



## **Gluten Free Weekly Dinner Plan + Bonus Recipes No. 6**

**EA STEWART**

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# Gluten Free Weekly Dinner Plan + Bonus Recipes

## No. 6

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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](mailto:thespicyrd@eastewart.com)

Cheers to delicious health!

xo, EA (aka The Spicy RD)

## FRUITS

- 2 Avocado
- 1 1/2 Lemon
- 1/3 cup Lemon Juice
- 1 Lime
- 4 Navel Orange
- 1/2 cup Pineapple
- 4 cups Strawberries

## BREAKFAST

- 3 tbsps Maple Syrup
- 1/3 cup Pumpkin Seed Butter
- 1 1/2 cups Rice Puffs Cereal

## SEEDS, NUTS & SPICES

- 2 tbsps Biryani Masala
- 1/2 tsp Cinnamon
- 1 Cinnamon
- 0 Crushed Red Pepper
- 3/4 tsp Cumin
- 1/2 tsp Ground Ginger
- 1/2 cup Pistachios, Shelled
- 1/2 cup Pumpkin Seeds
- 3/4 tsp Sea Salt
- 0 Sea Salt & Black Pepper
- 4 Walnuts

## FROZEN

- 4 Brown Rice Tortilla

## VEGETABLES

- 1 cup Baby Spinach
- 1/2 cup Cilantro
- 1 Cucumber
- 1/2 cup Fresh Dill
- 1 Garlic
- 1 Garlic Clove
- 1/2 head Green Lettuce
- 1 Jalapeno Pepper
- 4 cups Kale
- 1/2 cup Mint Leaves
- 1 cup Mushrooms
- 1/4 cup Parsley
- 1 Red Bell Pepper
- 1/2 cup Red Onion
- 1 tbsp Rosemary
- 4 Tomato
- 1 Yellow Onion

## BOXED & CANNED

- 1 1/2 cups Basmati Rice
- 1/2 cup Dry Lentils
- 8 ozs Gluten Free Pasta
- 1 cup Jasmine Rice
- 1/2 cup Lentils
- 1 3/4 cups Vegetable Broth

## BAKING

- 2 tbsps Cacao Powder
- 1 oz Dark Chocolate
- 5 Pitted Dates
- 1/4 tsp Vanilla Extract

## BREAD, FISH, MEAT & CHEESE

- 1 lb Chicken Breast
- 1/2 cup Feta Cheese
- 2 slices Gluten Free Bread
- 8 ozs Smoked Salmon
- 2 Tilapia Fillet

## CONDIMENTS & OILS

- 2 tbsps Avocado Oil
- 2/3 cup Extra Virgin Olive Oil
- 2 tbsps Red Wine Vinegar

## COLD

- 1 1/3 tbsps Butter
- 8 Egg
- 1/2 cup Parmesan Cheese
- 1/2 cup Plain Greek Yogurt
- 1/2 cup Unsweetened Almond Milk

## OTHER

- 1 3/4 cups Water

# Middle Eastern Lentils & Rice with Crispy Onions

4 SERVINGS 35 MINUTES



## INGREDIENTS

1/2 cup Dry Lentils (green, uncooked and rinsed)  
1 3/4 cups Water  
1/2 tsp Sea Salt  
1 cup Jasmine Rice (dry, uncooked)  
3/4 tsp Cumin  
2 tbsps Avocado Oil  
1 Yellow Onion (medium, peeled, thinly sliced)  
1/4 cup Parsley (stems removed, finely chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	321	Protein	9g
Fat	7g	Cholesterol	0mg
Saturated	1g	Sodium	302mg
Carbs	56g	Calcium	38mg
Fiber	4g	Iron	3mg
Sugar	3g	Vitamin D	0IU

## DIRECTIONS

- 01 Add lentils, water, and salt to a large saucepan or pot. Bring to a boil. Lower the heat to a simmer and cook for 7 minutes.
- 02 Stir in the rice and cumin. Close the lid and cook for 15 to 18 minutes, or until the rice is tender and the water has absorbed.
- 03 Meanwhile, heat the oil over medium-high heat in a large pan. Fry the onions until golden brown, stirring frequently. Transfer to a plate lined with paper towel.
- 04 Divide the lentils and rice into bowls. Top with the crispy onions and parsley. Enjoy!

## NOTES

### MORE TOPPINGS

Add yogurt, pomegranate seeds, slivered almonds, crushed pistachios or raisins.

### NO JASMINE RICE

Use any type of long grain rice instead.

### NO ONIONS

Use fried garlic or crushed vegetable chips instead.

### SERVING SIZE

One serving is equal to approximately one cup.

### STORAGE

Refrigerate in an airtight container up to 5 days or freeze if longer.



# Orange

4 SERVINGS 2 MINUTES



## INGREDIENTS

4 Navel Orange

## DIRECTIONS

01 Slice into wedges or peel and section. Enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	69	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Carbs	18g	Calcium	60mg
Fiber	3g	Iron	0mg
Sugar	12g	Vitamin D	0IU

# Fish Tacos with Pineapple Salsa

4 SERVINGS 30 MINUTES



## INGREDIENTS

4 Brown Rice Tortilla (thawed)  
2 Tilapia Fillet  
1 1/2 tsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)  
1 Lemon (juiced)  
1 cup Baby Spinach  
1/2 cup Pineapple (diced)  
1/2 cup Red Onion (finely diced)  
1 Jalapeno Pepper (deseeded and chopped)  
1 Garlic (clove, minced)  
1 Red Bell Pepper (diced)  
1 Lime (juiced)  
2 Avocado (peeled and mashed)  
1 Tomato (diced)

## NUTRITION

### AMOUNT PER SERVING

Calories	421	Protein	18g
Fat	20g	Cholesterol	29mg
Saturated	3g	Sodium	228mg
Carbs	45g	Calcium	40mg
Fiber	12g	Iron	2mg
Sugar	8g	Vitamin D	72IU

## DIRECTIONS

- 01 Preheat the oven to 500°F (260°C) and move the rack to the top setting. Cover a large baking sheet with parchment paper and lightly grease with some olive oil. Lightly rub white fish with extra virgin olive oil, a splash of lemon juice and season with sea salt and pepper. Cook in the oven on top rack for 8 minutes or until fish flakes with a fork.
- 02 Remove fish from oven and chop with a knife. Place in a bowl and toss with a bit of lemon juice.
- 03 Prepare all ingredients for the salsa and mix together in a large mixing bowl. (Pineapple, red onion, jalapeno, red bell pepper, and lime juice).
- 04 Prepare all ingredients for the guacamole and mix together in a separate mixing bowl. (Avocado, tomato, garlic and splash of lemon juice).
- 05 Warm your tortillas and place on a plate. Put your salsa, guacamole, spinach and fish out in separate bowls with a spoon/fork in each. Happy fish taco night!

# Chicken Biryani

4 SERVINGS 35 MINUTES



## INGREDIENTS

1 1/2 cups Basmati Rice  
1 lb Chicken Breast (skinless, boneless, cut into cubes)  
1/2 cup Plain Greek Yogurt  
2 tbsps Biryani Masala  
1 tbsp Lemon Juice  
1/4 tsp Sea Salt  
1/2 cup Mint Leaves (chopped, divided)  
1/2 cup Cilantro (chopped, divided)  
1 3/4 cups Vegetable Broth  
1 Tomato (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	468	Protein	36g
Fat	5g	Cholesterol	87mg
Saturated	1g	Sodium	1279mg
Carbs	68g	Calcium	82mg
Fiber	4g	Iron	1mg
Sugar	1g	Vitamin D	14IU

## DIRECTIONS

- 01 Soak the basmati rice in water and set aside.
- 02 In a bowl, combine the chicken breast, yogurt, biryani masala, lemon juice, salt, half the mint, and half the cilantro.
- 03 In a large pot or dutch oven over medium-high heat, add a splash of the broth. Cook the marinated chicken, about six to eight minutes, adding more broth as needed to prevent sticking.
- 04 Drain the rice and add it to the chicken, along with the tomato, remaining broth, mint, and cilantro. Bring to a boil, then lower to a simmer and cover. Cook for 20 minutes or until the rice is cooked. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container up to three days.

### SERVING SIZE

One serving equals approximately two cups.

### NO VEGETABLE BROTH

Use water or any other broth instead.

### MORE FLAVOR

Marinate the chicken for at least 30 minutes. Add sautéed garlic, onion, jalapeños, and/or a pinch of saffron.

### ADDITIONAL TOPPINGS

Yogurt, mint, cashews, cilantro, caramelized onions, or ghee.

### MAKE IT VEGAN

Use potato, cauliflower, peas, or beans instead of chicken.



# Fresh Strawberries

4 SERVINGS 5 MINUTES



## INGREDIENTS

4 cups Strawberries

## NUTRITION

### AMOUNT PER SERVING

Calories	46	Protein	1g
Fat	0g	Cholesterol	0mg
Saturated	0g	Sodium	1mg
Carbs	11g	Calcium	23mg
Fiber	3g	Iron	1mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

01 Wash strawberries under cold water and remove the stems. Dry well. Slice and divide into bowls. Enjoy!

## NOTES

### MAKE THEM LAST

Once strawberries are washed, they tend not to last as long. So do not wash until you are ready to eat.



# Lemony Kale Pasta Salad with Pistachio Nuts

4 SERVINGS 20 MINUTES



## INGREDIENTS

1/3 cup Extra Virgin Olive Oil  
1/4 cup Lemon Juice  
1 Garlic Clove (minced)  
8 ozs Gluten Free Pasta  
4 cups Kale (chopped)  
1/2 cup Parmesan Cheese  
1/2 cup Pistachios, Shelled (chopped)  
Sea Salt & Black Pepper (to taste)  
Crushed Red Pepper (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	540	Protein	12g
Fat	32g	Cholesterol	10mg
Saturated	0g	Sodium	137mg
Carbs	51g	Calcium	166mg
Fiber	5g	Iron	3mg
Sugar	2g	Vitamin D	0IU

## DIRECTIONS

- 01 For the dressing: Combine olive oil, lemon juice, and minced garlic in a jar. Shake well to combine and set aside.
- 02 For the pasta salad: Cook the pasta according to directions, then drain. Pour the pasta in to a large bowl, and add the chopped kale, parmesan cheese, and pistachio nuts. Pour dressing on top and toss well.
- 03 Season to taste with salt, pepper, and crushed red pepper flakes.

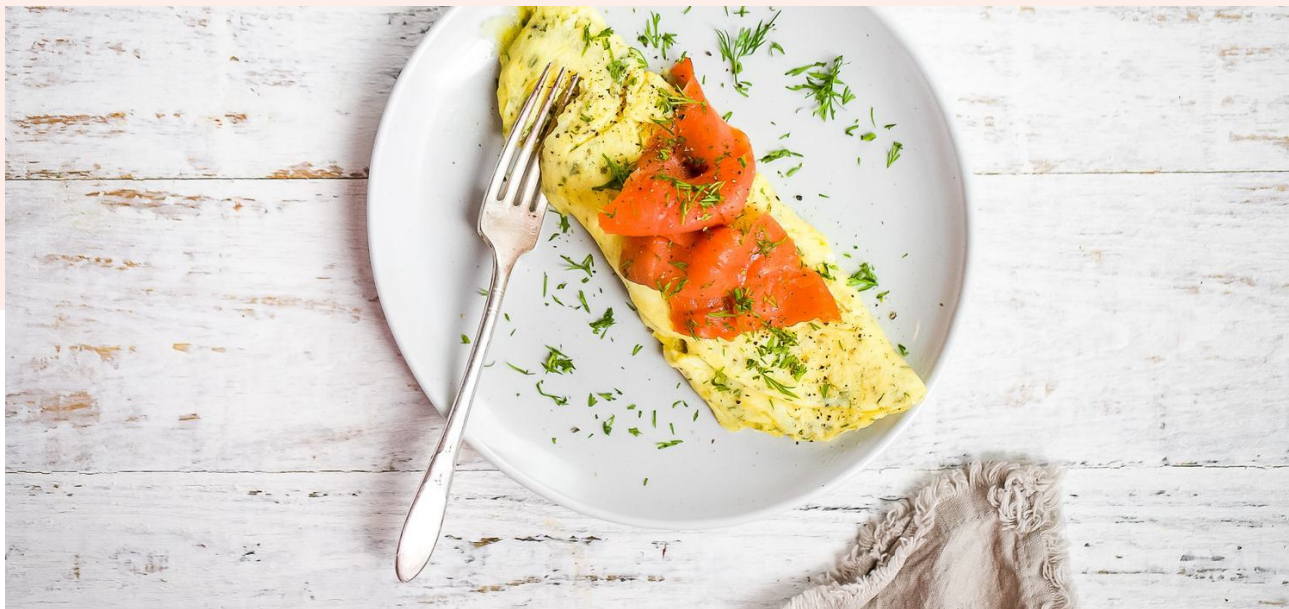
## NOTES

### PASTA ALTERNATIVES

Nutrition information is for gluten free brown rice pasta. If you want to lower the carbs, and boost the fiber and protein in the recipe, use your favorite lentil or chickpea pasta.

# Smoked Salmon & Feta Omelette

4 SERVINGS 5 MINUTES



## INGREDIENTS

8 Egg  
1/2 cup Fresh Dill (finely chopped, divided)  
1 1/3 tbsps Butter  
1/2 cup Feta Cheese (crumbled)  
8 ozs Smoked Salmon

## NUTRITION

### AMOUNT PER SERVING

Calories	293	Protein	26g
Fat	20g	Cholesterol	412mg
Saturated	9g	Sodium	733mg
Carbs	2g	Calcium	158mg
Fiber	0g	Iron	2mg
Sugar	0g	Vitamin D	469IU

## DIRECTIONS

- 01 In a bowl, add the eggs and half of the dill. Whisk well to combine.
- 02 In a non-stick skillet over medium heat, add the butter. Once hot, pour the egg mixture into the skillet and let it cook until almost set. Place the feta cheese on one half of the omelette and then fold the other half over on top. Remove from the heat and transfer onto a plate. Top with smoked salmon and the remaining dill. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two days.

### DAIRY-FREE

Omit the feta and use dairy-free cheese instead. Use coconut oil instead of butter.

### ADDITIONAL TOPPINGS

Top with capers and/or thinly sliced red onion.

### NO DILL

Omit or use another herb such as parsley or fresh chives.

# House Salad

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/4 cup Extra Virgin Olive Oil  
2 tbsps Red Wine Vinegar  
1/2 head Green Lettuce (roughly chopped)  
2 Tomato (medium, sliced)  
1 Cucumber (sliced)

## NUTRITION

### AMOUNT PER SERVING

Calories	141	Protein	1g
Fat	14g	Cholesterol	0mg
Saturated	2g	Sodium	27mg
Carbs	5g	Calcium	16mg
Fiber	1g	Iron	1mg
Sugar	1g	Vitamin D	0IU

## DIRECTIONS

- 01 In a small bowl, whisk together the olive oil and vinegar.
- 02 Add remaining ingredients to a large bowl and drizzle the dressing over top. Toss until well coated. Divide onto plates and enjoy!

## NOTES

### NO RED WINE VINEGAR

Use apple cider vinegar or white vinegar instead.

### NO LETTUCE

Use spinach, kale or mixed greens instead.

### MORE TOPPINGS

Add sliced red onion, olives, crumbled feta, bell peppers and/or avocado.

### ON-THE-GO

Keep dressing in a separate container on the side. Add just before serving.



# Rosemary Mushroom Lentil Avocado Toast

1 SERVING 10 MINUTES



## INGREDIENTS

2 tps Extra Virgin Olive Oil  
1 cup Mushrooms (chopped)  
1 tbs Rosemary (finely chopped)  
1/2 cup Lentils (cooked)  
2 slices Gluten Free Bread  
Sea Salt & Black Pepper (to taste)  
1/2 Lemon (juiced)

## DIRECTIONS

- 01 Heat 1 teaspoon of the olive oil in a skillet over medium high heat. Add mushrooms and saute until they soften.
- 02 Add fresh rosemary to mushrooms, along with cooked lentils. Saute for ~ 2 minutes, then season to taste with salt and pepper.

## NUTRITION

### AMOUNT PER SERVING

Calories	372	Protein	15g
Fat	14g	Cholesterol	0mg
Saturated	2g	Sodium	262mg
Carbs	49g	Calcium	58mg
Fiber	11g	Iron	4mg
Sugar	9g	Vitamin D	5IU

# Cacao Date Smoothie

1 SERVING 5 MINUTES



## INGREDIENTS

5 Pitted Dates  
4 Walnuts (halves)  
2 tbsps Cacao Powder  
1/4 tsp Vanilla Extract  
1/2 cup Unsweetened Almond Milk  
1 Cinnamon (to taste)

## NUTRITION

### AMOUNT PER SERVING

Calories	270	Protein	5g
Fat	10g	Cholesterol	0mg
Saturated	1g	Sodium	83mg
Carbs	37g	Calcium	246mg
Fiber	8g	Iron	2mg
Sugar	27g	Vitamin D	51IU

## DIRECTIONS

01 Pour everything in a powerful blender ( I use a Vitamix ) Blend until smooth, pour into a glass and serve.

## NOTES

### DATE MEASUREMENTS

I used medjool dates. Depending on the size of your date, you may want to use less than 5, or the smoothie will be too sweet.

### VARIATIONS

You can choose to add leafy greens into the smoothie to get extra micronutrients or your favorite berries and banana.



# Chocolate Pumpkin Energy Bars

6 SERVINGS 45 MINUTES



## INGREDIENTS

1/3 cup Pumpkin Seed Butter (melted)  
3 tbsps Maple Syrup  
1/2 tsp Ground Ginger  
1/2 tsp Cinnamon  
1 1/2 cups Rice Puffs Cereal  
1/2 cup Pumpkin Seeds  
1 oz Dark Chocolate (chopped)

## NUTRITION

### AMOUNT PER SERVING

Calories	208	Protein	6g
Fat	14g	Cholesterol	0mg
Saturated	3g	Sodium	44mg
Carbs	16g	Calcium	23mg
Fiber	3g	Iron	5mg
Sugar	7g	Vitamin D	0IU

## DIRECTIONS

- 01 In a mixing bowl, whisk together the pumpkin seed butter, maple syrup, ginger, and cinnamon. Gently fold in the rice puffs cereal and pumpkin seeds.
- 02 Transfer and spread the mixture across a parchment-lined container or baking dish. Place another layer of parchment paper on top and firmly press into an even packed layer. (Note: If not compact enough, the bars may come out crumbly.)
- 03 In the microwave, heat the dark chocolate in a small bowl for 30 seconds at a time, until melted. Drizzle ovetop with a small spoon.
- 04 Freeze for about 30 minutes and slice into bars. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to two weeks, or freeze for up to two months.

### SERVING SIZE

One serving equals two bars. A 9 x 6 1/2-inch container was used to make 12 bars or six servings.

### NO PUMPKIN SEED BUTTER

Use tahini, sunflower seed butter, peanut butter, or almond butter instead.