



Gluten Free Weekly Dinner Plan + Bonus Recipes No. 5

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 dip 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
Kale & Basmati Soup with Pumpkin
Seed Pesto

SNACK 1
Chocolate Nutty Baked Pears

TUE



BREAKFAST
Burrito Bowl with Quinoa Tofu Taco
Filling

WED



BREAKFAST
One Pan Lemon Chicken

THU



BREAKFAST
Spaghetti with Pesto & Roasted
Tomatoes

FRI



BREAKFAST
Miso Maple Broiled Salmon & Salmon
Salad

SAT



BREAKFAST
Overnight Vanilla Protein Oats

SUN



BREAKFAST
Cilantro Lentil Dip

FRUITS

- 2 Avocado
- 1/4 cup Blueberries
- 2 Lemon
- 2 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 4 Pear
- 2 2/3 tbsps Pomegranate Seeds
- 1/4 cup Raspberries

BREAKFAST

- 1 tbsp Almond Butter
- 1 2/3 tbsps Maple Syrup

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 1 tbsp Chia Seeds
- 2 1/2 tps Chili Powder
- 1/3 tsp Cinnamon
- 2 tps Cumin
- 1 tsp Garlic Powder
- 1/4 tsp Nutmeg
- 1 tsp Oregano
- 1/4 cup Pumpkin Seeds
- 1 1/2 tps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 cup Sunflower Seeds
- 1/3 cup Walnuts

FROZEN

- 1 lb Frozen Chopped Kale

VEGETABLES

- 2 cups Baby Spinach
- 1 cup Basil Leaves
- 2 cups Brussels Sprouts
- 4 Carrot
- 1 cup Cherry Tomatoes
- 1 cup Cilantro
- 3 Garlic
- 1 lb Green Beans
- 2 cups Mini Potatoes
- 1/2 cup Packed Basil Leaves
- 2 Red Bell Pepper
- 1/2 head Romaine Hearts
- 1 tbsp Rosemary
- 1 Yellow Onion

BOXED & CANNED

- 1 cup Black Beans
- 1/2 cup Brown Basmati Rice
- 1 cup Brown Rice Spaghetti
- 5 cups Chicken Or Vegetable Broth
- 2 cups Corn Tortilla Chips
- 1 cup Dry Yellow Lentils
- 1/2 cup Quinoa
- 1 cup Salsa

BAKING

- 1 tsp Nutritional Yeast
- 1 cup Oats
- 1 1/3 tbsps Organic Dark Chocolate Chips

BREAD, FISH, MEAT & CHEESE

- 8 ozs Chicken Breast
- 1 lb Salmon Fillet
- 8 ozs Tofu

CONDIMENTS & OILS

- 2/3 tsp Coconut Oil
- 3/4 cup Extra Virgin Olive Oil
- 2 tbsps Gluten Free Tamari
- 2 tbsps Miso Paste
- 1 tbsp Tamari

COLD

- 1/4 cup Grated Parmesan Cheese
- 1 1/4 cups Unsweetened Almond Milk

OTHER

- 1/4 cup Vanilla Protein Powder
- 3 1/8 cups Water

Kale & Basmati Soup with Pumpkin Seed Pesto

4 SERVINGS 30 MINUTES



INGREDIENTS

5 cups Chicken Or Vegetable Broth
1/2 tsp Sea Salt
1/4 tsp Black Pepper
1/4 tsp Nutmeg
1/2 cup Brown Basmati Rice
4 Carrot (halved and thinly sliced)
1 lb Frozen Chopped Kale (thawed)
1/4 cup Pumpkin Seeds (toasted)
1/2 cup Packed Basil Leaves
1/4 cup Grated Parmesan Cheese
2 tbsps Lemon Juice

DIRECTIONS

- 01** In a large saucepan, combine the broth, salt, pepper, nutmeg, and 2 cups of the water and bring to a boil over high heat. Add the rice, carrots, and kale and return to a boil. Reduce to a simmer, cover, and cook for 20 minutes, or until the rice and kale are very tender.
- 02** Meanwhile, in a small heavy skillet, heat the pumpkin seeds for 2 minutes, or until they begin to pop. Transfer to a mini food processor and add the basil, cheese, and the remaining 1/4 cup of water. Puree until smooth. Scrape the pesto into a small bowl.
- 03** Stir the lemon juice into the soup. Each serving of soup gets 2 tablespoons pesto that should be stirred in before eating.

NOTES

LOW FODMAP NOTE

If you're following a low FODMAP diet, use your own homemade broth without onions or garlic, OR look for a low FODMAP bouillon or concentrate option such as Savory Choice.

Burrito Bowl with Quinoa Tofu Taco Filling

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
8 ozs Tofu (extra firm, crumbled)
2 tbsps Extra Virgin Olive Oil
2 1/2 tsps Chili Powder
1 1/2 tsps Cumin
1 tsp Oregano
1 tsp Garlic Powder
1/2 tsp Sea Salt
1 cup Salsa (divided)
1 tbsps Lime Juice
1 tsp Nutritional Yeast
2 Red Bell Pepper (sliced)
1/2 head Romaine Hearts (chopped)
1 cup Black Beans (cooked)
2 Avocado (diced)

DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

ADDITIONAL TOPPINGS

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

One Pan Lemon Chicken

2 SERVINGS 35 MINUTES



INGREDIENTS

8 ozs Chicken Breast (skinless and boneless)
2 cups Mini Potatoes (halved)
2 cups Brussels Sprouts (halved)
2 tbsps Extra Virgin Olive Oil
1 Lemon (juiced and zested)
1 tbsp Rosemary (fresh, chopped)
Sea Salt & Black Pepper (to taste)

DIRECTIONS

- 01 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the chicken breast, potatoes and brussels sprouts on the pan.
- 02 In a small bowl, mix together the extra virgin olive oil, lemon juice, lemon zest, rosemary, sea salt and pepper. Mix well then drizzle over top of the chicken, potatoes and brussels sprouts.
- 03 Bake for 25 to 30 minutes or until the chicken is cooked through. Divide onto plates and enjoy!

NOTES

NO BRUSSELS SPROUTS

Use another green veggie instead such as green beans, asparagus or broccoli.

NO CHICKEN BREASTS

Use chicken legs or thighs instead and increase cooking time as needed.

MORE FLAVOR

Add additional spices such as oregano, thyme or chili flakes.

NO MINI POTATOES

Use diced regular potatoes.

Spaghetti with Pesto & Roasted Tomatoes

5 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Cherry Tomatoes
Sea Salt & Black Pepper (to taste)
2 cups Baby Spinach
1 cup Basil Leaves
1 Lemon (juiced)
1 cup Sunflower Seeds
1/4 cup Extra Virgin Olive Oil
1 tbsp Tamari
1 Garlic (clove, minced)
1 cup Brown Rice Spaghetti

DIRECTIONS

- 01** Preheat oven to 420°F (216°C). Toss halved cherry tomatoes in a splash of extra virgin olive oil and season with sea salt and pepper. Line a baking sheet with parchment paper. Place tomatoes on baking sheet and roast in the oven for 30 minutes.
- 02** Meanwhile, make pesto by combining spinach, basil, lemon juice, sunflower seeds, extra virgin olive oil, tamari and garlic in a food processor. Process until a smooth consistency is formed.
- 03** Cook brown rice spaghetti according to the directions on the package. Run under cold water once cooked to prevent from over cooking.
- 04** Toss spaghetti in pesto. Plate and top with roasted tomatoes. Season with sea salt and pepper. Bon appetit!

NOTES

MORE PROTEIN

Add diced chicken.

MAKE IT SPICY

Add red chilli flakes.

Miso Maple Broiled Salmon & Salmon Salad

4 SERVINGS 25 MINUTES



INGREDIENTS

- 1 lb Salmon Fillet (4 4-ounce fillets)
- 2 tbsps Miso Paste
- 2 tbsps Gluten Free Tamari (low sodium)
- 2 tbsps Water
- 1 tbsp Maple Syrup
- 1 lb Green Beans (trimmed)
- 1 tbsp Extra Virgin Olive Oil

DIRECTIONS

- 01 Preheat oven to broil. Line a large sheet pan with aluminum foil.
- 02 Pat salmon filets dry and lay on sheet pan.
- 03 Place trimmed green beans on sheet pan with salmon, and drizzle with olive oil.
- 04 Combine tamari, miso, water, and maple syrup in a small bowl, and stir well to combine.
- 05 Brush miso mixture on top of salmon and green beans.
- 06 Broil in oven for ~5-10 minutes, or until desired level of doneness. (I cooked mine for 8)
- 07 Remove salmon and green beans from oven.

NOTES

MAKE IT A NICOISE SALMON SALAD!

1. While the salmon is in the broiler, bake 2 sweet potatoes in a microwave oven. Prick clean potatoes with a fork all around, and bake on a microwave safe dish for 5 minutes. Turn sweet potatoes over and bake for an additional 5 minutes, or until soft. Cut into bite size cubes. 2. Place leafy greens of choice (i.e. arugula, spinach, kale, romaine) and cubed sweet potatoes in a large salad bowl. Add olive oil and vinegar, along with salt and pepper to taste, and toss well to combine. 3. Divide greens/sweet potato mixture between 4 plates. Top each plate with 1 piece of salmon, 1/4 of the green beans, and 1/4 cup kalamata olives. Enjoy!

Overnight Vanilla Protein Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1 cup Oats (quick or traditional)
1 tbsp Chia Seeds
1 1/4 cups Unsweetened Almond Milk
1/4 cup Vanilla Protein Powder
1/4 cup Raspberries
1/4 cup Blueberries
1 tbsp Almond Butter

DIRECTIONS

- 01 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 02 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 03 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

NOTES

EXTRA GARNISH

Add cacao nibs, chocolate chips, seeds or nuts.

LEFTOVERS

Keep well in the fridge for 3 to 4 days.

NO ALMOND BUTTER

Omit, or use peanut butter or sunflower seed butter instead.

PROTEIN POWDER

This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.

Cilantro Lentil Dip

4 SERVINGS 30 MINUTES



INGREDIENTS

1 cup Dry Yellow Lentils
3 cups Water
1 Yellow Onion (small, chopped)
2 Garlic (cloves, chopped)
1/2 tsp Cumin
1/2 tsp Sea Salt
1 cup Cilantro
1 tbsp Lime Juice
1/4 cup Extra Virgin Olive Oil
2 cups Corn Tortilla Chips

DIRECTIONS

- 01 In a medium-sized pot, over medium heat, bring the lentils and water to a boil. Once boiling, reduce the heat to a simmer. Add the onion, garlic, cumin and salt. Stir to combine. Simmer until the lentils are cooked through, about 20 to 24 minutes. Drain and set aside to let cool.
- 02 In a blender or food processor, add the drained lentils, cilantro, lime juice and oil. Process until smooth and creamy, adding water if needed to smooth.
- 03 Serve with tortilla chips and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1/4 to 1/3 cup of dip with 1/2 cup of tortilla chips.

NO TORTILLA CHIPS

Use as a dip for crackers, vegetables or pita bread. Use it as a spread on sandwiches.

NO CILANTRO

Use another fresh herb instead.

NO YELLOW LENTILS

Use red instead.

Chocolate Nutty Baked Pears

4 SERVINGS 35 MINUTES



INGREDIENTS

- 4 Pear (sliced in half, cored)
- 1/3 tsp Cinnamon
- 1/3 cup Walnuts (chopped)
- 2 tps Maple Syrup
- 2 2/3 tbsps Pomegranate Seeds
- 1 1/3 tbsps Organic Dark Chocolate Chips (for drizzling)
- 2/3 tsp Coconut Oil (for drizzling)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 02 Cut a small piece off of the bottom of each pear half so that it can lay flat on the baking sheet. Sprinkle each pear half with cinnamon and add the walnuts to each cored pear. Drizzle with maple syrup and bake for 30 to 35 minutes or until cooked through.
- 03 In a small bowl, add the chocolate chips and coconut oil. Microwave on high for 30 to 45-second intervals until melted. Stir with a spoon to mix into a chocolate drizzle.
- 04 Remove the pears, top with pomegranate and drizzle with melted chocolate mixture. Divide between plates and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven and serve while warm.

SERVING SIZE

One serving is equal to one pear half.

NUT-FREE

Omit the walnuts and top with nut-free granola or use pumpkin seeds.

NO POMEGRANATE

Use fresh cranberries instead.