



Gluten Free Weekly Dinner Plan + Bonus Recipes No. 3

EA STEWART

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Spicy RD Nutrition

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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

Penne with Bursted Cherry Tomato Sauce

SNACK 1

Dark Chocolate Chunk Pecan Love Bites

TUE



BREAKFAST

One Pan Roasted Chicken, Broccoli & Sweet Potato

WED



BREAKFAST

Butternut Squash Buckwheat Bowl

THU



BREAKFAST

Lemon Kale Salad with Chickpeas & Avocado

FRI



BREAKFAST

Arugula Salad with Salmon

SAT



BREAKFAST

Chocolate Peanut Butter High Protein Breakfast Sundae

SUN



BREAKFAST

Creamy Apple Pie Smoothie

FRUITS

- 1 Apple
- 1 1/2 Avocado
- 1 1/2 Banana
- 1 Fig
- 2 tbsps Lemon Juice

BREAKFAST

- 1 tbsp All Natural Peanut Butter
- 1 tbsp Almond Butter
- 1 cup Buckwheat Groats
- 1/3 cup Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Cayenne Pepper
- 3/4 tsp Cinnamon
- 1 tsp Dried Basil
- 3 tbsps Ground Flax Seed
- 1 cup Pecans
- 2 tbsps Pumpkin Seeds
- 2 tbsps Raw Peanuts
- 1 2/3 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/8 tsp Smoked Paprika

VEGETABLES

- 2 cups Arugula
- 1 cup Basil Leaves
- 6 cups Broccoli
- 1 cup Butternut Squash
- 3 cups Cherry Tomatoes
- 1/4 Cucumber
- 2 Garlic
- 5 cups Kale Leaves
- 1/2 cup Mushrooms
- 2 Sweet Potato

BOXED & CANNED

- 4 ozs Chickpea Pasta
- 2 3/4 cups Chickpeas
- 1/2 cup Lentils

BAKING

- 1 tsp Baking Powder
- 2 tbsps Cacao Nibs
- 1 tbsp Cocoa Powder
- 3/4 cup Dark Organic Chocolate
- 1 tbsp Nutritional Yeast
- 2 tbsps Oats
- 1 tsp Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 1 1/4 lbs Chicken Breast
- 6 ozs Salmon Fillet

CONDIMENTS & OILS

- 2/3 cup Extra Virgin Olive Oil
- 1/4 cup Tahini

COLD

- 1 1/4 cups Unsweetened Almond Milk

OTHER

- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 1/4 cups Water

Penne with Bursted Cherry Tomato Sauce

2 SERVINGS 30 MINUTES



INGREDIENTS

4 ozs Chickpea Pasta (dry)
1/4 cup Extra Virgin Olive Oil
3 cups Cherry Tomatoes
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)
1 cup Basil Leaves (chopped)
1 tbsp Nutritional Yeast

DIRECTIONS

- 01 Cook pasta according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 02 In a large sauce pan, heat olive oil over medium-high heat. Add tomatoes, garlic, salt and pepper. Stir occasionally and cook until all the tomatoes have burst, about 15 to 20 minutes.
- 03 Toss pasta with the chopped basil and divide onto plates. Top each serving with the tomato sauce and nutritional yeast. Enjoy!

NOTES

NO CHICKPEA PASTA

Use any other high-fibre, high-protein pasta such as lentil or black bean pasta. If using brown rice, quinoa, or regular whole grain pasta, add in extra protein like chicken or, chickpeas, hemp seeds.

NO NUTRITIONAL YEAST

Use parmesan or omit completely.

One Pan Roasted Chicken, Broccoli & Sweet Potato

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/4 lbs Chicken Breast
Sea Salt & Black Pepper (to taste)
2 Sweet Potato (medium, diced)
2 tbsps Extra Virgin Olive Oil (divided)
6 cups Broccoli (chopped into small florets)
1/4 cup Tahini
1 tbsp Maple Syrup
1/4 cup Water
1/4 tsp Cayenne Pepper

DIRECTIONS

- 01 Preheat oven to 410°F (210°C) and line a large baking sheet with parchment paper.
- 02 Place chicken breasts on the baking sheet and season with sea salt and black pepper.
- 03 Place the diced sweet potato in a mixing bowl and toss with half of the olive oil. Season with sea salt and black pepper to taste. Spread across the baking sheet around the chicken breasts. Place in the oven and set timer for 30 minutes.
- 04 Meanwhile, toss the broccoli florets in remaining olive oil and season with sea salt and black pepper. When your chicken and potatoes have about 15 minutes left, pull the baking sheet out of the oven, flip the sweet potatoes and spread the broccoli florets otop. Place back in the oven and roast for the remaining time, about 15 minutes or until chicken is cooked through.
- 05 Combine the tahini, maple syrup, water and cayenne pepper together in a small mason jar. Shake vigorously until well combined. Set aside.
- 06 Remove baking sheet from the oven and divide evenly onto plates. Drizzle with tahini maple dressing. Enjoy!

NOTES

STORAGE

Store in an airtight container in the fridge up to 3 days.

VEGAN & VEGETARIAN

Replace the chicken breast with black beans.

Butternut Squash Buckwheat Bowl

2 SERVINGS 30 MINUTES



INGREDIENTS

2 cups Water
1 cup Buckwheat Groats
2 tbsps Extra Virgin Olive Oil
1 cup Butternut Squash (chopped into small cubes)
1/2 cup Mushrooms (sliced)
1 cup Kale Leaves (chopped)
1 tsp Sea Salt
1 tsp Dried Basil

DIRECTIONS

- 01 In a medium-sized pot, bring the water to a boil. Once boiling, reduce the heat to low and add the buckwheat. Cook for 15 to 20 minutes or until the water is absorbed.
- 02 Heat the oil in a separate pan over medium heat. Add in the butternut squash, mushrooms, kale, sea salt and basil. Cook, stirring frequently, for 15 minutes or until cooked through.
- 03 Transfer the cooked buckwheat into bowls. Top with the kale mixture and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days.

SERVING SIZE

One serving is equal to approximately 2 cups.

MORE FLAVOR

Add diced onions or minced garlic.

Lemon Kale Salad with Chickpeas & Avocado

2 SERVINGS 20 MINUTES



INGREDIENTS

4 cups Kale Leaves (stem removed, thinly sliced)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice
1/4 tsp Sea Salt
1 3/4 cups Chickpeas (cooked)
1 Avocado (cubed)
1/8 tsp Smoked Paprika
2 tbsps Pumpkin Seeds

DIRECTIONS

- 01 Add the kale leaves to a large bowl.
- 02 In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
- 03 Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

MORE FLAVOR

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

ADDITIONAL TOPPINGS

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Arugula Salad with Salmon

1 SERVING 15 MINUTES



INGREDIENTS

6 ozs Salmon Fillet
1/8 tsp Sea Salt
1 tbsp Extra Virgin Olive Oil
1 tbsp Lemon Juice
2 cups Arugula
1/4 Cucumber (sliced)
1/2 Avocado (sliced)
1 Fig (optional, quartered)

DIRECTIONS

- 01 Heat a skillet over medium heat. Season the salmon with salt, then add it to the pan skin-side down, cooking for about 4 to 5 minutes. Flip and cook for an additional 1 to 2 minutes, until the flesh is opaque throughout.
- 02 In a small bowl, mix the oil and lemon juice together.
- 03 Add the arugula to a plate and top with the cucumber, avocado and fig, if using. Drizzle the dressing over top and place the salmon on top. Enjoy!

NOTES

LEFTOVERS

For best results, store the salad separate from the dressing. Refrigerate the salad for up to three days and the dressing for up to seven days.

MORE FLAVOR

Add additional seasoning to the salmon such as cayenne, chili flakes or other herbs and spices.

ADDITIONAL TOPPINGS

More vegetables, nuts or seeds.

Chocolate Peanut Butter High Protein Breakfast Sundae

1 SERVING 5 MINUTES



INGREDIENTS

1 Banana (chopped, frozen)
1/2 cup Lentils (frozen, cooked)
1/4 cup Unsweetened Almond Milk
1 tbsp All Natural Peanut Butter
1 tbsp Cocoa Powder
2 tbsps Raw Peanuts (shelled)
2 tbsps Cacao Nibs

DIRECTIONS

- 01 Combine frozen banana slices and lentils with almond milk, peanut butter, and cocoa powder in a high powered blender. Blend on high, using tamper device, and periodically scraping sides of blender as needed until all ingredients are well combined and mixture has a creamy consistency.
- 02 Spoon in to a serving glass or bowl, top with peanuts and cacao nibs, and enjoy while cold.

NOTES

MEAL PREP

To freeze your banana, peel and slice 1 banana and lay out the pieces on a freezer safe plate or tray topped with banana slices. You can buy frozen lentils or freeze them yourself.

Creamy Apple Pie Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

- 1 Apple (medium, peeled and chopped)
- 1/2 Banana (frozen)
- 4 Ice Cubes
- 2 tbsps Vanilla Protein Powder
- 2 tbsps Oats
- 1 tbsp Almond Butter
- 3/4 tsp Cinnamon (ground)
- 1 cup Unsweetened Almond Milk

DIRECTIONS

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

NOTES

APPLE TYPE

For a distinct apple flavor, use a tart variety of apple like a Granny Smith or a McIntosh.

NO ALMOND MILK

Use any other type of milk instead.

Dark Chocolate Chunk Pecan Love Bites

12 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Pecans
1 cup Chickpeas (drained and soaked)
3/4 cup Dark Organic Chocolate (70% or higher or dairy-free)
1/4 cup Maple Syrup
3 tbsps Ground Flax Seed
1 tsp Vanilla Extract
1 tsp Baking Powder
1/4 tsp Sea Salt (plus extra for sprinkling)

DIRECTIONS

- 01 Preheat oven to 350 degrees F. Combine pecans, garbanzo beans, maple syrup, ground flaxseed, vanilla, baking powder, and sea salt in a food processor, and process until smooth, or ~8 minutes.
- 02 Meanwhile chop dark chocolate in to chunks, then stir into pecan/garbanzo mixture. Form dough in to 12 ~ 1-inch balls and place on parchment lined baking sheet. Press lightly on dough with the back of a spoon, and bake for 10 minutes.
- 03 Remove to cool, and sprinkle with sea salt, if desired, before serving.

NOTES

RECIPE OPTIONS

Add the chocolate chips of your choice or not at all if desired. You may eat this as raw "cookie dough" if you can't wait to bake it!