



**E.A. Stewart**  
Spicy RD Nutrition

Gluten Free Weekly Dinner Plan  
+ Bonus Recipes No. 8

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EA Stewart

<https://www.eastewart.com>

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

- ☐ 1/2 Banana
- ☐ 3 1/8 Lemon
- ☐ 4 cups Strawberries

### Breakfast

- ☐ 3 tbsps Maple Syrup

### Seeds, Nuts & Spices

- ☐ 1/2 cup Almonds
- ☐ 1/3 cup Cashews
- ☐ 1/2 tsp Cinnamon
- ☐ 1 tsp Dried Thyme
- ☐ 2 tsps Ground Cumin
- ☐ 3/4 tsp Ground Ginger
- ☐ 1/4 cup Hemp Seeds
- ☐ 1 tsp Oregano
- ☐ 1 tsp Paprika
- ☐ 1/2 tsp Red Pepper Flakes
- ☐ 1 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper
- ☐ 1 1/2 tbsps Smoked Paprika

### Frozen

- ☐ 2 1/2 cups Frozen Berries

### Vegetables

- ☐ 2 tbsps Basil Leaves
- ☐ 4 cups Broccoli
- ☐ 2 Carrot
- ☐ 1 head Cauliflower
- ☐ 2 tbsps Chives
- ☐ 1/3 cup Chopped Cilantro
- ☐ 1/3 cup Chopped Parsely
- ☐ 15 Cremini Mushrooms
- ☐ 1 Cucumber
- ☐ 2 cloves Garlic
- ☐ 3 1/3 Garlic
- ☐ 1/2 Green Bell Pepper
- ☐ 1 1/3 stalks Green Onion
- ☐ 2 cups Kale Leaves
- ☐ 4 cups Mini Potatoes
- ☐ 1 cup Mint Leaves
- ☐ 3 cups Parsley
- ☐ 2 Red Bell Pepper
- ☐ 1 Small Yellow Onion
- ☐ 1 cup Snap Peas
- ☐ 2 Tomato
- ☐ 2 Yellow Onion

### Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 3 1/3 cups Brown Rice Fusilli
- ☐ 2 lbs Chickpeas
- ☐ 1/2 cup Quinoa

### Baking

- ☐ 3 tbsps Gluten Free Flour )
- ☐ 3/4 cup Pitted Dates
- ☐ 1 tsp Salt
- ☐ 1/2 tsp Vanilla Extract

### Bread, Fish, Meat & Cheese

- ☐ 1 lb Chicken Thighs
- ☐ 2/3 cup Hummus
- ☐ 8 ozs Shrimp, Cooked
- ☐ 14 1/8 ozs Tofu

### Condiments & Oils

- ☐ 1 tbsp Apple Cider Vinegar
- ☐ 1 1/2 tbsps Balsamic Vinegar
- ☐ 1/2 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Olive Oil
- ☐ 1 tbsp Sunflower Seed Butter
- ☐ 1/4 cup Tamari

### Cold

- ☐ 1 tbsp Butter
- ☐ 2 cups Cottage Cheese
- ☐ 8 Egg
- ☐ 1 cup Plain Kefir

### Other

- ☐ 2 1/4 cups Water



## Easy Air Fryer Falafel

5 servings

22 minutes

### Ingredients

1/2 cup Olive Oil (Add to blender as needed)  
2 lbs Chickpeas (Rinsed and drained)  
1/3 cup Chopped Cilantro  
1/3 cup Chopped Parsely  
2 cloves Garlic  
1 Small Yellow Onion  
2 tsps Ground Cumin  
1 tsp Paprika  
1 tsp Salt  
1/2 Lemon (Juiced)  
3 tbsps Gluten Free Flour ) (Plus additional flour as needed see instructions)

### Nutrition

Amount per serving	
Calories	455
Fat	27g
Saturated	4g
Carbs	42g
Fiber	12g
Sugar	7g
Protein	14g
Cholesterol	0mg
Sodium	826mg
Calcium	111mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Add all the ingredients to a food processor. Pulse until mixture resembles a paste. You do not want it to be completely smooth.
- 2 Add ingredients to a food processor. Pulse until mixture resembles a paste. You do not want it to be completely smooth.
- 3 Remove mixture from food processor and shape falafel into desired shape. Add gluten free flour if needed to prevent falafel from becoming too sticky.
- 4 Spray air fryer with oil and place shaped falafel in air fryer.\*
- 5 Air fry for 6-8 minutes at 350° flip and air fry for an additional 5 minutes. Removed from air fryer and fry additional batches until done.

### Notes

**Serving Suggestions:** Enjoy your falafel in pita bread with vegetables (cucumbers, tomato, onions, lettuce) with tzatziki sauce or hummus. Or, top off a salad with falafel for plant based protein.



## Paleo Tabbouleh

4 servings

15 minutes

### Ingredients

1 head Cauliflower (small, sliced into florets)  
3 cups Parsley (finely chopped)  
1 cup Mint Leaves (finely chopped)  
1 Cucumber (diced)  
2 Tomato (medium, diced)  
1/4 cup Hemp Seeds  
1 Lemon (juiced)  
2 tbsps Extra Virgin Olive Oil  
Sea Salt & Black Pepper (to taste)

### Nutrition

Amount per serving	
Calories	195
Fat	13g
Saturated	2g
Carbs	17g
Fiber	6g
Sugar	5g
Protein	9g
Cholesterol	0mg
Sodium	97mg
Calcium	133mg
Iron	5mg
Vitamin D	0IU

### Directions

- 1 Rice the cauliflower by adding the florets to your food processor or blender, and pulsing until a rice-like texture is achieved.
- 2 Add the riced cauliflower to a large salad bowl along with the minced parsley, mint, cucumber, tomatoes, and hemp seeds. Add the lemon juice and olive oil and toss until everything is well combined.
- 3 Season with sea salt and black pepper to taste and enjoy alone or as a side dish!

### Notes

**More Protein:** Serve with chicken breast or chickpeas.

**Save Time:** Buy cauliflower that has already been riced. You may find it with the pre-chopped vegetables in your produce aisle, or in the frozen vegetables section.



## Shrimp & Kale Quinoa Bowl

2 servings

15 minutes

### Ingredients

1/2 cup Quinoa (dry)  
1 tbsp Maple Syrup  
1 tbsp Apple Cider Vinegar  
1 1/2 tsps Tamari  
2 cups Kale Leaves (tough stems removed, chopped)  
1/2 Green Bell Pepper (chopped)  
1 cup Snap Peas (chopped)  
8 ozs Shrimp, Cooked (tails removed)  
2 tsps Cashews (crushed)

### Nutrition

Amount per serving	
Calories	377
Fat	7g
Saturated	1g
Carbs	43g
Fiber	6g
Sugar	9g
Protein	37g
Cholesterol	214mg
Sodium	397mg
Calcium	190mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Cook the quinoa according to the directions on the package, and set aside.
- 2 In a small bowl, whisk together the maple syrup, apple cider vinegar, and tamari.
- 3 Divide the chopped kale equally between serving bowls or plates. Top with equal amounts of quinoa, bell pepper, snap peas, and shrimp.
- 4 Drizzle the dressing overtop and garnish with the crushed cashews. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Nut-Free:** Use sesame seeds instead, or omit the cashews completely.

**More Flavor:** Add ginger and garlic to the dressing. Sauté the shrimp and veggies if preferred.

**Make it Vegan:** Use firm tofu, tempeh, or edamame instead of shrimp.



## Sticky Sheet Pan Tofu Stir Fry

4 servings

35 minutes

### Ingredients

14 1/8 ozs Tofu (extra-firm, pressed, cut into 1-cm thick triangles or cubes)  
1/4 cup Tamari (divided)  
4 cups Broccoli (cut into florets)  
2 Carrot (large, peeled and sliced)  
2 Red Bell Pepper (medium, chopped)  
2 tbsps Maple Syrup  
2 Garlic (small clove, minced)  
1/2 tsp Ground Ginger  
1/4 tsp Red Pepper Flakes

### Nutrition

Amount per serving	
Calories	182
Fat	6g
Saturated	1g
Carbs	22g
Fiber	6g
Sugar	13g
Protein	15g
Cholesterol	0mg
Sodium	1064mg
Calcium	356mg
Iron	4mg
Vitamin D	0IU

### Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the tofu and half of the tamari to a mixing bowl and toss to coat the tofu in the tamari. Transfer the tofu to one side of the baking sheet. To the same mixing bowl add the broccoli, carrot, and bell pepper. Add half the remaining tamari and mix until the vegetables are lightly coated in the tamari. Transfer the vegetables to the other side of the baking sheet.
- 3 Bake the tofu and veggies for 20 minutes.
- 4 Meanwhile, in the mixing bowl combine the remaining tamari, maple syrup, garlic, ginger, and red pepper flakes.
- 5 Flip the tofu and the vegetables then drizzle with the maple ginger sauce. Continue baking for eight to 10 minutes until the sauce is sticky and bubbly. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to four days.

**Additional Toppings:** Sesame seeds, sliced green onion, or more tamari.

**Vegetables:** Use cauliflower, bell pepper, snap peas, zucchini, or green beans instead.

**No Tamari:** Use soy sauce or coconut aminos instead.

**No Maple Syrup:** Use honey or another liquid sweetener instead.

**Serve it With:** Rice, cauliflower rice, or quinoa.



## Brown Rice

4 servings

45 minutes

### Ingredients

1 cup Brown Rice (uncooked)

2 cups Water

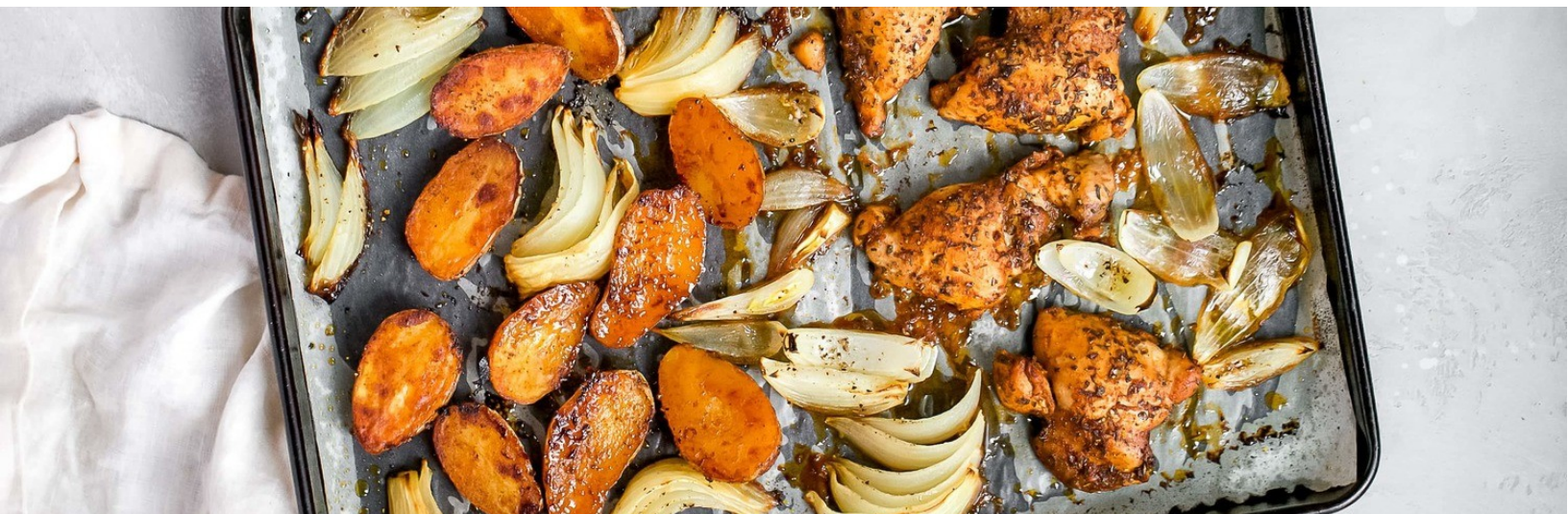
### Nutrition

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

### Directions

1

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!



## One Pan Chicken Souvlaki

4 servings

45 minutes

### Ingredients

1 lb Chicken Thighs (boneless, skinless)  
1/4 cup Extra Virgin Olive Oil (divided)  
1 Lemon (small, juiced, zested)  
1 1/2 tbsps Balsamic Vinegar  
1 tsp Oregano (dried)  
1 tsp Dried Thyme  
1 1/2 tbsps Smoked Paprika (divided)  
1/4 tsp Sea Salt (divided)  
4 cups Mini Potatoes (halved)  
2 Yellow Onion (cut into large wedges)

### Nutrition

Amount per serving	
Calories	411
Fat	19g
Saturated	3g
Carbs	35g
Fiber	6g
Sugar	7g
Protein	26g
Cholesterol	107mg
Sodium	270mg
Calcium	63mg
Iron	5mg
Vitamin D	1IU

### Directions

- 1 Preheat the oven to 425°F (218°C) and line a baking sheet with parchment paper.
- 2 In a large bowl, add the chicken thighs, half the oil, lemon juice and zest, balsamic vinegar, oregano, thyme, 3/4 of the smoked paprika, and half the salt. Mix well to combine and let it sit for 15 minutes.
- 3 Meanwhile, toss the potatoes with the remaining oil, salt, and smoked paprika. Place in the oven to bake for 15 minutes.
- 4 Remove the potatoes from the oven, add the chicken and the onion. Place back in the oven for 25 minutes, until the chicken is cooked through. Serve and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Additional Toppings:** Top with feta cheese, sun-dried tomatoes, and/or olives.



## Creamy Lemon Garlic Pasta

4 servings

15 minutes

### Ingredients

3 1/3 cups Brown Rice Fusilli  
2 tsps Extra Virgin Olive Oil  
1 1/3 stalks Green Onion (sliced)  
1 1/3 Garlic (clove, minced)  
1/8 tsp Red Pepper Flakes (optional, or to taste)  
2/3 cup Hummus  
2/3 Lemon (juiced)

### Nutrition

Amount per serving	
Calories	472
Fat	13g
Saturated	1g
Carbs	79g
Fiber	7g
Sugar	1g
Protein	10g
Cholesterol	0mg
Sodium	176mg
Calcium	24mg
Iron	2mg
Vitamin D	0IU

### Directions

- 1 Cook the pasta according to the package directions. Reserve some of the starchy cooking liquid for later. Drain and set aside.
- 2 Heat the oil in a pan over medium heat. Add the green onion and cook for 2 to 3 minutes. Add the garlic and red pepper flakes, if using, and cook for a minute more until very fragrant.
- 3 Remove the pan from the heat and add the hummus and lemon juice. Stir to combine then stir in the reserved starchy cooking liquid one tablespoon at a time until your desired consistency is reached. Add the cooked pasta to the pan and toss until evenly coated. Season with salt if necessary.
- 4 Divide between plates and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days. Enjoy cold or reheat with a splash of water.

**Additional Toppings:** Lemon wedges, sliced green onion, red pepper flakes, fresh ground black pepper, nutritional yeast or fresh herbs.

**More Veggies:** Serve with roasted vegetables or sautéed greens.

**No Fusilli:** Use another short-cut pasta instead.

**Hummus:** Classic or garlic flavor hummus works best for this recipe.

**No Green Onion:** Use red onion instead.



## Fresh Strawberries

4 servings

5 minutes

### Ingredients

4 cups Strawberries

### Nutrition

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

### Directions

1

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.



## Mushroom & Herb Egg Muffins

6 servings

30 minutes

### Ingredients

1 tbsp Butter (melted, divided)  
15 Cremini Mushrooms (sliced)  
2 tbsps Chives (finely chopped)  
2 tbsps Basil Leaves (finely chopped)  
1/2 tsp Sea Salt (divided)  
8 Egg  
1/4 cup Water

### Nutrition

Amount per serving	
Calories	123
Fat	8g
Saturated	3g
Carbs	2g
Fiber	0g
Sugar	1g
Protein	10g
Cholesterol	253mg
Sodium	294mg
Calcium	43mg
Iron	1mg
Vitamin D	58IU

### Directions

- 1 Preheat the oven to 350°F (176°C) and lightly brush the cups of a muffin pan with some of the melted butter.
- 2 Add the remaining butter to a large pan over medium heat. Add the mushrooms and cook for five to seven minutes until softened. Add the chives, basil, and half of the salt to the pan and stir to combine. Divide the mushroom between the cups of the prepared muffin tin.
- 3 Add the eggs, water, and remaining salt to a mixing bowl and whisk well. Pour the egg mixture into the muffin cups.
- 4 Bake for 15 to 18 minutes until the egg is firm to the touch and just brown around the edges. Let the egg muffins cool slightly before removing from the pan. Enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Serving Size:** One serving is two egg muffins.

**Dairy-Free:** Use extra virgin olive oil or avocado oil instead of butter.

**More Flavor:** Use milk of choice instead of water. Add more fresh herbs.

**No Cremini Mushrooms:** Use another type of mushroom instead.



## Cottage Cheese with Mixed Berries

2 servings

5 minutes

### Ingredients

- 2 cups Cottage Cheese
- 1 cup Frozen Berries (or fresh)

### Nutrition

Amount per serving	
Calories	246
Fat	9g
Saturated	4g
Carbs	17g
Fiber	3g
Sugar	13g
Protein	24g
Cholesterol	36mg
Sodium	662mg
Calcium	187mg
Iron	1mg
Vitamin D	6IU

### Directions

- 1 Top the cottage cheese with frozen berries and enjoy!

### Notes

**Leftovers:** Refrigerate in an airtight container for up to three days.

**Make it Vegan:** Use coconut yogurt or oatmeal instead of cottage cheese.

**Additional Toppings:** Hemp seeds, crushed nuts, coconut flakes, and/or your sweetener of choice.



## Kefir Berry Smoothie

1 serving

5 minutes

### Ingredients

- 1 1/2 cups Frozen Berries
- 1 cup Plain Kefir
- 1/2 Banana (medium)
- 1 tbsp Sunflower Seed Butter

### Nutrition

Amount per serving	
Calories	411
Fat	12g
Saturated	2g
Carbs	64g
Fiber	11g
Sugar	48g
Protein	17g
Cholesterol	10mg
Sodium	171mg
Calcium	453mg
Iron	3mg
Vitamin D	101IU

### Directions

1

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

### Notes

**Make it Vegan & Dairy-Free:** Use coconut yogurt instead of kefir.

**No Sunflower Seed Butter:** Use almond or peanut butter instead.

**Likes it Sweet:** Add maple syrup, honey, or dates to taste.



## Cinnamon Ginger Energy Balls

12 servings

15 minutes

### Ingredients

3/4 cup Pitted Dates  
1/2 cup Almonds (raw)  
1/4 cup Cashews (raw)  
1/2 tsp Cinnamon (ground)  
1/4 tsp Ground Ginger  
1/2 tsp Vanilla Extract  
1/4 tsp Sea Salt

### Nutrition

Amount per serving	
Calories	78
Fat	4g
Saturated	0g
Carbs	9g
Fiber	2g
Sugar	6g
Protein	2g
Cholesterol	0mg
Sodium	50mg
Calcium	22mg
Iron	1mg
Vitamin D	0IU

### Directions

1

Add the dates, almonds, cashews, cinnamon, ginger, vanilla and sea salt to a food processor and blend until well mixed and sticky.

2

Transfer to a medium-size mixing bowl. Form into even balls with your hands and store in the fridge or freezer until ready to enjoy.

### Notes

**Serving Size:** One serving is equal to one ball.

**Leftovers:** Store in an airtight container in the fridge up to one week. Store in the freezer for longer.