



# **Gluten Free Weekly Dinner Plan + Bonus Recipes No. 2**

**EA STEWART**

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Spicy RD Nutrition

# Gluten Free Weekly Dinner Plan + Bonus Recipes

## No. 2

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Enjoy this week's gluten free weekly dinner plan, featuring 5 dinner recipes along with bonus recipes: 1 breakfast recipe, 1 smoothie recipe, and 1 healthy dessert recipe.

Most (not all) recipes are for 4 people, which is reflected in the grocery list. Scale up or down as needed.

In addition to being gluten free, many of the recipes feature vegetables and/or fruit, gut friendly foods, and most are designed to be pretty darn easy to cook too. Yay!

Any questions about the meal plan? Get in touch with me at [thespicyrd@eastewart.com](mailto:thespicyrd@eastewart.com)

Cheers to delicious health!  
xo, EA (aka The Spicy RD)

## FRUITS

- 1 Avocado
- 3 1/2 Banana

## BREAKFAST

- 1/4 cup All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1/4 cup Maple Syrup

## SEEDS, NUTS & SPICES

- 1/2 cup Almonds
- 1 tsp Black Pepper
- 1 tbsp Chia Seeds
- 2 tbsps Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 1 tsp Dried Thyme
- 1/2 tsp Garlic Powder
- 3 tbsps Ground Flax Seed
- 2 tbsps Italian Seasoning
- 1 tsp Oregano
- 1/4 cup Raw Peanuts
- 1/2 tsp Red Pepper Flakes
- 1 2/3 tbsps Sea Salt
- 0 Sea Salt & Black Pepper

## VEGETABLES

- 4 cups Baby Spinach
- 1 cup Basil Leaves
- 9 cups Broccoli
- 1 Carrot
- 2 stalks Celery
- 2 cups Cherry Tomatoes
- 3 Garlic
- 1/2 tsp Ginger
- 1 Green Bell Pepper
- 4 stalks Green Onion
- 2 cups Kale Leaves
- 1 1/2 cups Parsley
- 1/3 cup Radishes
- 2 Red Bell Pepper
- 1/3 cup Shallot
- 1 Sweet Potato
- 3 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 1 1/2 cups Basmati Rice
- 6 cups Chicken Broth
- 10 ozs Chickpea Pasta
- 1/2 cup Dry Green Lentils
- 1/2 cup Milk
- 1 cup Vegetable Broth

## BAKING

- 1 tbsp Arrowroot Powder
- 1 1/8 tbsps Baking Powder
- 1 1/2 tps Blackstrap Molasses
- 2 cups Chickpea Flour
- 1 1/8 cups Cornmeal
- 1/2 cup Dark Chocolate Chips
- 1/8 tsp Ground Cloves
- 1/4 cup Nutritional Yeast
- 1 1/2 cups Tapioca Flour

## BREAD, FISH, MEAT & CHEESE

- 3/4 cup Cheddar Cheese
- 2 Cod Fillet
- 1 lb Extra Lean Ground Beef
- 1 lb Extra Lean Ground Turkey
- 1 1/16 lbs Tofu
- 10 1/2 ozs Turkey Breast, Cooked

## CONDIMENTS & OILS

- 1/2 cup Assorted Olives
- 1 1/2 tbsps Avocado Oil
- 1/2 cup Extra Virgin Olive Oil
- 2/3 cup Pitted Kalamata Olives
- 2 tbsps Rice Vinegar
- 1 1/2 tbsps Sesame Oil
- 1/4 cup Sunflower Oil
- 2 tbsps Tamari
- 2 cups Tomato Sauce
- 1 tbsp White Wine Vinegar

## COLD

- 6 Egg
- 1/2 cup Oat Milk
- 3 tbsps Parmesan Cheese
- 1 cup Unsweetened Almond Milk

## OTHER

- 1/4 cup Vanilla Protein Powder
- 6 3/4 cups Water

# Tofu & Broccoli Salad with Peanut Sauce

4 SERVINGS 50 MINUTES



## INGREDIENTS

1 1/16 lbs Tofu (extra-firm, pressed, cubed)  
2 tbsps Tamari (divided)  
2 tbsps Rice Vinegar (divided)  
1 1/2 tbsps Sesame Oil (divided)  
1 tbsp Arrowroot Powder  
1/4 cup All Natural Peanut Butter  
2 tbsps Water  
3 cups Broccoli (chopped into tiny florets)  
1/3 cup Radishes (thinly sliced)  
1/4 cup Raw Peanuts (roughly chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	330	Protein	21g
Fat	24g	Cholesterol	0mg
Saturated	4g	Sodium	538mg
Carbs	14g	Calcium	392mg
Fiber	5g	Iron	4mg
Sugar	4g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Add the tofu to a large baking dish along with half of each the tamari, the rice vinegar, and the sesame oil. Marinate for 15 minutes. Add the arrowroot powder and gently toss to combine.
- 03 Add the tofu to the baking sheet, spacing the pieces out. Bake for 25 to 30 minutes, flipping halfway through.
- 04 Meanwhile, add the peanut butter and water to a bowl along with the remaining tamari, rice vinegar, and sesame oil. Mix well until combined.
- 05 Add the broccoli and radishes to a salad bowl and add the peanut dressing and toss to combine. Top with crispy tofu and peanuts. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is about 1 1/2 cups of salad.

### NUT-FREE

Use sunflower seed butter and omit the peanuts.

### MORE FLAVOR

Add chili flakes, sriracha, and/or grated ginger to the peanut sauce. Garnish with cilantro.

### NO ARROWROOT POWDER

Use cornstarch instead.



# Turkey & Vegetable Soup

6 SERVINGS 50 MINUTES



## INGREDIENTS

1 tbsp Extra Virgin Olive Oil  
1 Yellow Onion (chopped)  
3 Garlic (clove, minced)  
1 tsp Dried Thyme  
1 tsp Sea Salt  
1 Sweet Potato (peeled, cut into 1/2-inch cubes)  
1 Carrot (peeled, chopped)  
2 stalks Celery (chopped)  
10 1/2 ozs Turkey Breast, Cooked (roughly chopped)  
6 cups Chicken Broth  
1 cup Parsley (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	142	Protein	18g
Fat	4g	Cholesterol	40mg
Saturated	1g	Sodium	1411mg
Carbs	10g	Calcium	59mg
Fiber	2g	Iron	2mg
Sugar	4g	Vitamin D	5IU

## DIRECTIONS

- 01 Heat the oil in a large pot over medium heat.
- 02 Add the onion and cook until it begins to soften, about 5 minutes. Add in the garlic, thyme and salt and continue cooking for one minute more.
- 03 Add the sweet potato, carrots, celery and turkey. Stir to combine then add the chicken broth to the pot along with the parsley.
- 04 Bring soup to a gentle boil then reduce the heat to low and cover with a lid. Simmer for 40 to 45 minutes or until the vegetables are very tender. Season with additional salt if needed. Serve and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 cups of soup.

### MORE FLAVOR

Add a bay leaf or some red pepper flakes.

### NO TURKEY

Use chicken breast instead.

### ADDITIONAL TOPPINGS

Serve the soup over top of cooked rice or cooked pasta.

# Brazilian Cheese Puffs

12 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 cups Tapioca Flour  
3/4 cup Cheddar Cheese (or cheese of choice such as mozzarella, gouda, cotija, etc)  
3 tbsps Parmesan Cheese  
2 Egg  
1/4 cup Sunflower Oil  
1/2 cup Milk  
1/2 tsp Baking Powder  
1/2 tsp Sea Salt

## DIRECTIONS

01 Preheat oven to 350 degrees F. Grease 1-12 unit muffin pan. Place all ingredients in a bowl and whisk until well combined. Pour the batter into the greased pan and bake for approximately 20 minutes until puffed up and light golden-brown.

## NOTES

### SERVING SUGGESTIONS

Enjoy these with breakfast with avocado and a fried egg or for lunch as the side of your favorite soup. These are also great appetizers for a house party!

## NUTRITION

### AMOUNT PER SERVING

Calories	146	Protein	3g
Fat	9g	Cholesterol	38mg
Saturated	3g	Sodium	183mg
Carbs	14g	Calcium	70mg
Fiber	0g	Iron	0mg
Sugar	0g	Vitamin D	7IU

# One Pot White Fish & Rice

4 SERVINGS 20 MINUTES



## INGREDIENTS

1 1/2 cups Basmati Rice (rinsed)  
2 cups Water  
2 cups Cherry Tomatoes (chopped)  
1 tbsp White Wine Vinegar  
1 cup Basil Leaves (torn, divided)  
1/2 cup Assorted Olives  
Sea Salt & Black Pepper (to taste)  
2 Cod Fillet (cut into pieces)

## NUTRITION

### AMOUNT PER SERVING

Calories	401	Protein	28g
Fat	3g	Cholesterol	50mg
Saturated	1g	Sodium	192mg
Carbs	64g	Calcium	71mg
Fiber	3g	Iron	2mg
Sugar	2g	Vitamin D	42IU

## DIRECTIONS

- 01 In a large pan over high heat, add the rice and water. Cover with a lid and bring to a boil, then lower to a simmer.
- 02 Meanwhile, combine the tomatoes, white wine vinegar, half the basil, olives, salt, and pepper in a bowl.
- 03 Open the lid, and arrange the pieces of cod in the pan, pushing them into the rice. Scatter the tomato-basil mixture overtop and cover with the lid again. Simmer for 10 to 15 minutes, or until the rice and fish are both cooked through. Add more water if needed to cook the rice.
- 04 Garnish with the remaining basil, divide evenly between bowls and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving is approximately 1 1/2 to 2 cups.

### MORE FLAVOR

Use olive tapenade or pesto instead of assorted olives.

### ADDITIONAL TOPPINGS

Red pepper flakes and/or a drizzle of olive oil.

### NO COD

Use haddock, tilapia, salmon, or shrimp.

### NO WHITE WINE VINEGAR

Use red cooking wine, lemon juice, apple cider vinegar, or balsamic vinegar instead.

### FILLET SIZE

One fillet is equal to 231 grams or 8 ounces.



# Spicy One Pot Beef & Veggies

4 SERVINGS 25 MINUTES



## INGREDIENTS

1 lb Extra Lean Ground Beef  
2 Red Bell Pepper (medium, diced)  
2 Tomato (medium, diced)  
2 tsps Italian Seasoning  
1/2 tsp Red Pepper Flakes  
2 cups Kale Leaves (finely chopped)  
2/3 cup Pitted Kalamata Olives (halved)  
4 stalks Green Onion (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	258	Protein	25g
Fat	14g	Cholesterol	74mg
Saturated	5g	Sodium	273mg
Carbs	8g	Calcium	73mg
Fiber	3g	Iron	5mg
Sugar	3g	Vitamin D	3IU

## DIRECTIONS

- 01 Heat a large pan over medium heat. Add the beef to the pan, breaking it up as it browns. Once it is cooked through and no longer pink, drain excess drippings from the pan if necessary.
- 02 Add the peppers and tomato to the pan with the beef and cook for three to four minutes until the tomatoes start to release their juices.
- 03 Add the Italian seasoning and red pepper flakes and stir to combine. Add the kale leaves and olives and continue to stir until the kale has wilted.
- 04 Continue to cook for five to eight minutes, stirring often, until the red peppers are tender. Divide between plates, top with green onions, and season with additional red pepper flakes if needed. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### MORE FLAVOR

Add fresh garlic or finish with sea salt.

### MAKE IT VEGAN

Use lentils instead of ground beef.

### SERVE IT WITH

Cauliflower rice, brown rice, quinoa, and/or a side salad.

### MAKE IT LESS SPICY

Omit red pepper flakes.



# Polenta

4 SERVINGS 20 MINUTES



## INGREDIENTS

4 cups Water  
1 1/3 tps Sea Salt  
1 1/8 cups Cornmeal

## NUTRITION

### AMOUNT PER SERVING

Calories	129	Protein	3g
Fat	1g	Cholesterol	0mg
Saturated	0g	Sodium	804mg
Carbs	27g	Calcium	26mg
Fiber	3g	Iron	1mg
Sugar	0g	Vitamin D	0IU

## DIRECTIONS

- 01 Bring water to a boil in a large saucepan. Add salt, then gradually whisk in the cornmeal. Reduce heat to low and cook for about 15 minutes, stirring often until mixture is tender and thick.
- 02 Remove from heat and serve immediately.

## NOTES

### MORE FLAVOUR

Add butter, parmesan, nutritional yeast or garlic powder. You can also use broth instead of water.

### LEFTOVERS

Transfer to an airtight container immediately and let cool completely. The polenta will firm up as it cools. Refrigerate up to 3 days. If completely firm, you can cut the leftovers into slices and pan fry with a bit of oil until golden brown.

### SERVE IT WITH

Our Steak with Balsamic Jus, Cream of Mushroom Soup, One Pan Sausage with Roasted Veggies, or Slow Cooker Beef and Butternut Squash Soup recipe.

# Lentil Meatballs & Pasta

5 SERVINGS 35 MINUTES



## INGREDIENTS

1/2 cup Dry Green Lentils  
1 cup Vegetable Broth  
1/2 tsp Extra Virgin Olive Oil  
1/3 cup Shallot (chopped)  
1 tbsp Ground Flax Seed  
3 tbsps Water  
1/4 cup Nutritional Yeast  
1/2 cup Almonds (chopped)  
3/4 tsp Sea Salt  
1/2 cup Parsley (divided, chopped)  
10 ozs Chickpea Pasta (shells)  
2 cups Tomato Sauce

## NUTRITION

### AMOUNT PER SERVING

Calories	413	Protein	28g
Fat	12g	Cholesterol	0mg
Saturated	1g	Sodium	581mg
Carbs	58g	Calcium	119mg
Fiber	16g	Iron	10mg
Sugar	11g	Vitamin D	0IU

## DIRECTIONS

- 01 Add the lentils and broth to a medium-sized saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 15 to 20 minutes or until softened and cooked through. Drain any excess liquid and set aside.
- 02 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Heat a small skillet over medium heat and add the oil. Once hot, add the shallot and cook for four to five minutes or until softened. Remove from heat and set aside.
- 03 In a small bowl, add the ground flax seeds and water and let sit for a few minutes until thickened slightly.
- 04 In a food processor, add the lentils, shallot, flax seed mixture, nutritional yeast, almonds, salt, and half of the parsley. Pulse until combined and the dough starts to hold together.
- 05 Using slightly damp hands, roll the dough into golf-ball sized balls. Place on the baking sheet. Bake for 25 minutes, flipping halfway through.
- 06 While the lentil meatballs are in the oven, cook the pasta according to package directions. Drain and add the pasta back to the pot. Add the tomato sauce and mix. Divide evenly between plates and top with the lentil meatballs and remaining parsley. Enjoy!

## NOTES

### LEFTOVERS

For best results, store the meatballs and pasta separately. Refrigerate the meatballs for up to three days or freeze for up to two months. Refrigerate the pasta for up to three days.

### SERVING SIZE

One serving is approximately three lentil meatballs balls with roughly one cup of pasta.

#### MORE FLAVOR

Add minced garlic to the shallot mixture. Add tomato paste and/or tamari for more flavor. Top the pasta with red pepper flakes.



# Roasted Broccoli

4 SERVINGS 35 MINUTES



## INGREDIENTS

6 cups Broccoli (cut into florets)  
1 1/2 tbsps Avocado Oil  
1/2 tsp Garlic Powder  
1/4 tsp Sea Salt

## NUTRITION

### AMOUNT PER SERVING

Calories	94	Protein	4g
Fat	6g	Cholesterol	0mg
Saturated	1g	Sodium	193mg
Carbs	9g	Calcium	64mg
Fiber	4g	Iron	1mg
Sugar	2g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
- 02 Arrange the broccoli florets on the baking sheet and season with avocado oil, garlic powder and sea salt. Toss well. Roast in the oven for 25 to 30 minutes or until broccoli is tender. Toss at the halfway point.
- 03 Remove from the oven and divide between plates. Enjoy!

## NOTES

### STORAGE

Refrigerate in an airtight container for up to 3 days.

### NO AVOCADO OIL

Use olive oil or melted coconut oil instead.

### NO GARLIC POWDER

Use freshly ground black pepper, cumin, smoked paprika or onion powder instead.

# Taco Breakfast Bowl

4 SERVINGS 30 MINUTES



## INGREDIENTS

1 1/2 tsps Extra Virgin Olive Oil  
1 lb Extra Lean Ground Turkey  
2 tsps Chili Powder  
1 tsp Oregano  
1 tsp Cumin  
1 tsp Black Pepper  
1 tsp Sea Salt  
1/2 cup Water  
4 Egg (fried)  
4 cups Baby Spinach (chopped)  
1 Green Bell Pepper (diced)  
1 Tomato (diced)  
1 Avocado (mashed)

## NUTRITION

### AMOUNT PER SERVING

Calories	370	Protein	31g
Fat	24g	Cholesterol	270mg
Saturated	5g	Sodium	895mg
Carbs	11g	Calcium	120mg
Fiber	7g	Iron	5mg
Sugar	2g	Vitamin D	57IU

## DIRECTIONS

- 01 Heat a skillet over medium heat. Add olive oil. Add the ground turkey and saute to cook through. Break up the meat as it is cooking. Once it is cooked through add the chili powder, oregano, cumin, black pepper and sea salt. Add the water and saute for another minute as you mix well. Reduce heat to the lowest setting and let simmer while you prepare the rest or until all water has been absorbed.
- 02 Fry your eggs and set aside.
- 03 Divide the spinach between bowls. Top with diced green pepper, tomato, mashed avocado, taco meat and fried egg. Enjoy!

## NOTES

### VEGANS AND VEGETARIANS

Use lentils or quinoa instead of ground meat and omit the fried egg(s).

### ON-THE-GO

Hardboil the eggs instead of frying then peel and chop. Layer all ingredients into a mason jar.

# Gingerbread Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

1 cup Unsweetened Almond Milk  
1/4 cup Vanilla Protein Powder  
1/2 Banana (frozen)  
1 tbsp Chia Seeds  
1 tbsp Almond Butter  
1 1/2 tps Blackstrap Molasses  
1/2 tsp Ginger (fresh, minced)  
1/4 tsp Cinnamon (ground)  
1/8 tsp Ground Cloves

## NUTRITION

### AMOUNT PER SERVING

Calories	356	Protein	26g
Fat	16g	Cholesterol	4mg
Saturated	1g	Sodium	209mg
Carbs	32g	Calcium	747mg
Fiber	8g	Iron	4mg
Sugar	13g	Vitamin D	101IU

## DIRECTIONS

01 Place all ingredients in your blender and blend until smooth. Pour into a glass and enjoy!

## NOTES

### NO CHIA SEEDS

Use flax seeds instead.

### NO BLACKSTRAP MOLASSES

Use maple syrup instead.

### NUT-FREE

Use coconut milk instead of almond milk. Omit the almond butter or use coconut butter or sunflower seed butter instead.

### MORE VEGGIES

Add frozen cauliflower.



# Chocolate Chip Banana Bread

12 SERVINGS 40 MINUTES



## INGREDIENTS

1/3 cup Extra Virgin Olive Oil (divided)  
3 Banana (ripe, mashed)  
1/4 cup Maple Syrup  
1/2 cup Oat Milk (unsweetened)  
2 tbsps Ground Flax Seed  
2 cups Chickpea Flour  
1 tbsp Baking Powder  
1/2 cup Dark Chocolate Chips (divided)

## NUTRITION

### AMOUNT PER SERVING

Calories	227	Protein	5g
Fat	11g	Cholesterol	0mg
Saturated	4g	Sodium	137mg
Carbs	27g	Calcium	99mg
Fiber	3g	Iron	1mg
Sugar	14g	Vitamin D	0IU

## DIRECTIONS

- 01 Preheat the oven to 350°F (175°C) and brush a loaf pan with a bit of the olive oil.
- 02 In a large bowl, combine the remaining oil, banana, maple syrup, oat milk, and ground flax.
- 03 In a separate bowl, combine the chickpea flour and baking powder. Add the dry ingredients to the wet batter and mix until combined. Fold in 3/4 of the chocolate chips.
- 04 Pour the batter into the loaf pan and top with the remaining chocolate chips. Bake for 30 to 35 minutes, or until a knife inserted into the middle comes out clean.
- 05 Let cool completely before slicing. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight wrap or container for up to one week.

### SERVING SIZE

One serving is equal to one slice of banana bread.

### ADDITIONAL TOPPINGS

Serve with maple syrup, a dab of butter or coconut oil, ice cream or whipped coconut cream.

### MORE FLAVOR

Add vanilla extract, sea salt and/or chopped nuts.

### NO CHICKPEA FLOUR

Use all purpose gluten-free flour instead.

### CHICKPEA FLOUR

This recipe was developed and tested using Bob's Red Mill Garbanzo Bean (Chickpea) Flour. Results may vary if using another type of flour.