk
- 1 tbsp oil
- 1 tbsp sugar or maple syrup
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix wet and dry ingredients separately.
3. Combine, then fold in diced apples.
4. Spoon into muffin liners.
5. Bake 20–22 minutes until golden and firm.



Nutrition (per serving):

255 calories, 4g protein, 28g carbs, 13g fat, 2g fiber, 55mg cholesterol, 100mg sodium, 150mg potassium

GLUTEN-FREE DOUBLE CHOCOLATE MUFFINS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 cup glutenfree flour
- 2 tbsp cocoa powder
- 2 tbsp sugar
- 1 egg
- 2 tbsp milk
- 1 tbsp oil
- 1/4 tsp vanilla
- 2 tbsp chocolate chips
- 1/4 tsp glutenfree baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix flour, cocoa, sugar, salt, and baking powder.
3. Whisk egg, milk, oil, and vanilla. Combine with dry ingredients.
4. Fold in chocolate chips.
5. Spoon into muffin liners and bake 18–20 minutes.



Nutrition (per serving):

280 calories, 5g protein, 26g carbs, 16g fat, 2g fiber, 60mg cholesterol, 110mg sodium, 120mg potassium

GLUTEN-FREE LEMON POPPY SEED SCONES



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 1/2 cup glutenfree allpurpose flour
- 1 tbsp sugar
- 1/2 tsp glutenfree baking powder
- 1 tbsp cold butter, cubed
- 2 tbsp milk or dairyfree milk
- 1/2 tsp lemon zest
- 1/2 tsp lemon juice
- 1/2 tsp poppy seeds
- Pinch of salt

Nutrition (per serving):

210 calories, 3g protein, 22g carbs, 12g fat, 1g fiber, 25mg cholesterol, 120mg sodium, 60mg potassium

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix flour, sugar, baking powder, salt, and poppy seeds.
3. Cut in cold butter until mixture resembles crumbs.
4. Add lemon zest, juice, and milk. Mix until dough forms.
5. Shape into disk, cut into wedges.
6. Bake 16–18 minutes until golden.



GLUTEN-FREE CHOCOLATE CHIP SCONES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 18 MIN

INGREDIENTS

- 1/2 cup glutenfree flour
- 1 tbsp sugar
- 1/2 tsp glutenfree baking powder
- 1 tbsp cold butter
- 2 tbsp milk or dairyfree milk
- 1/4 tsp vanilla
- 2 tbsp glutenfree chocolate chips
- Pinch of salt

Nutrition (per serving):

240 calories, 3g protein, 23g carbs, 14g fat, 1g fiber, 20mg cholesterol, 110mg sodium, 70mg potassium

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Combine dry ingredients in a bowl.
3. Cut in butter until crumbly.
4. Stir in milk, vanilla, and chocolate chips.
5. Shape into round disk and cut into wedges.
6. Bake 16–18 minutes until edges are set.

GLUTEN-FREE CINNAMON RAISIN SCONES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 18 MIN

Ingredients

- 1/2 cup glutenfree flour
- 1 tbsp sugar
- 1/2 tsp baking powder (glutenfree)
- 1 tbsp cold butter
- 2 tbsp milk or dairyfree milk
- 1/4 tsp cinnamon
- 2 tbsp raisins
- Pinch of salt

Directions

1. Preheat oven to 375°F (190°C).
2. Mix dry ingredients and cinnamon in a bowl.
3. Cut in butter until crumbly.
4. Add milk and raisins, stir to combine.
5. Form into a disk and cut into wedges.
6. Bake 16–18 minutes.

NUTRITION

230 calories, 3g protein, 24g carbs, 12g fat, 1g fiber, 20mg cholesterol, 115mg sodium, 90mg potassium



GLUTEN-FREE PUMPKIN PIE

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1 small glutenfree pie crust
- 1/2 cup pumpkin purée
- 1 egg
- 2 tbsp coconut milk or dairy milk
- 2 tbsp maple syrup
- 1/2 tsp pumpkin pie spice
- Pinch of salt

Nutrition (per serving):

240 calories, 5g protein, 24g carbs, 13g fat, 2g fiber, 65mg cholesterol, 130mg sodium, 220mg potassium

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix pumpkin, egg, milk, maple syrup, spice, and salt.
3. Pour into crust and smooth top.
4. Bake 28–30 minutes or until set.
5. Cool and chill before serving.

GLUTEN-FREE COCONUT CREAM PIE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1 small glutenfree pie crust
- 1/2 cup canned coconut milk
- 1 tbsp sugar
- 1 tbsp cornstarch
- 1/4 tsp vanilla extract
- 2 tbsp shredded coconut (unsweetened)

Nutrition (per serving):

270 calories, 2g protein, 18g carbs, 20g fat, 2g fiber, 0mg cholesterol, 60mg sodium, 210mg potassium

DIRECTIONS

1. In a saucepan, combine coconut milk, sugar, and cornstarch.
2. Cook over medium heat, stirring until thickened.
3. Stir in vanilla and 1 tbsp coconut.
4. Pour into baked crust and refrigerate until set.
5. Top with remaining coconut before serving.

GLUTEN-FREE CHOCOLATE PEANUT BUTTER PIE

SERVES: 2

PREP TIME: 15 MIN

COOK TIME: NONE

INGREDIENTS

- 1 small glutenfree chocolate cookie crust
- 2 tbsp peanut butter
- 2 tbsp dairyfree cream cheese or Greek yogurt
- 1 tbsp maple syrup
- 1 tbsp cocoa powder
- 1 tbsp melted dark chocolate (for topping)

Nutrition (per serving):

310 calories, 6g protein, 20g carbs, 23g fat, 3g fiber, 5mg cholesterol, 125mg sodium, 180mg potassium

DIRECTIONS

1. Mix peanut butter, cream cheese, maple syrup, and cocoa until smooth.
2. Spread into crust.
3. Drizzle melted chocolate on top.
4. Chill for 1 hour before serving.

GLUTEN-FREE LEMON TART

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1 small glutenfree tart crust
- 1 egg
- 2 tbsp lemon juice
- 1 tbsp lemon zest
- 2 tbsp sugar
- 1 tbsp butter

DIRECTIONS

1. In a saucepan, whisk egg, lemon juice, zest, and sugar.
2. Cook over low heat, stirring until thickened.
3. Remove from heat, stir in butter.
4. Pour into crust and refrigerate until set.



Nutrition (per serving):

220 calories, 4g protein, 22g carbs, 12g fat, 1g fiber, 85mg cholesterol, 70mg sodium, 80mg potassium

GLUTEN-FREE CHOCOLATE GANACHE TART

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 1 small glutenfree tart crust
- 1/4 cup chopped dark chocolate (glutenfree)
- 2 tbsp coconut milk or heavy cream

DIRECTIONS

1. Heat coconut milk in a saucepan until just simmering.
2. Pour over chopped chocolate. Let sit 1 minute, then stir until smooth.
3. Pour into crust.
4. Chill at least 1 hour before serving.



Nutrition (per serving):

300 calories, 3g protein, 16g carbs, 24g fat, 2g fiber, 0mg cholesterol, 40mg sodium, 180mg potassium

GLUTEN-FREE SANDWICH BREAD



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup glutenfree allpurpose flour
- 1/4 cup milk (or dairyfree)
- 1 egg
- 1 tbsp oil
- 1/2 tsp sugar
- 1/4 tsp salt
- 1/2 tsp glutenfree baking powder
- 1/8 tsp baking soda (optional)

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, whisk egg, milk, oil, and sugar.
3. Stir in flour, baking powder, salt, and baking soda.
4. Pour into greased mini loaf pan.
5. Bake 28–30 minutes until golden. Cool before slicing.

Nutrition (per serving):

190 calories, 5g protein, 18g carbs, 10g fat, 1g fiber, 70mg cholesterol, 160mg sodium, 110mg potassium



GLUTEN-FREE GARLIC HERB BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup glutenfree flour
- 1 egg
- 1/4 cup milk or dairyfree milk
- 1 tbsp olive oil
- 1/2 tsp glutenfree baking powder
- 1/4 tsp dried herbs (e.g. rosemary, oregano)
- 1/4 tsp garlic powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix dry ingredients and herbs in a bowl.
3. Whisk wet ingredients separately, then combine.
4. Pour into small greased loaf pan.
5. Bake 25 minutes. Cool slightly before serving.

Nutrition (per serving):

200 calories, 6g protein, 16g carbs, 12g fat, 1g fiber, 70mg cholesterol, 180mg sodium, 120mg potassium

GLUTEN-FREE BUCKWHEAT BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup buckwheat flour
- 1/4 cup plain yogurt or dairyfree yogurt
- 1 egg
- 1/2 tbsp olive oil
- 1/4 tsp salt
- 1/2 tsp glutenfree baking powder

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix all ingredients in a bowl until smooth.
3. Pour into greased mini loaf tin.
4. Bake for 28–30 minutes. Cool before slicing.

Nutrition (per serving):

220 calories, 7g protein, 20g carbs, 12g fat, 3g fiber, 65mg cholesterol, 140mg sodium, 180mg potassium

GLUTEN-FREE OAT BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup glutenfree oat flour
- 1/4 cup plain yogurt or dairyfree yogurt
- 1 egg
- 1 tbsp oil
- 1/4 tsp salt
- 1/2 tsp glutenfree baking powder

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix oat flour, baking powder, and salt.
3. Stir in yogurt, egg, and oil.
4. Pour into greased mini loaf tin.
5. Bake 28–30 minutes. Let cool before slicing.

Nutrition (per serving):

210 calories, 6g protein, 22g carbs, 11g fat, 2g fiber, 60mg cholesterol, 130mg sodium, 160mg potassium

GLUTEN-FREE RICE FLOUR BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup white rice flour
- 1/4 tsp xanthan gum (optional)
- 1 egg
- 1/4 cup milk
- 1 tbsp oil
- 1/2 tsp glutenfree baking powder
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Whisk together rice flour, baking powder, salt, and xanthan gum.
3. Mix in egg, milk, and oil. Stir well.
4. Pour into greased mini loaf pan.
5. Bake 28–30 minutes. Cool before slicing.

Nutrition (per serving):

200 calories, 5g protein, 20g carbs, 11g fat, 1g fiber, 65mg cholesterol, 125mg sodium, 100mg potassium

GLUTEN-FREE BANANA BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 30 MIN

INGREDIENTS

- 1/2 cup mashed ripe banana
- 1/2 cup glutenfree flour
- 1 egg
- 1 tbsp oil
- 1 tbsp honey or maple syrup
- 1/2 tsp glutenfree baking powder
- 1/4 tsp cinnamon
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. In a bowl, mix banana, egg, oil, and sweetener.
3. Stir in flour, baking powder, cinnamon, and salt.
4. Pour into greased mini loaf pan.
5. Bake 30 minutes. Let cool before slicing.



Nutrition (per serving):

240 calories, 5g protein, 26g carbs, 11g fat, 2g fiber, 60mg cholesterol, 130mg sodium, 200mg potassium

GLUTEN-FREE PUMPKIN BREAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 28 MIN

INGREDIENTS

- 1/2 cup canned pumpkin purée
- 1/2 cup glutenfree flour
- 1 egg
- 1 tbsp oil
- 1 tbsp maple syrup or sugar
- 1/2 tsp glutenfree baking powder
- 1/4 tsp cinnamon
- Pinch of salt

DIRECTIONS

1. Preheat oven to 350°F (175°C).
2. Mix pumpkin, egg, oil, and sweetener in a bowl.
3. Stir in flour, baking powder, cinnamon, and salt.
4. Pour into greased mini loaf pan.
5. Bake 28 minutes. Let cool before slicing.

Nutrition (per serving):

230 calories, 4g protein, 24g carbs, 11g fat, 2g fiber, 55mg cholesterol, 120mg sodium, 180mg potassium

GLUTEN-FREE CHEESE ROLLS



SERVES: 2

PREP TIME: 12 MIN

COOK TIME: 20 MIN

INGREDIENTS

- 1/2 cup glutenfree flour
- 1/2 tsp glutenfree baking powder
- 1 egg
- 2 tbsp grated cheddar cheese
- 1 tbsp plain yogurt or milk
- Pinch of salt

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix flour, baking powder, and salt.
3. Stir in egg, cheese, and yogurt.
4. Form dough into 2 small rolls.
5. Place on baking tray and bake 18–20 minutes.

Nutrition (per serving):

220 calories, 7g protein, 14g carbs, 14g fat, 1g fiber, 75mg cholesterol, 150mg sodium, 140mg potassium



GLUTEN-FREE FOCACCIA

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 25 MIN

INGREDIENTS

- 1/2 cup glutenfree flour
- 1/2 tsp glutenfree baking powder
- 1/4 tsp salt
- 1/4 cup warm water
- 1 tbsp olive oil
- 1/4 tsp garlic powder
- 1/4 tsp dried rosemary or oregano

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix flour, baking powder, salt, and garlic powder.
3. Add water and olive oil. Mix until smooth.
4. Pour into greased small baking dish.
5. Top with herbs and bake 25 minutes until golden.

Nutrition (per serving):

230 calories, 3g protein, 22g carbs, 14g fat, 1g fiber, 0mg cholesterol, 160mg sodium, 80mg potassium

GLUTEN-FREE TORTILLAS

SERVES: 2

PREP TIME: 8 MIN

COOK TIME: 6 MIN

Ingredients

- 1/2 cup glutenfree flour (or masa harina)
- 1/4 tsp glutenfree baking powder
- 1/4 tsp salt
- 2 tbsp water
- 1 tbsp oil

Directions

1. Mix flour, salt, and baking powder in a bowl.
2. Add water and oil; stir into a dough.
3. Divide into 2 balls and roll out thin.
4. Heat skillet and cook each side 1–2 minutes.

NUTRITION

180 calories, 3g protein, 18g carbs, 10g fat, 1g fiber, 0mg cholesterol, 100mg sodium, 70mg potassium



CHAPTER 6: GLUTEN-FREE LUNCHBOX IDEAS

GLUTEN-FREE TURKEY & CHEESE ROLL-UPS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 4 slices gluten free deli turkey
- 2 slices cheese (cheddar, provolone, or Swiss)
- 1 tbsp gluten free cream cheese (optional)
- Optional: lettuce or spinach leaves

DIRECTIONS

1. Lay out turkey slices flat.
2. Spread a thin layer of cream cheese on each (if using).
3. Place cheese and optional greens on top.
4. Roll tightly and slice in halves or thirds.

Nutrition (per serving):

190 calories, 16g protein, 2g carbs, 12g fat, 0g fiber, 40mg cholesterol, 420mg sodium, 180mg potassium

MINI GLUTEN-FREE QUESADILLAS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: 5 MIN

INGREDIENTS

- 2 small gluten free tortillas
- 1/2 cup shredded cheese (cheddar or mozzarella)
- Optional: chopped veggies or cooked chicken

DIRECTIONS

1. Heat a skillet over medium heat.
2. Place cheese (and optional fillings) on one tortilla.
3. Top with the second tortilla and cook 2–3 minutes per side.
4. Let cool slightly and cut into wedges.

Nutrition (per serving):

220 calories, 9g protein, 18g carbs, 12g fat, 1g fiber, 25mg cholesterol, 320mg sodium, 140mg potassium

CHICKEN & RICE BITES

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 15 MIN

INGREDIENTS

- 1/2 cup cooked rice
- 1/2 cup cooked shredded chicken
- 1 egg
- 1 tbsp grated cheese
- 1/2 tbsp glutenfree flour or breadcrumbs
- Pinch of salt and pepper

DIRECTIONS

1. Preheat oven to 375°F (190°C).
2. Mix all ingredients in a bowl.
3. Shape into small balls or scoops and place on parchment-lined tray.
4. Bake 15 minutes until golden.

Nutrition (per serving):

210 calories, 15g protein, 14g carbs, 10g fat, 1g fiber, 70mg cholesterol, 180mg sodium, 190mg potassium

YOGURT & FRUIT PARFAIT

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 1 cup plain or vanilla Greek yogurt (or dairy free alternative)
- 1/2 cup chopped fresh fruit (berries, banana, mango)
- 2 tbsp gluten free granola or chopped nuts

DIRECTIONS

1. Layer yogurt, fruit, and granola in a small cup or jar.
2. Serve immediately or store chilled in the lunchbox.



Nutrition (per serving):

180 calories, 9g protein, 18g carbs, 8g fat, 1g fiber, 15mg cholesterol, 60mg sodium, 220mg potassium

PEANUT BUTTER & BANANA SANDWICH

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 4 slices glutenfree bread
- 2 tbsp natural peanut butter or seed butter
- 1 medium banana, sliced

DIRECTIONS

1. Spread peanut butter on 2 slices of bread.
2. Layer banana slices on top.
3. Close sandwiches and slice in halves.



Nutrition (per serving):

260 calories, 8g protein, 28g carbs, 13g fat, 3g fiber, 0mg cholesterol, 140mg sodium, 300mg potassium

CHICKEN SALAD LETTUCE WRAPS



SERVES: 2

PREP TIME: 10 MIN

COOK TIME: NONE

INGREDIENTS

- 1/2 cup cooked shredded chicken
- 2 tbsp plain Greek yogurt or mayo (glutenfree)
- 1/4 celery stalk, finely chopped
- 1/4 tsp Dijon mustard (check glutenfree)
- Salt and pepper to taste
- 4 large lettuce leaves (e.g., romaine or butter lettuce)

DIRECTIONS

1. Mix chicken, yogurt/mayo, celery, mustard, salt, and pepper.
2. Spoon mixture into washed lettuce leaves.
3. Fold or roll like small tacos and pack for lunch.

Nutrition (per serving):

190 calories, 17g protein, 2g carbs, 12g fat, 1g fiber, 45mg cholesterol, 230mg sodium, 210mg potassium



TUNA OR EGG SALAD WRAPS OR ROLLS

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: NONE

INGREDIENTS

- 1/2 cup canned tuna or chopped boiled eggs
- 2 tbsp glutenfree mayo or yogurt
- 1/4 tsp mustard
- 2 glutenfree tortillas or large lettuce leaves
- Salt and pepper to taste

DIRECTIONS

1. Mix tuna or egg with mayo/yogurt and mustard.
2. Add salt and pepper.
3. Spread onto tortillas or wrap in lettuce.
4. Roll and pack in foil or container.

Nutrition (per serving):

220 calories, 14g protein, 6g carbs, 15g fat, 1g fiber, 65mg cholesterol, 300mg sodium, 160mg potassium

GLUTEN-FREE TURKEY & HUMMUS WRAP

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 2 gluten free tortillas
- 4 slices deli turkey (gluten free)
- 2 tbsp hummus
- Optional: shredded lettuce or spinach

DIRECTIONS

1. Spread hummus over each tortilla.
2. Add turkey slices and greens (if using).
3. Roll tightly and slice in halves.

Nutrition (per serving):

210 calories, 14g protein, 12g carbs, 12g fat, 2g fiber, 35mg cholesterol, 370mg sodium, 190mg potassium

GLUTEN-FREE PASTA SALAD

SERVES: 2

PREP TIME: 10 MIN

COOK TIME: 10 MIN

INGREDIENTS

- 1 cup cooked gluten free pasta
- 1/4 cup cherry tomatoes, halved
- 2 tbsp chopped cucumber or bell pepper
- 1 tbsp olive oil
- 1/2 tbsp lemon juice or vinegar
- Salt and pepper to taste

DIRECTIONS

1. Cook and cool gluten-free pasta.
2. Toss with veggies, oil, lemon juice, salt, and pepper.
3. Chill before packing.

Nutrition (per serving):

210 calories, 5g protein, 28g carbs, 9g fat, 2g fiber, 0mg cholesterol, 110mg sodium, 160mg potassium

APPLE SLICES WITH NUT OR SEED BUTTER

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 1 large apple, sliced
- 2 tbsp peanut butter, almond butter, or sunflower seed butter (gluten free)

DIRECTIONS

1. Slice the apple into wedges.
2. Serve with 1 tbsp nut or seed butter per person for dipping.
3. Optional: sprinkle with cinnamon or granola (gluten-free).

Nutrition (per serving):

180 calories, 4g protein, 22g carbs, 9g fat, 3g fiber, 0mg cholesterol, 2mg sodium, 230mg potassium

GREEK YOGURT WITH BERRIES

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 1 cup plain Greek yogurt (or dairyfree yogurt)
- 1/2 cup mixed fresh berries (e.g., blueberries, strawberries)
- Optional: drizzle of honey or maple syrup

DIRECTIONS

1. Divide yogurt into two cups or bowls.
2. Top each with berries.
3. Add sweetener if desired. Serve chilled.



Nutrition (per serving):

150 calories, 10g protein, 15g carbs, 5g fat, 1g fiber, 10mg cholesterol, 45mg sodium, 250mg potassium

RICE CAKES WITH AVOCADO OR HUMMUS

SERVES: 2

PREP TIME: 5 MIN

COOK TIME: NONE

INGREDIENTS

- 2 plain glutenfree rice cakes
- 1/2 avocado or 2 tbsp hummus
- Optional: salt, pepper, red pepper flakes

DIRECTIONS

1. Spread avocado or hummus over rice cakes.
2. Season as desired.
3. Pack in container for lunch or snack.



Nutrition (per serving):

160 calories, 3g protein, 14g carbs, 10g fat, 2g fiber, 0mg cholesterol, 90mg sodium, 260mg potassium

CHAPTER 7: 30-DAY GLUTEN-FREE MEAL PLAN

WEEK 1: SHOPPING LIST, BREAKFAST, LUNCH, DINNER, AND SNACKS

SHOPPING LIST FOR 2 PEOPLE

Category	Items
Grains & Bakery	- Gluten-free oats (300–400g) - Gluten-free tortillas (1 pack, ~6 pcs) - Gluten-free bread (1 loaf) - Quinoa (250g) - Brown rice (400g)
Pantry	- Olive oil (100 ml) - Balsamic vinegar (50 ml) - Tamari (gluten-free soy sauce, 50 ml) - Baking powder - Ground cinnamon - Honey or maple syrup (100 ml) - Chia seeds (50g)
Dairy & Eggs	- Milk or dairy-free milk (500 ml) - Greek yogurt, plain (400g tub) - Cheddar cheese (150g) - Feta cheese (100g) - Butter (100g) - Eggs (10–12)
Meat & Fish	- Chicken breasts (4 medium pieces, ~600g) - Ground beef or turkey (500g) - Canned tuna (2 small cans, ~150g each) - Salmon fillet (300–350g)
Fruits	- Bananas (4–5) - Berries, fresh or frozen (300g) - Apples (4) - Lemons (2) - Avocados (2)
Vegetables	- Spinach or mixed greens (1 large bag or bunch) - Bell peppers (3) - Zucchini (2) - Tomatoes (4) - Onion (2) - Garlic (1 bulb) - Carrots (4) - Broccoli (1 large head or 300g frozen)
Snacks & Extras	- Nut butter (peanut or almond, 200g jar) - Hummus (1 small tub, 150–200g) - Almonds (100g) - Ingredients for GF banana muffins: • Ripe bananas (2) • GF flour blend (150g) • Baking soda, vanilla

Day	Breakfast	Lunch	Dinner	Snack
Monday	Gluten-Free Pancakes with berries & honey	Tuna Salad Lettuce Wraps	Grilled Lemon-Herb Chicken Breasts + quinoa	Apple + almond butter
Tuesday	Chia Seed Pudding + banana slices	Quinoa Salad with Avocado & Cilantro	Gluten-Free Spaghetti Bolognese	Carrot sticks + hummus
Wednesday	Vegetable Omelette + GF toast	Grilled Chicken & Avocado Wrap	Sweet Potato & Black Bean Enchilada Bake	Greek Yogurt + honey
Thursday	Banana Muffins (gluten-free) + berries	Chicken Caesar Salad	Beef Stir-Fry with Vegetables + rice	Rice cakes with peanut butter
Friday	Gluten-Free Smoothie Bowl (banana, berries, chia)	Egg Salad Sandwich on GF Bread	Gluten-Free Chicken Parmesan + steamed veggies	Handful Of Almonds
Saturday	Gluten-Free Oatmeal with berries & chia	Lentil Soup + Avocado Toast	Pan-Seared Salmon with Lemon & Dill + broccoli	Apple slices + cinnamon
Sunday	Frittata with Spinach and Feta	Caprese Salad + Gluten-Free Bread	Stuffed Zucchini Boats with Ground Beef	Gluten-Free Banana Muffin

WEEK 2: SHOPPING LIST, BREAKFAST, LUNCH, DINNER, AND SNACKS

SHOPPING LIST FOR 2 PEOPLE

Category	Items
Grains & Bakery	- Gluten-free waffle mix or ingredients (GF flour, baking powder, eggs, milk) - Gluten-free pasta (1 pack) - Quinoa (250g) - Wild rice (300g) - Gluten-free bread (1 loaf)
Pantry	- Olive oil - Tamari (gluten-free soy sauce, 50 ml) - Dijon mustard - Honey or maple syrup (100 ml) - Spices: oregano, paprika, cumin, garlic powder
Dairy & Eggs	- Eggs (10–12) - Parmesan cheese (100g) - Mozzarella cheese (150g) - Milk or dairy-free milk (500 ml) - Butter (100g)
Meat & Fish	- Chicken thighs (4–6 pieces) - Ground turkey (500g) - Tilapia or cod fillets (350g) - Shrimp (300g)
Fruits	- Bananas (4) - Lemons (2) - Avocados (2) - Apples (4)
Vegetables	- Zucchini (2) - Carrots (4) - Spinach (1 bag) - Tomatoes (4) - Bell peppers (3) - Onion (2) - Garlic (1 bulb) - Broccoli (1 head or 300g frozen) - Sweet potatoes (3)
Snacks & Extras	- Nut butter (peanut or almond, 200g) - Chia seeds (50g) - Greek yogurt (400g tub) - Gluten-free banana muffins or ingredients (2 bananas, GF flour, baking soda, vanilla)

Day	Breakfast	Lunch	Dinner	Snack
Monday	Gluten-Free Waffles + fruit	Quinoa Salad with Roasted Vegetables	Chicken & Vegetable Soup	Apple slices + nut butter
Tuesday	Banana Muffins (GF) + yogurt	Grilled Veggie & Pesto Wrap	Shrimp & Quinoa Stir-Fry	Carrots + hummus
Wednesday	Scrambled Eggs + spinach	Lentil Soup + GF toast	Stuffed Bell Peppers with Turkey & Rice	Handful Of Almonds
Thursday	Smoothie Bowl (banana + chia + berries)	Vegetarian Hummus Wrap	Gluten-Free Pasta Primavera	Greek Yogurt + honey
Friday	Avocado Toast on Gluten-Free Bread	Caprese Salad	Honey Garlic Chicken Thighs + rice	Rice Cakes + almond butter
Saturday	Chia Pudding + berries	Egg Salad Sandwich (GF Bread)	Baked Tilapia with Lemon & Capers + vegetables	Banana + nut butter
Sunday	Oatmeal + cinnamon apple	Chicken Caesar Wrap	Stuffed Sweet Potatoes with Black Beans & Avocado	Cucumber + hummus

WEEK 3: SHOPPING LIST, BREAKFAST, LUNCH, DINNER, AND SNACKS

SHOPPING LIST FOR 2 PEOPLE

Category	Items
Grains & Bakery	- Gluten-free pasta (1 pack) - Quinoa (250g) - Buckwheat (200g) - Gluten-free bread (1 loaf) - Gluten-free lasagna sheets
Pantry	- Olive oil - Tamari (gluten-free soy sauce) - Tomato paste - Canned tomatoes (2 cans) - Balsamic vinegar - Spices: cumin, paprika, chili flakes, oregano
Dairy & Eggs	- Eggs (10) - Ricotta cheese (150g) - Mozzarella cheese (200g) - Cheddar cheese (150g) - Butter (100g)
Meat & Fish	- Chicken breasts (4) - Ground beef (500g) - Salmon (300-400g) - Tuna steaks (2 small)
Fruits	- Bananas (4) - Apples (4) - Lemons (2) - Berries (300g) - Avocados (2)
Vegetables	- Zucchini (2) - Spinach (1 bag) - Tomatoes (4) - Bell peppers (3) - Onion (2) - Garlic (1 bulb) - Broccoli (1 head or frozen) - Sweet potatoes (2) - Mushrooms (1 box)
Snacks & Extras	- Greek yogurt (400g) - Hummus (1 small tub) - Nut butter (200g) - Chia seeds (50g) - Ingredients for GF brownies or cookies (cocoa, GF flour, baking soda, etc.)

Day	Breakfast	Lunch	Dinner	Snack
Monday	Chia Seed Pudding with fruit	Caprese Salad with GF Bread	Gluten-Free Spaghetti Bolognese	Banana + nut butter
Tuesday	Gluten-Free Smoothie Bowl	Avocado, Bacon & Tomato Sandwich	Quinoa & Chickpea Curry	Greek yogurt + honey
Wednesday	Scrambled Eggs + GF toast	Roasted Beet Salad + Egg	Baked Salmon with Lemon & Dill + broccoli	Rice cakes with almond butter
Thursday	GF Banana Muffins + berries	Grilled Chicken & Avocado Wrap	Gluten-Free Lasagna	Carrot sticks + hummus
Friday	Oatmeal + apple slices & cinnamon	Tomato Basil Soup + GF toast	Tuna Steaks with Sesame Crust + stir-fried veggies	Handful Of Almonds
Saturday	Vegetable Omelette + avocado	Kale & Quinoa Salad	Buckwheat Pilaf with Roasted Vegetables	Gluten-free cookie or brownie
Sunday	Greek Yogurt + chia + berries	Tuna Salad Lettuce Wraps	Chicken and Vegetable Soup	Cucumber Slices + hummus

WEEK 4: SHOPPING LIST, BREAKFAST, LUNCH, DINNER, AND SNACKS

SHOPPING LIST FOR 2 PEOPLE

Category	Items
Grains & Bakery	- Gluten-free pasta (1 pack) - Quinoa (250g) - Wild rice (200g) - Gluten-free bread (1 loaf) - Gluten-free tortillas (1 pack)
Pantry	- Olive oil - Tamari (GF soy sauce) - Canned tomatoes (1) - Tomato paste - Spices: turmeric, chili powder, cumin, Italian herbs
Dairy & Eggs	- Eggs (10) - Parmesan cheese (100g) - Feta cheese (100g) - Butter (100g)
Meat & Fish	- Chicken breasts (4) - Ground beef or lamb (500g) - White fish (e.g., cod, 300g) - Shrimp (250g)
Fruits	- Bananas (4) - Apples (4) - Lemons (2) - Avocados (2) - Berries (300g)
Vegetables	- Zucchini (2) - Carrots (4) - Bell peppers (3) - Onion (2) - Garlic (1 bulb) - Spinach (1 bag) - Broccoli (1 head or frozen) - Eggplant (1) - Tomatoes (4)
Snacks & Extras	- Hummus (1 tub) - Nut butter (200g) - Chia seeds (50g) - Almonds (100g) - Ingredients for GF scones or muffins (GF flour, eggs, butter, baking powder)

Day	Breakfast	Lunch	Dinner	Snack
Monday	Gluten-Free Scones + yogurt	Chicken Caesar Salad	One-Pot Chicken Alfredo	Apple slices + peanut butter
Tuesday	Scrambled Eggs + spinach	Tuna & Avocado Salad	Shrimp & Quinoa Stir-Fry	Chia pudding + berries
Wednesday	Oatmeal + banana slices	Quinoa Bowl with Roasted Vegetables	Stuffed Bell Peppers with Ground Beef	Handful of almonds
Thursday	Chia Pudding + nuts	Vegetarian Hummus Wrap	Eggplant & Chickpea Tagine	Rice cakes with almond butter
Friday	Greek Yogurt + berries	Lentil Soup + GF Bread	Coconut-Crusted Fish Fillets + broccoli	Carrots + hummus
Saturday	Smoothie Bowl (banana, chia, berries)	Roasted Beet & Feta Salad	Vegan Thai Peanut Noodles (with rice noodles)	Banana + almond butter
Sunday	Frittata with Spinach and Tomatoes	Egg Salad Wrap (GF tortilla)	Lamb Chops with Rosemary + Wild Rice + veggies	Cucumber slices + hummus

CHAPTER 8: TIPS FOR GLUTEN-FREE LIVING

Eating Out on a Gluten-Free Diet

Before You Go

- Look up the restaurant online – check for gluten-free menu or labeling
- Use apps like Find Me Gluten Free to read reviews
- Call ahead to ask about gluten-free options & preparation practices
- Choose restaurants known for gluten-aware practices (Chipotle, Outback, P.F. Chang's, etc.)

These U.S.-based apps and websites are your best friends:

- Find Me Gluten Free – real user reviews of GF-friendly spots
- Gluten-Free Watchdog – ingredient alerts
- Celiac.org – official U.S. guidance from the Celiac Disease Foundation

What to Order

- Ask for naturally gluten-free meals: grilled meat, rice, veggies, salads
- Avoid sauces unless confirmed GF (BBQ, soy, teriyaki, salad dressings)
- Watch out for soups, gravies, and fried foods (shared fryers = contamination)
- Choose GF-labeled dishes—but still confirm safe prep methods

What to Say to Staff

- "I have a gluten allergy and cannot eat anything with or touched by gluten (wheat, rye, barley)."
- "Can you ask the kitchen to prepare it separately?"
- "Do you use separate utensils, prep areas, and fryers for GF items?"

While Eating

- Double-check for croutons, breaded items, or garnishes on your plate
- Politely send food back if it seems unsafe or incorrect
- Tip generously when the staff accommodates your dietary needs

Bring with You (Optional)

- Tamari packets (gluten-free soy sauce)
- GF snacks (bars, crackers) for emergencies
- Your own GF bun or wrap (ask restaurant if they'll use it)

Red Flags

- "We can remove the bun" (without GF precautions)
- "We don't have a gluten-free menu, but you can try a salad"
- No knowledge of cross-contamination or prep standards

Traveling Gluten-Free

Before You Travel

- Research gluten-free-friendly restaurants at your destination
- Book accommodations with a kitchen or kitchenette (Airbnb, hotels with kitchenettes)
- Download apps like:
 - Find Me Gluten Free
 - Google Maps “gluten-free restaurants”
 - HappyCow (for GF vegan/vegetarian options)
- Learn local phrases for “gluten-free” if traveling abroad (e.g., Spanish: sin gluten)
- Print or download gluten-free travel cards in the local language

Packing Essentials

- Gluten-free snacks (bars, crackers, trail mix, muffins, nuts)
- GF bread or wraps
- Portable tamari or coconut aminos packets
- Reusable utensils, travel-size cutting board, or toaster bags
- Printed gluten-free dining cards (for celiac/sensitivity in other languages)

At the Airport / In Transit □ Bring your own GF snacks/meals in carry-on

- Confirm meal request (GF) if flying a long haul
- Be cautious with airplane food—even labeled GF meals can have cross-contact
- Drink plenty of water and avoid mystery sauces or snacks on flights

At Your Destination

- Visit a grocery store to stock up on safe foods
- Ask the hotel for a mini-fridge or microwave (if not already available)
- Prepare simple meals (GF oats, fruit, eggs, rice bowls) if kitchen is available
- Sanitize kitchen surfaces, toaster, and utensils before use

Dining Out

- Use “gluten-free” search in Google Maps or dining apps
- Stick with naturally gluten-free meals (grilled meat, rice, veggies)

□ Communicate clearly with waitstaff:

- “I have a gluten allergy. Can you prepare my food separately to avoid contamination?”
- Be cautious of street food or open buffets (high risk of cross-contact)

Extra Tips

- Carry a doctor’s note (for severe allergies) if crossing borders
- Stay calm and flexible—traveling GF gets easier with practice
- Tip and thank staff who go above and beyond to accommodate your needs
- Trust your gut—if it feels unsafe, skip the meal and eat something you packed

Understanding Labels & Certifications

- ✦ Check for Certified Gluten-Free Labels □ Look for these trusted U.S. certification symbols:
 - ✓ GFCO – Gluten-Free Certification Organization (tests products to <10 ppm gluten)
 - ✓ NSF/ANSI 173 Gluten-Free – Certified by NSF International
 - ✓ Beyond Celiac Symbol – Recognized for strict testing
- Certified products are safest for people with celiac disease or severe intolerance

🧐 Read the Ingredient List Carefully

□ Check for obvious sources of gluten:

- Wheat
- Rye
- Barley
- Malt (barley-based)
 1. Brewer's yeast
 2. Triticale

□ Watch for less obvious names:

- Spelt, farro, kamut
- Modified food starch (unless labeled gluten-free)
- Hydrolyzed wheat protein
- Dextrin (can be wheat-based unless labeled GF)

🚩 Avoid These Red Flags

- "May contain traces of wheat" – not safe for celiac
- "Processed in a facility that also processes wheat" – high risk of cross-contact
- No allergen labeling and no GF claim? Proceed with caution!

🔍 Look for "Gluten-Free" Label

- In the U.S., the FDA allows a gluten-free label only if the product contains:
 - Less than 20 parts per million (ppm) of gluten
 - No wheat, rye, barley, or crossbred hybrids
- "Wheat-free" ≠ "Gluten-free"! Wheat-free items may still contain rye or barley

🛒 Where Hidden Gluten Can Lurk

- Soy sauce (unless labeled gluten-free)
- Seasoning blends or spice mixes
- Salad dressings and marinades
- Candy and chocolate bars
- Processed meats (sausages, deli meats, meatballs)
- Ice cream, sauces, gravies, and soups
- Oats (must be labeled gluten-free to avoid cross-contamination)

🧠 Quick Questions to Ask Yourself

- Is the product labeled "gluten-free" or certified GF?
- Are there hidden sources of gluten in the ingredients?
- Is there a risk of cross-contact (facility or shared equipment)?
- Am I confident it's safe based on my sensitivity level?

CONCLUSION

Thank you for joining me on this delicious gluten-free journey. Whether you're just starting out or looking to expand your collection of safe, satisfying meals, I hope this cookbook has inspired you to feel more confident, creative, and excited in the kitchen.

Living gluten-free isn't just about avoiding certain ingredients—it's about discovering a whole new world of wholesome, nourishing, and flavorful foods. From simple breakfasts to hearty dinners, quick snacks to indulgent desserts, you now have a toolbox of recipes to support your lifestyle every day.

Remember, it's okay to take it one step at a time. With each meal you prepare, you're not just feeding your body—you're nurturing your health, your energy, and your well-being. Stay curious, stay inspired, and above all—enjoy the process.

**With love and good health,
Beata Pierce**

ABOUT THE AUTHOR

Beata Pierce is a home cook and food lover who began creating gluten-free recipes after discovering her own gluten intolerance. She believes that gluten-free food can be easy, delicious, and full of flavor.

In *Easy and Complete Gluten-Free Cookbook*, Beata shares her favorite recipes, meal plans, and tips to help others enjoy a simple and healthy gluten-free lifestyle. Her goal is to make cooking fun and stress-free for everyone—especially beginners