

gluten-free menus made simple



NEW TO GLUTEN-FREE EATING OR NEED FRESH IDEAS? GET A JUMP-START HERE WITH A WEEK'S WORTH OF HEALTHY MENUS.

BY MARSHA MCCULLOCH, RD

DAY 1

BREAKFAST

1 gluten-free English Muffin; toast and top with 2 tbsp goat cheese, 1 fried egg and a dash of black pepper
1½ cups strawberries with 1 teaspoon honey

MORNING SNACK

5 mini sweet peppers
¼ cup hummus

LUNCH

Hot dog: 1 gluten-free hot dog bun, 1 uncured beef hot dog and 3 tbsp sauerkraut
½ cup frozen corn kernels, cooked
2 gluten-free chocolate chip cookies

AFTERNOON SNACK

6 oz plain Greek yogurt; top, with 1 cup chopped apple, 2 tsp honey and ¼ tsp cinnamon

DINNER

Rice & Beans: ½ cup cooked brown rice mixed with ½ cup heated black beans, 1 tbsp green onion and ¼ tsp ground cumin
Sautéed Collard Greens (see recipe 1, page 2)
1 serving gluten-free cornbread mix (prepared per package instructions); top with 1 tsp butter and 2 tsp honey

Daily Total: 1,795 cal, 56g fat (9g mono, 3g poly, 17g sat), 303mg chol, 2,338mg sodium, 265g carb (35g fiber, 97g sugars), 61g protein

DAY 2

BREAKFAST

½ cup gluten-free cereal; top with 1 small banana, sliced, and ¾ cup milk or nondairy milk
¾ cup orange juice

MORNING SNACK

1 5- to 6-oz carton nonfat vanilla Greek yogurt mixed with ½ cup diced cantaloupe

LUNCH

1 cup canned chili (save leftovers)
1 piece gluten-free cornbread; top with 1 tsp butter and 2 tsp honey

AFTERNOON SNACK

18 tortilla chips
¼ cup salsa

DINNER

Cornflake-Crusted Baked Chicken Breast (see recipe 2, page 2)
Roasted Broccoli (see recipe 3, page 2)
¾ cup bagged coleslaw mix; mix with 2 tsp green goddess dressing and ¼ tsp black pepper
3 gluten-free lemon cookies

Daily Total: 1,824 cal, 60g fat (9g mono, 2g poly, 15g sat), 70mg chol, 1,792mg sodium, 244g carb (27g fiber, 93g sugars), 81g protein

DAY 3

BREAKFAST

2 gluten-free frozen waffles; heat and top with 2 tbsp soft goat cheese, ¾ cup blueberries, 4 tsp honey and ¼ tsp cinnamon

MORNING SNACK

1 gluten-free fruit bar
8 oz nonfat kefir

LUNCH

1 medium baked potato; top with ½ cup leftover chili (from Lunch on Day 2)
2 tablespoons reduced-fat shredded cheddar cheese
1 cup cubed cantaloupe

AFTERNOON SNACK

2 gluten-free crispbreads
¼ cup hummus
2 oz tuna (save leftovers)

DINNER

3 oz Grass-Fed Beef Pot Roast (see recipe 4, page 2)
½ cup frozen corn kernels, cooked
3 tomato slices with 1 tsp balsamic vinegar
4 gluten-free chocolate chip cookies

Daily Total: 1,808 cal, 58g fat (3g mono, 1g poly, 18g sat), 135mg chol, 1,728mg sodium, 254g carb (24g fiber, 124g sugars), 80g protein

DAY 4

BREAKFAST

1 gluten-free English muffin; toast and top with 4 teaspoons almond butter and 3 tablespoons dried cherries
8 oz hot tea

MORNING SNACK

1 granola bar

LUNCH

Chili Dog: 1 gluten-free hot dog bun, 1 uncured beef hot dog and ½ cup chili
Cucumber Salad: Combine 1 cup cucumber chunks, ½ cup halved cherry tomatoes, ¼ cup green onion, 2 tbsp goat cheese, 1 tsp balsamic vinegar and ¼ tsp pepper

AFTERNOON SNACK

6 oz plain Greek yogurt; top with ½ cup blueberries, 2 tsp honey and ¼ tsp cinnamon

DINNER

1 cup (2 oz dry) gluten-free pasta; cook and toss with ¾ cup marinara sauce, 3 oz grilled skinless chicken breast, 1 cup cooked broccoli florets and 1 tbsp Parmesan
1 cup frozen yogurt dessert

Daily Total: 1,799 cal, 61g fat (2g mono, 1g poly, 17g sat), 97mg chol, 2,168mg sodium, 231g carb (39g fiber, 88g sugars), 99g protein

Note: Starting a gluten-free diet before testing for celiac disease can make test results inaccurate.

DAY 5

BREAKFAST

1½ cups gluten-free cereal;
top with ¾ cup milk or
nondairy milk and ¾ cup
sliced strawberries
1 egg; hard-cook and sprinkle
with dill

MORNING SNACK

½ medium cantaloupe; scoop
out seeds and fill with 2 oz
vanilla Greek yogurt and
½ cup blueberries

LUNCH

½ Pot Roast Sandwich: 1 slice
gluten-free bread, 2 oz
Grass-fed Beef Pot Roast
(leftovers), ¼ cup baby
arugula and 1 tsp green
goddess dressing
1 cup cherry tomatoes; top
with 1 tsp olive oil, 1 oz
fresh mozzarella pearls
and a dash of dried dill

AFTERNOON SNACK

12 tortilla chips
3 tbsp salsa mixed with 2 oz
Neufchâtel cream cheese

DINNER

Chicken-Pasta Soup (see
recipe 5, page 2)
4 gluten-free crispbreads
1 cup raspberries
3 gluten-free chocolate
chip cookies

Daily Total: 1,778 cal, 58g fat
(8g mono, 3g poly, 21g sat), 345mg
chol, 1,841mg sodium, 231g carb
(27g fiber, 84g sugars), 83g protein

DAY 6

BREAKFAST

1 gluten-free muffin (prepared
from mix with blueberries
added); top with 1 tsp butter
2 scrambled eggs; cook and
stir in ¼ cup chopped
green onions and 1 tbsp
cheddar cheese

MORNING SNACK

¼ cup dried cherries
2 tablespoons pecan halves

LUNCH

Turkey Sandwich: 2 slices
gluten-free bread, 4 tsp
hummus, 3 oz deli turkey
and ½ cup arugula
1 oz freeze-dried vegetables

AFTERNOON SNACK

6 oz plain Greek yogurt; top
with ½ cup raspberries,
¼ cup gluten-free cereal
and 1 tsp honey

DINNER

1 cup arugula; top with ½ cup
halved cherry tomatoes,
1 tsp balsamic vinegar and
2 tsp grated Parmesan
Millet, Shrimp and Squash
Risotto (see recipe, page 4)

Daily Total: 1,797 cal, 59g fat (19g
mono, 10g poly, 19g sat), 720mg chol,
2,421mg sodium, 205g carb (26g fiber,
80g sugars), 101g protein

DAY 7

BREAKFAST

1 packet gluten-free
microwavable oatmeal;
prepare and top with
1 banana, sliced, 2 tbsp
pecans and 1 tsp honey

MORNING SNACK

Fruit Smoothie: Blend 4 oz
plain Greek yogurt, ½ cup
milk or nondairy milk,
½ cup orange juice, ⅓ cup
strawberries and ⅔ cup
frozen pineapple

LUNCH

1 gluten-free frozen burrito
2 small seedless cucumbers
12 tortilla chips
¼ cup salsa

AFTERNOON SNACK

3 gluten-free lemon cookies
8 oz hot tea with 1 tsp honey

DINNER

Dinner Tuna Salad: 2 cups
baby arugula, 3 oz tuna,
2 tbsp soft goat cheese,
2 tbsp roasted pecan
halves, ¼ cup dried
cherries and 1 tsp green
goddess dressing
4 gluten-free crispbreads

Daily Total: 1,791 cal, 61g fat (12g mono,
6g poly, 14g sat), 55mg chol, 1,475mg
sodium, 243g carb (28g fiber, 109g
sugars), 72g protein

quick recipes to complete your menus

(each makes 1 serving
unless otherwise noted)

1. Sautéed Collards

Sauté 1 clove garlic, minced,
in 1 tsp oil over medium heat
for 1–2 minutes. Add 1½ cups
chopped collard greens; cook
until tender, about 5 minutes.

2. Cornflake-Crusted Baked Chicken Breast

Preheat oven to 400°. Crush
½ cup corn flakes. Brush a
4-oz boneless, skinless chicken
breast with 1 tsp oil; sprinkle
with a pinch each of pepper,
salt and cayenne. Dip both
sides of chicken in corn flakes.
Place in baking dish and drizzle
with 1 tsp melted butter. Bake,
uncovered, until chicken is
165° inside, about 30 minutes.

3. Roasted Broccoli

Preheat oven to 400°. Toss
1 cup broccoli florets with
1 tsp oil and pinch each of
salt and pepper; spread on
baking sheet. Roast, stirring
occasionally, until broccoli
is tender, about 20 minutes.
Toss hot broccoli with 1 tbsp
Neufchâtel cream cheese.

4. Grass-Fed Beef Pot Roast

Coat bottom of pressure
cooker with 2 tsp oil. Over
medium heat, brown a 3-lb
pot roast on all sides. Add
2 cups water to cooker. Place
roast on rack in cooker. Top
with ¼ tsp salt, ¼ tsp pepper,
and ½ cup sliced onion. Close
cooker and top with pressure
regulator. Cook 45 minutes
with regulator rocking
slowly. Remove from heat
and let pressure drop before
opening. Freeze extra meat.
Makes 8 servings.

5. Chicken-Pasta Soup

Bring 1 cup chicken broth
to a boil in small saucepan.
Add ½ cup gluten-free
anellini pasta, ¼ cup freeze-
dried vegetables, 2 oz cooked
and chopped chicken breast,
and dash each of salt and
pepper. Simmer until
heated through.

Millet, Shrimp
and Squash
Risotto ▶

SHOPPING LIST

Here's everything you'll need to make the week's worth of menus on the previous pages for one person.

FRUITS, VEGETABLES & HERBS

- ❑ 1 medium apple
- ❑ 2 small bananas
- ❑ 1 carton (3¾ cups) baby arugula
- ❑ 1 pint blueberries
- ❑ 1 head broccoli
- ❑ 10 oz frozen diced butternut squash
- ❑ 1 medium cantaloupe
- ❑ 1 cup dried cherries
- ❑ 1 bag coleslaw mix
- ❑ 1 small bunch (1½ cups) collard greens
- ❑ 1 bag frozen corn kernels
- ❑ 3 small seedless (European) cucumbers
- ❑ 1 small head garlic
- ❑ 1 bunch green onions
- ❑ 1 carton freeze-dried vegetables (TRY: Just Veggies)
- ❑ 1 medium leek
- ❑ 1 small lemon
- ❑ 5 mini sweet peppers
- ❑ 1 medium white onion
- ❑ 10 oz orange juice
- ❑ 1 bag frozen pineapple chunks
- ❑ 1 medium russet potato
- ❑ 1 pint raspberries
- ❑ 3 cups fresh strawberries
- ❑ 1 small tomato
- ❑ 1 pint cherry tomatoes

NUTS & NUT BUTTER

- ❑ 1 jar natural, unsweetened almond butter
- ❑ 4 oz (½ cup) pecan halves

DAIRY & OTHER PROTEINS

- ❑ 1 8-oz bottle kefir (TRY: Lifeway Blueberry Nonfat Kefir)
- ❑ 16 oz milk or nondairy milk
- ❑ 2 oz Neufchâtel (⅓ less fat) cream cheese
- ❑ 22 oz plain Greek yogurt
- ❑ 8 oz vanilla Greek yogurt
- ❑ 1 lb raw shrimp
- ❑ 1 5-oz can tuna (TRY: Wild Planet Wild Albacore Tuna)
- ❑ 2 beef hot dogs (TRY: Organic Prairie Uncured Beef Hot Dogs)

- ❑ 10 oz boneless, skinless chicken breasts
- ❑ 3 oz thin-sliced deli turkey breast (TRY: Organic Prairie Roast Turkey Breast)
- ❑ 3-lb grass-fed arm chuck beef roast
- ❑ 4 eggs
- ❑ 1 14.7-oz can chili (TRY: Amy's Light in Sodium Organic Medium Chili)
- ❑ 1 15-oz can black beans
- ❑ 2 oz (¼ cup) shredded Cheddar cheese
- ❑ 1 oz (2 tbsp) grated Parmesan cheese
- ❑ 1 oz fresh mozzarella pearls
- ❑ 8 oz soft goat cheese

PASTA & GRAINS

- ❑ 1 box cornbread mix (TRY: Bob's Red Mill Gluten Free Cornbread Mix)
- ❑ 1 box gluten-free bread mix (TRY: Breads from Anna Yeast Free Bread Mix)
- ❑ ¼ cup dry brown rice
- ❑ 1 bag gluten-free hot dog buns (TRY: Canyon Bakehouse Gluten Free Hot Dog Buns)
- ❑ 1 pkg gluten-free English muffins (TRY: Food for Life Gluten Free Brown Rice English Muffins)
- ❑ 1 box corn flakes (TRY: Erewon Organic Gluten Free Corn Flakes)
- ❑ 1 bag tortilla chips (TRY: Green Mountain Gringo Tortilla Strips, Original)
- ❑ 1 box gluten-free cereal (TRY: Kind Healthy Grains Oats & Honey Clusters with Toasted Coconut)
- ❑ 1 box gluten-free muffin mix (TRY: King Arthur Flour Muffin Mix)
- ❑ 1 box gluten-free crispbreads (TRY: Le Pain des Fleurs 100% Organic Quinoa Crispbread)
- ❑ 1 packet microwaveable oatmeal (TRY: Love Grown Foods Super Oats, Chia & Quinoa packets)
- ❑ 1 cup dry millet
- ❑ 1 box gluten-free anellini pasta (TRY: Schar Bonta d'Italia Anellini Pasta)
- ❑ 1 box gluten-free pasta (TRY: Banza Rotini Chickpea Pasta)
- ❑ 1 pkg gluten-free frozen waffles (TRY: Van's Gluten Free Frozen Waffles, Original)

MISCELLANEOUS

- ❑ 1 gluten-free frozen burrito (TRY: Amy's Gluten Free Cheddar Cheese Burrito)
- ❑ 1 bottle creamy dressing (TRY: Annie's Organic Green Goddess Dressing)
- ❑ 1 jar sauerkraut (TRY: Bubbies Sauerkraut)
- ❑ 1 container hummus (TRY: Cedar's Roasted Red Pepper Hummus)
- ❑ 48 oz low-sodium chicken broth
- ❑ 1 jar marinara (TRY: Cucina Antica Tomato Basil Cooking Sauce)
- ❑ 1 jar salsa
- ❑ 1 gluten-free fruit bar (TRY: That's It Apple + Apricots fruit bar)
- ❑ 1 granola bar (TRY: Kind Bar, Dark Chocolate Nuts & Sea Salt)
- ❑ 1 box gluten-free chocolate chip cookies (TRY: Lucy's Gluten Free Chocolate Chip cookies)
- ❑ 1 box gluten-free lemon cookies (TRY: Home Free Gluten Free Mini Lemon Burst Cookies)
- ❑ 1 carton frozen yogurt (TRY: Arctic Zero Fit Frozen Dessert, Cappuccino)

PANTRY STAPLES

- ❑ Black pepper
- ❑ Sea salt
- ❑ Cayenne pepper
- ❑ Crushed red pepper flakes
- ❑ Ground cinnamon
- ❑ Ground cumin
- ❑ Dried dill
- ❑ Dried sage
- ❑ Paprika
- ❑ Honey
- ❑ Extra-virgin olive oil
- ❑ Canola oil (TRY: Spectrum Organic)
- ❑ Butter
- ❑ Balsamic vinegar
- ❑ 2 tea bags (TRY: The Republic of Tea Organic Double Red Rooibos Tea)



Millet, Shrimp, and Squash Risotto

This rice-free risotto alternative lends itself to many variations; substitute leftover chicken for the shrimp, or leave out the shrimp and add frozen and thawed peas and cauliflower for a vegetarian rendition. Frozen squash is convenient, but of course you can use fresh squash cubes, steamed until tender.

5 cups low-sodium chicken broth

1 tablespoon olive oil, plus more for drizzling

1 medium leek, sliced lengthwise, well rinsed, and thinly sliced crosswise into half-moons

1 pound raw shrimp, peeled and deveined

4 cloves garlic, minced

1 cup uncooked millet, rinsed

1 tablespoon dried sage

4 ounces plain goat cheese

10 ounces frozen diced butternut squash, thawed to room temperature

Crushed red pepper flakes (optional)

1-2 teaspoons fresh lemon juice

Chopped fresh parsley and lemon wedges, for garnish

1. In a small pot over medium-low heat, bring broth to a simmer.

2. In a large pot over medium-high heat, heat 1 tablespoon oil. Sauté leek for 2–3 minutes, until softened. Add shrimp and garlic; cook for 2–6 minutes more, until shrimp is opaque. Remove to a dish; return pot to heat. Add 1 cup warm broth, millet, and sage. Bring to a boil, stir vigorously for 1 minute, and then reduce heat and cook until broth is almost absorbed. Continue adding warm broth, $\frac{1}{2}$ – $\frac{3}{4}$ cup at a time, stirring vigorously after each addition and waiting until broth is partly absorbed before adding more. Cover pot between additions.

3. When all broth is added and millet is tender, mix in goat cheese. Stir in cooked shrimp mixture and squash; heat for 1–2 minutes. Season with salt, pepper, and crushed red pepper flakes, if using. Transfer to a serving bowl and drizzle with additional olive oil and lemon juice. Sprinkle with parsley. Serve immediately with lemon wedges.

PER SERVING: 379 cal, 11g fat (4g mono, 3g poly, 4g sat), 129mg chol, 28g protein, 40g carb, 4g fiber, 458mg sodium

