



Gluten Free Weekly Dinner Plan + Bonus Recipes No. 7

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

- 1 cup Blueberries
- 1 Kiwi
- 1 Lemon
- 3 tbsps Lemon Juice
- 2 tbsps Lime Juice
- 2 1/3 cups Strawberries

BREAKFAST

- 1/3 cup Granola

SEEDS, NUTS & SPICES

- 1/4 tsp Black Pepper
- 2 tbsps Chia Seeds
- 1/4 tsp Garlic Powder
- 2 tbsps Greek Seasoning
- 1 tbsp Ground Flax Seed
- 1 tsp Ground Ginger
- 1 tbsp Hemp Seeds
- 1/2 tsp Oregano
- 1/4 tsp Red Pepper Flakes
- 0 Salt And Ground Black Pepper
- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper

FROZEN

- 1 cup Frozen Peas

VEGETABLES

- 2 cups Baby Spinach
- 1/4 cup Basil Leaves
- 1 head Cauliflower
- 3 cups Cherry Tomatoes
- 1/4 cup Chives
- 1/2 cup Cilantro
- 1 Cucumber
- 1 tbsp Fresh Oregano
- 1/2 stalk Green Onion
- 6 cups Purple Cabbage
- 1 Red Bell Pepper
- 1/4 cup Red Onion
- 3 cups Snap Peas
- 2 Yellow Onion

BOXED & CANNED

- 2 cups Canned Coconut Milk
- 1 cup Dry Red Lentils
- 2 cups Green Lentils
- 1/2 cup Organic Soy milk
- 1/3 cup Seven Sundays Blueberry Chia Buckwheat Muesli
- 2 cans Tuna
- 3 cups Vegetable Broth

BAKING

- 1/4 tsp Baking Soda
- 2 cups Chickpea Flour
- 1/2 tsp Cornstarch
- 1/3 cup Fine Almond Flour
- 1 1/3 cups Gluten Free Oats
- 2/3 cup Swerve Sweetener
- 1/3 cup Vegan Butter

BREAD, FISH, MEAT & CHEESE

- 4 ozs Cheddar Cheese
- 1 1/4 lbs Chicken Breast
- 12 ozs Mozzarella Cheese
- 1 1/4 lbs Salmon Fillet

CONDIMENTS & OILS

- 3 tbsps Avocado Oil
- 3 tbsps Balsamic Vinegar
- 2 tbsps Coconut Aminos
- 2 tbsps Dijon Mustard
- 3/4 cup Extra Virgin Olive Oil
- 1/2 cup Green Curry Paste
- 1 cup Pitted Kalamata Olives
- 3 tbsps Red Wine Vinegar
- 2/3 cup Tomato Sauce

COLD

- 6 Large Eggs
- 1/2 cup Plain Greek Yogurt

OTHER

- 2 tbsps Strawberry Preserves
- 2 1/2 cups Water

One Pot Cauliflower & Lentil Green Curry

4 SERVINGS 30 MINUTES



INGREDIENTS

1/2 cup Water
2 Yellow Onion (medium, chopped)
1/2 cup Green Curry Paste
3 cups Vegetable Broth
2 cups Canned Coconut Milk
1 cup Dry Red Lentils (rinsed)
1 head Cauliflower (small, cut into florets)
2 tbsps Coconut Aminos
2 tbsps Lime Juice
1/2 cup Cilantro (chopped, optional for serving)

NUTRITION

AMOUNT PER SERVING

Calories	529	Protein	18g
Fat	25g	Cholesterol	0mg
Saturated	20g	Sodium	1484mg
Carbs	60g	Calcium	79mg
Fiber	14g	Iron	7mg
Sugar	14g	Vitamin D	0IU

DIRECTIONS

- 01 Heat the water in a pot over medium heat. Add onions and cook for about three to five minutes until the onions begin to soften. Stir in the curry paste and continue to cook for another minute. Stir in the vegetable broth and coconut milk and bring to a simmer.
- 02 Stir in the lentils and cook for about 10 minutes or until the lentils are tender. Stir often to prevent sticking to the bottom of the pan.
- 03 Add the cauliflower to the pot and continue to cook for seven to eight minutes or until the cauliflower florets are tender. Stir in the coconut aminos and lime juice.
- 04 Divide between bowls and garnish with the cilantro (if using). Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is approximately two cups.

MORE FLAVOR

Add fresh garlic or ginger.

MAKE IT VEGAN

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

NO CAULIFLOWER

Use broccoli instead.

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 more vegetable broth.

SERVE IT WITH

Rice, quinoa or cauliflower rice.

Greek Chicken Salad

4 SERVINGS 45 MINUTES



INGREDIENTS

2 tbsps Greek Seasoning
1 Lemon (juiced)
1/4 cup Extra Virgin Olive Oil
1 1/4 lbs Chicken Breast (boneless, skinless)
3 cups Cherry Tomatoes (halved)
1 Cucumber (diced)
1/4 cup Red Onion (finely diced)
1 cup Pitted Kalamata Olives (chopped)
3 tbsps Balsamic Vinegar
Sea Salt & Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	376	Protein	34g
Fat	21g	Cholesterol	103mg
Saturated	3g	Sodium	1281mg
Carbs	13g	Calcium	66mg
Fiber	2g	Iron	3mg
Sugar	7g	Vitamin D	1IU

DIRECTIONS

- 01 Combine the Greek seasoning, lemon juice, and 1/4 of the olive oil in a shallow bowl or ziploc bag. Add the chicken breasts and marinate for 20 minutes or overnight.
- 02 Preheat a grill or skillet over medium heat. Remove chicken from the marinade and cook for 10 to 15 minutes per side, or until chicken is cooked through.
- 03 While the chicken is cooking, make the salad by combining the cherry tomatoes, cucumbers, red onion, olives, balsamic vinegar, remaining olive oil, salt, and pepper. Mix well.
- 04 Divide the salad and chicken between plates. Enjoy!

NOTES

MORE CARBS

Mix quinoa into the salad or serve with roasted potatoes.

CHEESE LOVER

Sprinkle with feta cheese.

NO GREEK SEASONING

Use Italian seasoning instead.

Easy Vegetable Frittata Recipe

4 SERVINGS 20 MINUTES



INGREDIENTS

6 Large Eggs
2 tsps Extra Virgin Olive Oil
1 Red Bell Pepper (red, orange, or yellow)
1/2 stalk Green Onion
4 ozs Cheddar Cheese (grated omit for paleo option)
1 tbsp Fresh Oregano (chopped)
Salt And Ground Black Pepper (to taste)

NUTRITION

AMOUNT PER SERVING

Calories	144	Protein	7g
Fat	12g	Cholesterol	28mg
Saturated	6g	Sodium	187mg
Carbs	3g	Calcium	216mg
Fiber	1g	Iron	0mg
Sugar	1g	Vitamin D	7IU

DIRECTIONS

- 01 Heat oven to 350 degrees F.
- 02 Prep Ingredients: Beat eggs in a mixing bowl until well combined. De-stem and de-seed bell pepper and chop into small pieces. Slice green onions (green tops only for low FODMAP version) into 1/4 inch pieces. Grate cheese. Lightly chop oregano.
- 03 Heat a 10-inch oven proof skillet over medium heat. Add oil and spread to coat bottom and sides of skillet. Add bell pepper and saute for 2 minutes to soften. Add green onion and saute for 1 minute. Season vegetables with salt and black pepper to taste.
- 04 Spread vegetables evenly across skillet and pour egg mixture on top. Turn heat to medium low and cook for ~ 8 minutes, or until eggs firm up on sides of skillet. Top will still be runny.
- 05 Place skillet in oven and bake for 5 minutes. Carefully slide out skillet from hot oven and top with grated cheese. Bake an additional 3 minutes.
- 06 Remove skillet from oven and allow to cool for 5 minutes. Sprinkle oregano on top, slice into 4 wedges and serve.

Spring Salad

4 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Green Lentils (cooked, drained and rinsed)
3 cups Snap Peas (washed)
1 cup Frozen Peas (thawed)
2 cups Baby Spinach (chopped)
2 cans Tuna (drained and flaked)
3 tbsps Red Wine Vinegar
1 tbsp Extra Virgin Olive Oil
2 tbsps Dijon Mustard
1/4 tsp Sea Salt
1/4 tsp Black Pepper

NUTRITION

AMOUNT PER SERVING

Calories	284	Protein	29g
Fat	5g	Cholesterol	30mg
Saturated	1g	Sodium	482mg
Carbs	32g	Calcium	87mg
Fiber	12g	Iron	7mg
Sugar	6g	Vitamin D	39IU

DIRECTIONS

- 01 Combine lentils, snap peas, green peas, spinach and flaked tuna together in a large mixing bowl.
- 02 In a small jar, combine vinegar, olive oil, mustard, salt and pepper. Put lid on and shake well. Pour dressing over salad and toss well. Divide into bowls and enjoy!

NOTES

STORAGE

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

NO TUNA

Use diced chicken breast instead.

VEGETARIAN AND VEGAN

Skip the tuna and add extra lentils.

One Pan Lemon & Chive Salmon

4 SERVINGS 15 MINUTES



INGREDIENTS

1/2 cup Extra Virgin Olive Oil (divided)
6 cups Purple Cabbage (sliced into thick wedges)
1/4 tsp Sea Salt (divided)
1 1/4 lbs Salmon Fillet
1/4 cup Chives (finely chopped)
3 tbsps Lemon Juice

NUTRITION

AMOUNT PER SERVING

Calories	485	Protein	30g
Fat	36g	Cholesterol	78mg
Saturated	5g	Sodium	247mg
Carbs	11g	Calcium	81mg
Fiber	3g	Iron	2mg
Sugar	5g	Vitamin D	0IU

DIRECTIONS

- 01 Heat a cast-iron skillet over medium heat and add 1/4 of the oil. Once hot, add the cabbage and sear on all sides, until charred, about five minutes total. Remove, set aside, and season with half the salt.
- 02 In the same skillet over medium heat add 1/4 of the oil. Season the salmon with the remaining salt, then add it to the pan skin-side down, cooking for about three minutes. Flip and cook for an additional one to two minutes, until the flesh is opaque throughout. Remove and set aside.
- 03 Meanwhile, in a small bowl, add the remaining oil, chives, and lemon juice. Mix to combine.
- 04 Divide the cabbage and salmon onto plates and top with the chive mixture. Enjoy!

NOTES

LEFTOVERS

For best results, store the salmon and chive mixture separately in sealed containers. Refrigerate the fish for up to three days.

MORE FLAVOR

Add red pepper flakes and black pepper to the chive mixture.

Chickpea Flatbread Pizza

4 SERVINGS 1 HOUR 20 MINUTES



INGREDIENTS

2 cups Chickpea Flour
2 cups Water
3 tbsps Avocado Oil (divided)
1/2 tsp Sea Salt
2/3 cup Tomato Sauce
1/2 tsp Oregano
1/4 tsp Garlic Powder
1/4 tsp Red Pepper Flakes
12 ozs Mozzarella Cheese (shredded)
1/4 cup Basil Leaves (finely chopped)

NUTRITION

AMOUNT PER SERVING

Calories	495	Protein	26g
Fat	29g	Cholesterol	76mg
Saturated	12g	Sodium	605mg
Carbs	29g	Calcium	349mg
Fiber	6g	Iron	3mg
Sugar	6g	Vitamin D	0IU

DIRECTIONS

- 01 In a mixing bowl whisk the chickpea flour, water, two-thirds of the oil and salt together until smooth. Let the batter sit for 1 hour at room temperature.
- 02 About 10 minutes before the batter is done resting preheat the oven to 450°F (232°C) and place a 10-inch cast-iron pan inside the warming oven.
- 03 Remove the pan from the oven and turn the broiler to high. Add the remaining oil to the pan and swirl to coat. Pour the batter into the pan and place it under the broiler for 5 to 7 minutes until the edges have browned and the top of the flatbread is firm. Remove from the oven.
- 04 Reduce the oven temperature to 350°F (176°C).
- 05 Carefully remove the chickpea flatbread from the pan and transfer to a baking sheet. Top it with tomato sauce, spices and shredded cheese. Return to the oven and bake for 10 to 12 minutes until the cheese is bubbly and browned. Top with basil.
- 06 Slice and serve immediately. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven until just warmed through and crisp.

SERVING SIZE

One serving is equal to approximately three slices of pizza.

DAIRY-FREE

Use a dairy-free shredded cheese instead.

MORE FLAVOR

Add minced garlic and Italian seasoning to the tomato sauce.

ADDITIONAL TOPPINGS

Top with your favorite pizza toppings like pepperoni, bacon, olives, bell peppers or sautéed mushrooms.

Easy Blueberry Smoothie Bowl

1 SERVING 10 MINUTES



INGREDIENTS

1/3 cup Seven Sundays Blueberry Chia Buckwheat Muesli (Option to use plain oats instead)

1/2 cup Organic Soymilk

1 tbsp Ground Flax Seed

1/4 tsp Ground Ginger

1 cup Blueberries

1 tbsp Hemp Seeds

1 Kiwi

NUTRITION

AMOUNT PER SERVING

Calories	370	Protein	14g
Fat	12g	Cholesterol	0mg
Saturated	1g	Sodium	65mg
Carbs	57g	Calcium	213mg
Fiber	11g	Iron	4mg
Sugar	24g	Vitamin D	60IU

DIRECTIONS

- 01 Combine all ingredients EXCEPT the hemp seeds, kiwi fruit, and viola flowers, in a blender. Blend on high speed to combine well. Add additional milk if needed, to thin the consistency.
- 02 Pour smoothie into a serving bowl. Top with sliced kiwi fruit, hemp seeds, and viola flowers.

NOTES

LOW FODMAP OPTION

Swap the blueberries for raspberries or strawberries. Use your favorite low FODMAP plant based or lactose free milk. You can try the Seven Sunday's cereal, but it does have small amounts of high FODMAP foods-swap w/ plain oats if desired.

INGREDIENT SWAPS

Blueberries-->Any other berries. Soy Milk-->Any plant based or regular milk
Seven Sundays Muesli-->Plain oats Ginger-->Cardamom Hemp & Flax Seeds-->Pumpkin/Sunflower Seeds & any nuts of choice.

Granola, Yogurt & Berry Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 cup Plain Greek Yogurt
1 cup Strawberries (sliced)
1/3 cup Granola

NUTRITION

AMOUNT PER SERVING

Calories	335	Protein	18g
Fat	13g	Cholesterol	17mg
Saturated	3g	Sodium	82mg
Carbs	39g	Calcium	304mg
Fiber	7g	Iron	3mg
Sugar	18g	Vitamin D	50IU

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

GLUTEN-FREE

Ensure a gluten-free granola is used.

DAIRY-FREE & VEGAN

Use a dairy-free yogurt.

Strawberry Oatmeal Bars

12 SERVINGS 55 MINUTES



INGREDIENTS

1 1/3 cups Gluten Free Oats
1/3 cup Fine Almond Flour
1/2 cup Swerve Sweetener (or brown sugar)
1/4 tsp Baking Soda
1/4 tsp Ground Ginger
1/4 tsp Sea Salt
1/3 cup Vegan Butter (melted)
1 1/3 cups Strawberries (finely chopped)
2 tbsps Strawberry Preserves
2 tbsps Chia Seeds
2 tbsps Swerve Sweetener (or cane sugar)
1/2 tsp Ground Ginger
1/2 tsp Cornstarch

NUTRITION

AMOUNT PER SERVING

Calories	97	Protein	2g
Fat	6g	Cholesterol	0mg
Saturated	1g	Sodium	116mg
Carbs	9g	Calcium	28mg
Fiber	2g	Iron	1mg
Sugar	1g	Vitamin D	0IU

DIRECTIONS

- 01 Preheat oven to 350 degrees F. Line an 8-inch square baking pan with parchment paper, and leave ~ 2-inch overhang on two sides.
- 02 Combine oats, almond flour, sweetener, baking soda, ginger, and salt in a medium to large mixing bowl. Melt butter spread and stir into oat mixture until well combined.
- 03 Firmly press 2 cups of oat mixture into the bottom of the baking pan (save the rest for topping), and bake for 15 minutes, or until lightly browned. Remove from oven.
- 04 While oat crust is baking, make the filling. Combine strawberries, preserves, chia seeds, sweetener, ginger, and cornstarch in a mixing bowl.
- 05 Gently spread filling over oat crust, then top with remaining oat mixture. Place back in oven to bake for 35 minutes, or until filling is bubbly.
- 06 Remove from oven and allow to cool for 30 minutes (be patient), then cut into 12 squares.

NOTES

LOW FODMAP VERSION

Swap the Swerve sweetener with brown sugar (oat mixture) and granulated/cane sugar (filling).

RECIPE SWAPS

1. Feel free to use other berries or fruit in place of the strawberries. 2. Don't have almond flour? You can use any gluten free or gluten free flour blend. 3. Swap ginger with cinnamon if desired.

NOTES & TIPS

1. The oat mixture will appear crumbly when pressed into the pan, but it should hold up well and stick together once baked. 2. Make sure to line your pan with parchment paper so the Strawberry Oatmeal Bars don't stick. Makes for easy clean-up too!