



Gluten Free Weekly Dinner Plan + Bonus Recipes No. 4

EA STEWART

E.A. Stewart
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)

FRUITS

- 3 Avocado
- 1/2 Banana
- 1 Kiwi
- 1/2 Lemon
- 1/2 cup Pomegranate Seeds

BREAKFAST

- 1 2/3 tbsps Maple Syrup
- 1 tbsp Pure Maple Syrup

SEEDS, NUTS & SPICES

- 1/8 tsp Black Pepper
- 2 cups Cashews
- 1 tbsp Chia Seeds
- 1 tsp Chili Powder
- 1/4 tsp Cinnamon
- 1 tsp Cumin
- 1/4 cup Ground Flax Seed
- 1/4 cup Pecans
- 1 1/4 cups Pumpkin Seeds
- 1 1/8 tbsps Sea Salt
- 1/8 teaspoon Sea Salt
- 0 Sea Salt & Black Pepper
- 2 tbsps Sesame Seeds
- 1/2 cup Walnuts

FROZEN

- 1/2 cup Frozen Cauliflower
- 2 cups Frozen Corn

VEGETABLES

- 4 Beet
- 2 2/3 cups Broccoli
- 5 cups Brussels Sprouts
- 2 2/3 Carrot
- 2 2/3 stalks Celery
- 3 cups Cherry Tomatoes
- 1 cup Chopped Cilantro
- 8 Garlic
- 4 cups Green Beans
- 4 cups Mini Potatoes
- 2 cups Parsley
- 2/3 cup Red Onion
- 1 head Romaine Hearts
- 1/4 cup Shallot
- 4 Sliced Radishes

BOXED & CANNED

- 2 cups Black Beans
- 1 cup Brown Rice
- 1 quart Chicken Or Vegetable Broth
- 2 2/3 cups Chickpeas
- 14 1/2 ozs Diced Tomatoes
- 2 cups Lentils
- 1 cup Quinoa

BAKING

- 2 tbsps Cocoa Powder
- 1/2 cup Gluten Free Oats
- 1 tsp Pure Vanilla Extract

BREAD, FISH, MEAT & CHEESE

- 4 Cod Fillet
- 4 Corn Tortilla
- 1 1/2 lbs Salmon Fillet

CONDIMENTS & OILS

- 3 1/3 tbsps Avocado Oil
- 1 tbsp Balsamic Vinegar
- 1/3 cup Capers
- 1/2 tsp Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Rice Vinegar
- 1/3 cup Tamari

COLD

- 1/2 cup Soy Milk
- 1 cup Unsweetened Almond Milk

OTHER

- 1/4 cup Chocolate Protein Powder
- 1 tbsp Purity Coffee Beans
- 7 1/2 cups Water

Quick and Easy Vegan Tortilla Soup

4 SERVINGS 15 MINUTES



INGREDIENTS

1 quart Chicken Or Vegetable Broth
14 1/2 ozs Diced Tomatoes
2 cups Black Beans (drained)
2 cups Frozen Corn
1 tsp Cumin (to taste)
1 tsp Chili Powder (to taste)
1/4 tsp Sea Salt (to taste)
1/8 tsp Black Pepper (to taste)
4 Corn Tortilla
1 tbsps Extra Virgin Olive Oil
1 Avocado (diced)
4 Sliced Radishes (sliced)
1 cup Pumpkin Seeds (optional)
1 cup Chopped Cilantro (optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 536 | Protein | 20g |
| Fat | 25g | Cholesterol | 0mg |
| Saturated | 4g | Sodium | 331mg |
| Carbs | 64g | Calcium | 159mg |
| Fiber | 19g | Iron | 8mg |
| Sugar | 6g | Vitamin D | 0IU |

DIRECTIONS

- 01 Preheat oven to 400 degrees F.
- 02 While oven is heating, combine the broth, tomatoes, beans, corn, and seasonings in a medium to large stock or soup pot. * If use additional vegetables, add them in at this time. Heat on high until boiling, then lower temperature and bring to a simmer while chips are baking.
- 03 Line a baking tray with parchment paper. Brush 1 side of each corn tortilla with olive oil, then cut into strips. Lay tortilla strips on parchment paper and bake for ~ 7-8 minutes or until desired level of crispness. Remove chips from oven.
- 04 While tortilla chips are baking, prep optional toppings and place in individual serving bowls.
- 05 To serve: Divide chips into 4 serving bowls and ladle soup on top. Let everyone add their toppings as desired.

NOTES

LOW FODMAP VERSION

Use Low FODMAP vegetable broth. Use canned/rinsed/drained lentils or garbanzo beans in place of black beans. Limit corn kernels to 38 grams/serving. Add low FODMAP toppings as desired.

EASY INGREDIENT SWAPS

Swap: Store bought chips for homemade; use any variety of beans; try fire roasted tomatoes for an extra spicy kick!

One Pan Salmon, Green Beans & Smashed Potatoes

4 SERVINGS 30 MINUTES



INGREDIENTS

4 cups Mini Potatoes
2 tsps Tamari
1 1/3 tsps Maple Syrup
2 tsps Rice Vinegar
1 1/2 lbs Salmon Fillet
4 cups Green Beans (trimmed)
1/4 cup Extra Virgin Olive Oil
1 tsp Sea Salt
2 tsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 535 | Protein | 39g |
| Fat | 25g | Cholesterol | 94mg |
| Saturated | 4g | Sodium | 849mg |
| Carbs | 38g | Calcium | 98mg |
| Fiber | 6g | Iron | 4mg |
| Sugar | 9g | Vitamin D | 0IU |

DIRECTIONS

- 01 Line a baking sheet with parchment paper. Preheat the oven to 425°F (218°C)
- 02 Bring a pot of water to a boil and add the potatoes. Cook until potatoes are soft but not falling apart, about 10 to 15 minutes.
- 03 Meanwhile, in a small bowl, whisk together the tamari, maple syrup, and rice vinegar. Rub half of the marinade into the salmon and place it on the baking sheet. Toss the remaining marinade with the green beans and add to the baking sheet, leaving space for the potatoes.
- 04 Drain the potatoes and place them on the baking sheet. Roughly smash the potatoes with the back of a fork or mug. Drizzle with olive oil and salt.
- 05 Place in the oven and bake for 12 to 14 minutes or until the salmon is cooked through. Remove the baking sheet from the oven. Garnish the salmon and green beans with sesame seeds. Divide onto plates and enjoy.

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add miso paste or sriracha to the marinade.

ADDITIONAL TOPPINGS

Chopped cilantro or lime juice.

MORE CRISPY

Remove the salmon and green beans from the oven once cooked through and broil the potatoes for an additional three to five minutes.

Lettuce Wrap Lentil Beet Burgers

6 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

4 Beet (medium-size, peeled, cut into small cubes)
1 cup Lentils (cooked, rinsed)
1/2 cup Walnuts (roughly chopped)
1/2 cup Parsley (chopped)
1/4 cup Ground Flax Seed
1/2 tsp Sea Salt
2 Garlic (clove, minced)
2 Avocado (sliced)
1 head Romaine Hearts (leave separated)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 262 | Protein | 8g |
| Fat | 18g | Cholesterol | 0mg |
| Saturated | 2g | Sodium | 248mg |
| Carbs | 21g | Calcium | 50mg |
| Fiber | 11g | Iron | 3mg |
| Sugar | 5g | Vitamin D | 0IU |

DIRECTIONS

- 01 Add the beets to a steaming basket over boiling water and cover. Steam for about 20 to 25 minutes, or until tender. Let cool slightly.
- 02 Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
- 03 To a food processor, add the lentils, walnuts, parsley, ground flax, salt, garlic and the cooked beets. Pulse 6 or 7 times or until a coarse crumb forms. Do not over mix.
- 04 Scoop out roughly 1/2 cup of the mixture at a time and form into patties about 4 to 5 inches in diameter. Place on the prepared baking sheet. Bake for 30 minutes, carefully flipping halfway through.
- 05 To serve, top the burger patties with sliced avocado and use a few leaves of lettuce as a bun. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days or freeze for up one month. Enjoy cold or reheat on the stovetop.

SERVING SIZE

One serving is one burger patty.

NUT-FREE

Omit the walnuts.

ADDITIONAL TOPPINGS

Top the patty with your favourite burger toppings.

LENTILS

This recipe was created and tested using canned brown lentils.

BEETS

Four medium beets are equal to approximately 2 1/2 cups of cubed beets.

Shredded Brussels Sprouts Slaw with Crispy Lentils

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Lentils (cooked)
1/4 cup Pumpkin Seeds (raw)
2 tsps Avocado Oil
Sea Salt & Black Pepper (to taste)
2 tbsps Extra Virgin Olive Oil
1 tbsps Balsamic Vinegar
1/2 tsp Dijon Mustard
1 tsp Maple Syrup
5 cups Brussels Sprouts (trimmed, very thinly sliced)
1/4 cup Pomegranate Seeds (optional)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|------|
| Calories | 239 | Protein | 10g |
| Fat | 13g | Cholesterol | 0mg |
| Saturated | 2g | Sodium | 38mg |
| Carbs | 24g | Calcium | 65mg |
| Fiber | 9g | Iron | 4mg |
| Sugar | 6g | Vitamin D | 0IU |

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 In a medium bowl, add the lentils, pumpkin seeds, avocado oil, sea salt and pepper. Mix well to combine. Spread in an even layer on the baking sheet and bake for 10 minutes. Remove, shake the pan around and place back in the oven for 10 minutes more. Remove and set aside.
- 03 In a small bowl or jar, add the extra virgin olive oil, balsamic vinegar, mustard and maple syrup. Shake well and season with salt and pepper as needed.
- 04 Add the brussels sprouts, lentils, pumpkin seeds and dressing to a large bowl. Toss to combine. Top with pomegranate seeds, if using. Divide onto plates, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Season the lentils with garlic powder, onion powder, cumin, dill and/or dried basil.

ADDITIONAL TOPPINGS

Top with goat cheese, feta or parmesan.

LENTILS

It is recommended to use French green lentils as they hold their shape better. Red or brown lentils will not work the same as they tend to get too mushy.

Mediterranean Cod with Roasted Tomatoes

4 SERVINGS 25 MINUTES



INGREDIENTS

1/3 cup Extra Virgin Olive Oil
1/3 cup Capers
1/4 cup Shallot (peeled, finely sliced)
4 Garlic (cloves, smashed and sliced thin)
3 cups Cherry Tomatoes (halved)
1 1/2 cups Water
1 tsp Sea Salt (divided)
4 Cod Fillet
1/2 cup Parsley (roughly chopped)
1/2 Lemon (cut into wedges)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|--------|
| Calories | 407 | Protein | 43g |
| Fat | 22g | Cholesterol | 99mg |
| Saturated | 3g | Sodium | 1326mg |
| Carbs | 9g | Calcium | 82mg |
| Fiber | 2g | Iron | 2mg |
| Sugar | 4g | Vitamin D | 83IU |

DIRECTIONS

- 01 Heat a large cast-iron skillet over medium heat. Once hot, add the olive oil and capers. Let them sizzle and crisp for about three minutes. Lower the heat to medium-low and then add the shallot and garlic. Cook for one to two minutes, until fragrant and the shallot is crispy. Transfer the capers, shallot, and garlic to a bowl, leaving a bit of oil behind in the skillet.
- 02 Add the halved cherry tomatoes to the skillet and cook for about seven to eight minutes or until jammy. Add the water and half the salt. Cook until thickened slightly, about four to five minutes.
- 03 Season the cod with the remaining salt. Add to the skillet, cover and cook for five to seven minutes, or until cooked through.
- 04 Divide the cod onto plates along with the tomatoes. Drizzle the remaining oil, capers, and shallot mixture on top. Garnish with parsley and serve with a lemon wedge. Enjoy!

NOTES

FILLET SIZE

One cod fillet is equal to 231 grams or 8 ounces.

LEFTOVERS

Refrigerate in an airtight container for up to two days.

MORE FLAVOR

Add 1/2 tsp red pepper flakes to the shallot and garlic when cooking for more spice.

ADDITIONAL TOPPINGS

Serve with a grain such as rice, quinoa or couscous.

NO COD

Use another fish such as halibut.

Brown Rice

4 SERVINGS 45 MINUTES



INGREDIENTS

1 cup Brown Rice (uncooked)
2 cups Water

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|------|
| Calories | 170 | Protein | 3g |
| Fat | 1g | Cholesterol | 0mg |
| Saturated | 0g | Sodium | 5mg |
| Carbs | 35g | Calcium | 16mg |
| Fiber | 2g | Iron | 1mg |
| Sugar | 0g | Vitamin D | 0IU |

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!

Chickpea Stir Fry

4 SERVINGS 25 MINUTES



INGREDIENTS

2 2/3 tbsps Avocado Oil
2 2/3 cups Chickpeas (cooked and rinsed)
2 2/3 Carrot (peeled, chopped)
2/3 cup Red Onion (chopped)
2 2/3 stalks Celery (chopped)
2 2/3 cups Broccoli (florets, chopped)
1 1/3 cups Water
1/3 cup Tamari
1 1/3 tbsps Sesame Seeds

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|--------|
| Calories | 345 | Protein | 15g |
| Fat | 14g | Cholesterol | 0mg |
| Saturated | 2g | Sodium | 1421mg |
| Carbs | 43g | Calcium | 154mg |
| Fiber | 12g | Iron | 5mg |
| Sugar | 10g | Vitamin D | 0IU |

DIRECTIONS

- 01 In a medium pan, over medium heat, add the avocado oil. Add the chickpeas and cook for 5 minutes.
- 02 Add the carrots, onion, celery, broccoli, water and tamari. Stir to combine. Cook the mixture for 15 to 20 minutes or until everything is slightly soft, stirring every few minutes.
- 03 Divide between plates, sprinkle sesame seeds on top, and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

MORE FLAVOR

Add garlic, fresh ginger, fish sauce, sesame oil, miso paste, red pepper flakes and/or salt and pepper.

Herb & Garlic Quinoa

4 SERVINGS 20 MINUTES



INGREDIENTS

1 cup Quinoa (dry, uncooked)
1 3/4 cups Water
1 1/2 tsps Extra Virgin Olive Oil
1 cup Parsley (finely chopped)
2 Garlic (cloves, minced)
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|------|
| Calories | 179 | Protein | 7g |
| Fat | 4g | Cholesterol | 0mg |
| Saturated | 1g | Sodium | 13mg |
| Carbs | 29g | Calcium | 54mg |
| Fiber | 4g | Iron | 3mg |
| Sugar | 0g | Vitamin D | 0IU |

DIRECTIONS

- 01 Combine the quinoa and water together in a pot. Place over high heat and bring to a boil. Once boiling, reduce to a simmer and cover. Let simmer for 12 to 15 minutes, or until all water is absorbed. Remove lid, fluff with a fork and set aside.
- 02 In a bowl, combine the quinoa, olive oil, parsley, garlic, salt and pepper. Mix well and enjoy!

NOTES

STORAGE

Refrigerate in an air-tight container up to 4 days or freeze up to 1 month.

FREEZER TIP

Squeeze out all the air and flatten your freezer bag to reduce freezer burn and optimize storage space.

Pomegranate Kiwi Pecan Oatmeal

1 SERVING 10 MINUTES



INGREDIENTS

1/2 cup Gluten Free Oats
1 cup Water
1/4 tsp Cinnamon
1/8 teaspoon Sea Salt (or to taste)
1/2 cup Soy Milk (or "milk" of choice)
1 Kiwi
1/4 cup Pomegranate Seeds
1/4 cup Pecans (chopped)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 448 | Protein | 13g |
| Fat | 24g | Cholesterol | 0mg |
| Saturated | 3g | Sodium | 322mg |
| Carbs | 50g | Calcium | 97mg |
| Fiber | 11g | Iron | 7mg |
| Sugar | 14g | Vitamin D | 0IU |

DIRECTIONS

- 01 Combine oats, water, cinnamon, and salt in a small pot on the stove. Heat on high until boiling. Turn down heat to medium and cook to desired consistency.
- 02 Remove peel from kiwi fruit and cut into cubes.
- 03 Chop pecans.
- 04 To serve: Place oatmeal in a serving bowl, top with milk of choice, kiwi fruit, pomegranate seeds, and pecans.

NOTES

LOW FODMAP OPTION

Swap soy milk for lactose free milk or your favorite low FODMAP plant based milk.

Hot Chocolate Smoothie

1 SERVING 5 MINUTES



INGREDIENTS

1 cup Unsweetened Almond Milk
1/2 cup Frozen Cauliflower
1/2 Banana
1/4 cup Chocolate Protein Powder
2 tbsps Cocoa Powder
1 tbsp Chia Seeds
1/8 tsp Sea Salt (optional, for topping)

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 268 | Protein | 26g |
| Fat | 9g | Cholesterol | 4mg |
| Saturated | 1g | Sodium | 513mg |
| Carbs | 31g | Calcium | 664mg |
| Fiber | 13g | Iron | 4mg |
| Sugar | 8g | Vitamin D | 101IU |

DIRECTIONS

- 01 In a small saucepan over medium-low heat, add the almond milk. Bring to a simmer and then add to a blender.
- 02 Add the remaining ingredients. Blend carefully, allowing space for the heat to escape, until smooth and creamy. Serve warm and enjoy!

NOTES

NUT-FREE

Use coconut milk or another nut-free milk instead.

MORE FLAVOR

Add ground cinnamon.

PROTEIN POWDER

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

Vanilla Coffee Bean Cashew Butter

10 SERVINGS 1 MINUTE



INGREDIENTS

2 cups Cashews (raw, unsalted, soaked)
1 tbsp Purity Coffee Beans (ground)
1 tbsp Pure Maple Syrup (or to taste)
1 tsp Pure Vanilla Extract
1/2 tsp Sea Salt (to taste)

DIRECTIONS

- 01 Place cashews in a bowl and cover with hot water. Let stand for at least 1 hour or overnight.
- 02 Add all ingredients to a food processor and process until smooth and creamy.

NUTRITION

AMOUNT PER SERVING

| | | | |
|-----------|-----|-------------|-------|
| Calories | 163 | Protein | 4g |
| Fat | 13g | Cholesterol | 0mg |
| Saturated | 3g | Sodium | 123mg |
| Carbs | 10g | Calcium | 14mg |
| Fiber | 1g | Iron | 2mg |
| Sugar | 3g | Vitamin D | 0IU |