



Gluten Free Weekly Dinner Plan + Bonus Recipes No. 1

EA STEWART

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

Most 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

Cheers to delicious health!

xo, EA (aka The Spicy RD)

MON



BREAKFAST

Quick & Easy One Pot Lasagna Soup, Orange

SNACK 1

Cranberry Apple Oat Crisp

TUE



BREAKFAST

One Pan Chicken & Carrots with Orange Soy Glaze

WED



BREAKFAST

Sticky Sesame Salmon with Orange Sauce, Winter Kale Salad

THU



BREAKFAST

Tofu & Broccoli Green Curry, Brown Rice

FRI



BREAKFAST

Spinach, Tomato & Goat Cheese Pizza

SAT



BREAKFAST

Kimchi Tofu Scramble

SUN



BREAKFAST

Butternut Squash Smoothie

FRUITS

- 3 Apple
- 1/2 Banana
- 1 Lemon
- 4 Navel Orange
- 1 Pear
- 1/2 cup Pomegranate Seeds

BREAKFAST

- 1 tbsp Almond Butter
- 1/2 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/2 tsp Black Pepper
- 1 1/2 tbsps Chia Seeds
- 2 tbsps Chili Paste
- 1/8 tsp Cinnamon
- 1/4 cup Pumpkin Seeds
- 1 Red Pepper Flakes
- 1/3 tsp Sea Salt
- 1 Sea Salt & Black Pepper
- 1/3 cup Sesame Seeds
- 2/3 cup Walnuts

FROZEN

- 4 Brown Rice Tortilla
- 1/2 cup Frozen Cauliflower
- 2 cups Frozen Cranberries
- 2 cups Frozen Peas

VEGETABLES

- 2 cups Asparagus
- 4 cups Baby Spinach
- 1 cup Basil Leaves
- 3 cups Broccoli
- 3/4 cup Butternut Squash
- 16 Carrot
- 1 cup Cherry Tomatoes
- 2 tsps Ginger
- 4 stalks Green Onion
- 14 cups Kale Leaves
- 4 leaves Romaine

BOXED & CANNED

- 1 cup Brown Rice
- 1 1/2 cups Canned Coconut Milk
- 1 1/2 lbs Marinara Sauce
- 4 lbs Organic Vegetable Broth
- 2 tbsps Tomato Paste

BAKING

- 3/4 cup All Purpose Gluten Free Flour
- 1/4 cup Coconut Sugar
- 2 tbsps Honey
- 1 package Lasagna Noodles
- 1/4 cup Nutritional Yeast
- 1 1/2 cups Oats
- 2 tbsps Sugar
- 1/4 cup Unsweetened Coconut Flakes

BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Thighs With Skin
- 1/2 cup Goat Cheese
- 1 cup Ricotta Cheese
- 1 1/2 lbs Salmon Fillet
- 2 1/3 lbs Tofu

CONDIMENTS & OILS

- 1 tbsp Apple Cider Vinegar
- 2 tbsps Coconut Aminos
- 1/3 cup Coconut Oil
- 1 tsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 3 tbsps Green Curry Paste
- 1/4 cup Ketchup
- 2 cups Kimchi
- 3 tbsps Pesto
- 2 tbsps Sesame Oil
- 3 tbsps Sriracha
- 1/3 cup Tamari

COLD

- 1/3 cup Orange Juice
- 1/4 cup Parmesan Cheese
- 1 1/3 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 2 cups Water

Quick & Easy One Pot Lasagna Soup

6 SERVINGS 39 MINUTES



INGREDIENTS

4 lbs Organic Vegetable Broth
1 1/2 lbs Marinara Sauce
2 tbsps Tomato Paste
2 cups Asparagus (chopped)
2 cups Frozen Peas
1 package Lasagna Noodles (gluten free)
1 cup Ricotta Cheese
3 tbsps Pesto
1/4 cup Parmesan Cheese (grated)
1 Red Pepper Flakes (to taste)

DIRECTIONS

- 01 Pour broth and marinara into a large pot or Dutch oven and heat over high, uncovered, until boiling. Turn down heat to low and stir in tomato paste, asparagus, and frozen peas. Cover and cook for 7 minutes, then remove lid and stir in crumbled lasagna noodles. Increase heat to medium, and cook for another 8-10 minutes or until noodles are al dente.
- 02 While the noodles are cooking, combine the ricotta cheese with the pesto and stir well to combine.
- 03 To serve: Pour ~ 2 cups of hot soup in to each serving bowl. Top with 2-3 tablespoons ricotta/pesto mixture and 1 tablespoon Parmesan cheese. Stir in crushed red pepper flakes if desired.

NOTES

VEGAN OPTION

For a vegan option, use a dairy-free cheese such as Daiya or your favorite non-dairy brand.

Orange

4 SERVINGS 2 MINUTES



INGREDIENTS

4 Navel Orange

DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

One Pan Chicken & Carrots with Orange Soy Glaze

4 SERVINGS 40 MINUTES



INGREDIENTS

- 1 lb Chicken Thighs with Skin
- 1 tsp Extra Virgin Olive Oil
- 16 Carrot (medium-sized, chopped into 4" pieces)
- 1/4 cup Tamari
- 3 tbsps Sriracha
- 2 tbsps Orange Juice (plus zest from half an orange)
- 2 tbsps Honey
- 2 tsps Ginger (fresh, minced)
- 4 stalks Green Onion (chopped)

DIRECTIONS

- 01 Preheat the oven to 425°F (218°C). Pat the chicken dry with a paper towel. Rub the oil on the skin side of the chicken.
- 02 Heat a cast-iron skillet over medium-low heat and once hot, add the chicken skin-side down. Cook for five minutes. Increase the heat to medium and continue cooking skin side down for 10 to 12 minutes, until browned. Transfer to a plate skin side up and set aside.
- 03 In the same skillet, over medium heat, add the carrots, spacing them out as much as you can, side-by-side. Cook for three to four minutes. Turn and cook for an additional three to four minutes, until lightly browned.
- 04 Meanwhile, combine the tamari, sriracha, orange juice, orange zest, honey, and ginger in a bowl. Stir to combine then set aside.
- 05 Add the chicken back to the skillet, laying on top of the carrots. Drizzle the tamari sauce all over the chicken and carrots. Place in the oven and cook for 15 to 18 minutes or until the chicken is cooked through. Remove from the oven and let rest for five to 10 minutes.
- 06 Divide onto plates and top with green onion. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is equal to approximately four carrots and two chicken thighs.

ADDITIONAL TOPPINGS

Top with sesame seeds.

Sticky Sesame Salmon with Orange Sauce

4 SERVINGS 20 MINUTES



INGREDIENTS

1/4 cup Ketchup
1/4 cup Orange Juice (fresh squeezed)
2 tbsps Sugar
2 tbsps Chili Paste (or to taste)
1 tbsp Sesame Oil
1 1/2 lbs Salmon Fillet (4 6-oz fillets)
1 Sea Salt & Black Pepper
3 tbsps Extra Virgin Olive Oil
1/3 cup Sesame Seeds

DIRECTIONS

- 01 Preheat the oven to 350 degrees fahrenheit.
- 02 Make the sauce: In a large bowl, stir together the ketchup, orange juice, sugar, chili paste and sesame oil. Set aside.
- 03 Make the fish: Season the salmon generously with salt and pepper, then drizzle with 2 tablespoons of the olive oil. Place the seeds on a plate and dredge the tops of the fillets in the sesame seeds to coat.
- 04 In an ovenproof skillet, heat the remaining 1 tablespoon olive oil over medium-high heat. Add the salmon, sesame seed side down, to the pan and sear, turning once, until golden brown about 3 minutes on each side.
- 05 Transfer the skillet to the oven and roast the salmon until cooked through, about 6 minutes.
- 06 Generously brush with the orange sauce and serve.

NOTES

LOW FODMAP OPTION

For a low FODMAP version, keep the ketchup amount low or substitute it with tomato paste. Most commercial chili paste contains garlic, so look for one that doesn't have garlic, or omit it

SUGAR AMOUNTS

This recipe calls for 2-4 tablespoons of sugar but I found it to be perfectly sweet with only 1. You can also choose to use honey or maple syrup instead.

Winter Kale Salad

4 SERVINGS 20 MINUTES



INGREDIENTS

2 tbsps Extra Virgin Olive Oil
1 tbsp Apple Cider Vinegar
1 tsp Dijon Mustard
1 tsp Maple Syrup
1/8 tsp Sea Salt
6 cups Kale Leaves (thinly sliced)
1/2 cup Pomegranate Seeds
1 Pear (cored and thinly sliced)
1/4 cup Pumpkin Seeds
1/4 cup Unsweetened Coconut Flakes (toasted)

DIRECTIONS

- 01 Add the extra virgin olive oil, apple cider vinegar, mustard, maple syrup and sea salt into a small bowl and whisk together.
- 02 Add the kale to a large bowl and drizzle the dressing over top. Massage with your hands to ensure it is evenly coated.
- 03 Top the massaged kale with pomegranate seeds, sliced pear, pumpkin seeds and toasted coconut flakes. Toss before serving. Enjoy!

NOTES

LEFTOVERS

Store in an airtight container in the fridge for up to two days.

NO PEAR

Use sliced apple instead.

NO KALE

Use Swiss chard or collard greens instead.

Tofu & Broccoli Green Curry

2 SERVINGS 30 MINUTES



INGREDIENTS

- 6 1/8 ozs Tofu (extra firm, pressed and cut into small cubes)
- 2 tbsps Coconut Aminos
- 3 tbsps Green Curry Paste
- 1 1/2 cups Canned Coconut Milk
- 3 cups Broccoli (cut into florets)

DIRECTIONS

- 01 In a mixing bowl combine the tofu and coconut aminos. Toss to combine. Let the tofu marinate while preheating the oven.
- 02 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment.
- 03 Arrange the tofu on the baking sheet and bake for 22 to 25 minutes, flipping halfway through.
- 04 Combine the curry paste and coconut milk in a pot over medium heat. Stir to combine then bring to a simmer.
- 05 Add the broccoli to the pot and cook uncovered for five to eight minutes or until the broccoli is tender. Stir in the baked tofu. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

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

MORE FLAVOR

Add fresh ginger, garlic, lime juice, cilantro or basil.

MAKE IT VEGAN

Ensure the curry paste does not contain fish sauce or shrimp paste.

CURRY PASTE

This recipe was created using Thai Kitchen Green Curry Paste. Brands of curry paste may differ so start with less curry paste and adjust to taste if needed.

CONSISTENCY

For a thinner curry add vegetable broth.

NO COCONUT AMINOS

Use tamari or soy sauce instead.

Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
2 cups Water

DIRECTIONS

- 01 Combine the brown rice and water together in a saucepan. Place over high heat and bring to a boil. Once boiling, reduce heat to a simmer and cover with a lid. Let simmer for 40 minutes or until water is absorbed. Remove lid and fluff with a fork. Enjoy!

Spinach, Tomato & Goat Cheese Pizza

4 SERVINGS 20 MINUTES



INGREDIENTS

2/3 cup Walnuts
1/2 cup Extra Virgin Olive Oil
1 Lemon (juiced)
4 cups Baby Spinach (divided)
1 cup Basil Leaves
1/4 tsp Sea Salt
1/2 tsp Black Pepper
4 Brown Rice Tortilla
1 cup Cherry Tomatoes (halved)
1/2 cup Goat Cheese (crumbled)

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a baking sheet with parchment paper.
- 02 Create your pesto in a food processor or blender by combining walnuts, olive oil, lemon juice, half of the baby spinach, basil, sea salt and black pepper. Blend until smooth. Transfer into a jar.
- 03 Take the remaining baby spinach and finely chop.
- 04 Lay your brown rice tortillas on a flat surface. Use a spoon to add desired amount of pesto and spread evenly across the tortillas. Now top with cherry tomatoes, goat cheese and chopped baby spinach.
- 05 Place on baking sheet and bake in the oven for 10 minutes.
- 06 After 10 minutes, remove and slice using a pizza cutter. Enjoy!

NOTES

MORE PROTEIN

Add diced chicken, lentils or chickpeas.

Kimchi Tofu Scramble

4 SERVINGS 10 MINUTES



INGREDIENTS

- 1 tbsp Sesame Oil
- 2 lbs Tofu (regular firm, patted dry, crumbled)
- 2 tbsps Tamari
- 8 cups Kale Leaves (stems removed, finely chopped, packed)
- 1/4 cup Nutritional Yeast
- 2 cups Kimchi (drained)

DIRECTIONS

- 01 Heat the oil in a large skillet over medium-high heat. Add the crumbled tofu and cook for two to three minutes, stirring gently.
- 02 Reduce the heat to medium and add the tamari and kale. Cook until soft, about three to five minutes. Turn the heat off.
- 03 Add the nutritional yeast and kimchi. Heat until just warmed through, about one minute. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving equals approximately one cup.

Butternut Squash Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 1/3 cups Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
4 leaves Romaine (roughly chopped)
3/4 cup Butternut Squash (frozen, cubed)
1/2 Banana (frozen)
1/8 tsp Cinnamon
1/4 cup Vanilla Protein Powder
1 1/2 tbsps Chia Seeds
1 tbsp Almond Butter

DIRECTIONS

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

NOTES

NUT-FREE

Use coconut or oat milk and use sunflower seed butter instead of almond butter.

NO FROZEN BUTTERNUT SQUASH

Use fresh, cooked squash or canned.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder.

Cranberry Apple Oat Crisp

8 SERVINGS 50 MINUTES



INGREDIENTS

1/3 cup Coconut Oil
3 Apple (large, cored, chopped)
2 cups Frozen Cranberries
1/2 cup Maple Syrup
3/4 cup All Purpose Gluten-Free Flour (divided)
1 1/2 cups Oats
1/4 cup Coconut Sugar

DIRECTIONS

- 01 Preheat the oven to 350°F (175°F). Use a little bit of coconut oil to grease the baking dish.
- 02 Add the apples, cranberries, maple syrup and 1/3 of the flour to the baking dish. Gently toss until well combined.
- 03 In a bowl, stir together the remaining flour, oats and coconut sugar. Add the remaining coconut oil and use your hands to combine until the mixture is crumbly.
- 04 Sprinkle the oat mixture evenly over the fruits and press gently. Bake for 40 to 50 minutes, or until golden brown and the fruits have softened. Let cool and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. Freeze for up to three months.

SERVING SIZE

One serving equals approximately 3/4 cup. An 11 x 7-inch baking dish was used for 8 servings

MORE FLAVOR

Add cinnamon and/or nutmeg. Use butter instead of coconut oil. Add chopped nuts to the oat mixture.

ADDITIONAL TOPPINGS

Top with whipped coconut cream, ice cream or yogurt.

ALL PURPOSE GLUTEN-FREE FLOUR

This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, note that results may vary.