



E. A. Stewart
Spicy RD Nutrition

Healthy Weekly Gluten Free
Meal Plan No. 10

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Enjoy this week's gluten free weekly dinner plan, along with bonus recipes: 1 breakfast recipe, 1 smoothie or snack 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

- 6 cups Blueberries
- 1/3 cup Lemon Juice
- 1 tbsp Lime Juice
- 5 Navel Orange
- 4 Plantain
- 10 cups Strawberries

Breakfast

- 1/2 cup All Natural Peanut Butter

Seeds, Nuts & Spices

- 1 1/4 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1/3 cup Slivered Almonds
- 1/3 cup Walnuts

Vegetables

- 12 cups Arugula
- 4 cups Baby Spinach
- 1 Beet
- 4 Carrot
- 2 cups Cherry Tomatoes
- 1 cup Cilantro
- 1 Eggplant
- 1/4 cup Fresh Dill
- 9 Garlic
- 8 stalks Green Onion
- 8 cups Kale Leaves
- 2 cups Microgreens
- 1/2 cup Parsley
- 2 Red Bell Pepper
- 1 1/2 cups Red Onion
- 2 Sweet Potato
- 2 1/2 tbsps Thyme
- 1/2 Yellow Onion
- 1 Zucchini

Boxed & Canned

- 10 ozs Chickpea Pasta
- 4 cups Lentils
- 1 1/3 cups Vegetable Broth

Baking

- 1/2 cup All Purpose Gluten Free Flour
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1 tbsp Cacao Nibs
- 1 tbsp Cacao Powder
- 3 1/2 ozs Dark Chocolate
- 1/2 cup Dark Chocolate Chips
- 1 1/2 cups Oats
- 1 tbsp Shredded Coconut
- 2 tbsps Stevia Powder
- 1 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 4 ozs Cheddar Cheese
- 1 lb Chicken Breast
- 8 slices Gluten Free Bread
- 4 ozs Goat Cheese
- 1 1/4 lbs Salmon Fillet
- 12 slices Turkey Bacon

Condiments & Oils

- 2 tbsps Avocado Oil
- 1/3 cup Balsamic Vinegar
- 1/4 cup Coconut Oil
- 1 tbsp Dijon Mustard
- 1/3 cup Extra Virgin Olive Oil
- 1/4 cup Mayonnaise
- 2 tbsps White Balsamic Vinegar

Cold

- 1 cup Coconut Yogurt
- 15 Egg
- 1/4 cup Unsweetened Almond Milk

Other

- 1 cup Ice Cubes



Strawberry Arugula Salad with Chicken & Strawberry Lemon Vinaigrette

4 servings

10 minutes

Ingredients

1/4 cup Extra Virgin Olive Oil
2 tbsps Lemon Juice
2 tbsps White Balsamic Vinegar
1 cup Strawberries (Hulled)
Sea Salt & Black Pepper
12 cups Arugula
4 cups Strawberries (Hulled & sliced)
1 lb Chicken Breast (Precooked and sliced)
4 ozs Goat Cheese
1/3 cup Slivered Almonds
2 cups Microgreens

Nutrition

Amount per serving	
Calories	407
Fat	23g
Saturated	0g
Carbs	11g
Fiber	3g
Sugar	8g
Protein	42g
Cholesterol	137mg
Sodium	118mg
Calcium	154mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Prepare the salad dressing by combining the olive oil, vinegar, lemon juice, strawberries, salt and pepper in a blender, and blend on high until smooth. Set aside, or store in refrigerator until ready to use.
- 2 To assemble the salads, place 3 cups each of arugula or other salad greens on two plates. Divide remaining ingredients in half and top greens with sliced strawberries, sliced chicken breast, goat cheese, and slivered almonds. Drizzle salad dressing evenly over each plate, and top each salad with 1/2 cup {optional} micro greens. Serve immediately.

Notes

Chicken Breast: Buy precooked chicken breast, use leftover roast or grilled chicken, or prep the chicken ahead of time for a quick and easy dinner.

Nut Allergy? Dairy Free?: Omit almonds. Omit goat cheese.



Roasted Veggie Pasta

4 servings

25 minutes

Ingredients

- 1 Eggplant (large, diced into half-inch pieces)
- 1 Zucchini (medium, chopped)
- 2 cups Cherry Tomatoes
- 2 Carrot (medium, sliced)
- 1/2 cup Red Onion (large, sliced)
- 3 Garlic (cloves, minced)
- 2 1/2 tbsps Thyme (fresh)
- 1/4 tsp Sea Salt (to taste)
- 10 ozs Chickpea Pasta (dry)
- 2 tbsps Balsamic Vinegar (to taste)

Nutrition

Amount per serving	
Calories	324
Fat	5g
Saturated	0g
Carbs	60g
Fiber	17g
Sugar	18g
Protein	21g
Cholesterol	0mg
Sodium	257mg
Calcium	104mg
Iron	8mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 425°F (220°C). Line your baking sheets with parchment paper.
- 2 In a large bowl, toss together everything except the pasta and balsamic vinegar. Transfer to the baking sheets and spread the veggies in an even layer. Roast for 20 minutes.
- 3 Meanwhile, cook the pasta according to the package directions. Drain the water and return the pasta to the pot.
- 4 Add the roasted veggies to the cooked pasta and stir in the balsamic vinegar. Taste and adjust the salt, thyme, or balsamic vinegar as needed. Enjoy!

Notes

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

Serving Size: One serving equals approximately 1 1/2 cups.

More Flavor: Add your choice of additional herbs and spices, or use a dressing of your choice instead of balsamic vinegar.

Additional Toppings: Add spinach, marinated tofu, chicken, turkey, tuna, avocado, or sunflower seeds.



Orange & Dark Chocolate

4 servings

3 minutes

Ingredients

4 Navel Orange (peeled or sliced)
3 1/2 ozs Dark Chocolate (broken into pieces)

Nutrition

Amount per serving	
Calories	218
Fat	11g
Saturated	6g
Carbs	29g
Fiber	6g
Sugar	18g
Protein	3g
Cholesterol	1mg
Sodium	6mg
Calcium	78mg
Iron	3mg
Vitamin D	0IU

Directions

1

Peel and section oranges or slice into wedges. Divide into bowl and top with dark chocolate. Enjoy!

Notes

No Oranges: Substitute grapefruit instead.



Creamy Dill Salmon

4 servings

20 minutes

Ingredients

- 1/4 cup Mayonnaise
- 1/4 cup Fresh Dill
- 1/4 tsp Sea Salt
- 1 1/4 lbs Salmon Fillet
- 1 1/3 tbsps Lemon Juice (optional)

Nutrition

Amount per serving	
Calories	296
Fat	19g
Saturated	3g
Carbs	0g
Fiber	0g
Sugar	0g
Protein	28g
Cholesterol	84mg
Sodium	298mg
Calcium	20mg
Iron	1mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl, combine the mayonnaise, dill and salt.
- 3 Arrange the salmon fillets on the prepared baking sheet and spread the creamy dill sauce evenly across the tops of the fish. Bake for 14 to 18 minutes or until the fish is cooked through and flakes easily.
- 4 Divide between plates and top with lemon juice, if using. Enjoy!

Notes

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

Egg-Free: Use a vegan or egg-free mayonnaise instead.

More Flavor: Add garlic powder, onion powder or black pepper to the creamy dill sauce.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes and veggies or salad.

Cooking Time: Cooking time will vary depending on the thickness of the salmon fillet.



Citrusy Kale & Carrot Salad

4 servings

10 minutes

Ingredients

- 1 Navel Orange (medium)
- 2 tbsps Extra Virgin Olive Oil
- 2 tbsps Lemon Juice
- 1 tbsp Dijon Mustard
- 8 cups Kale Leaves (finely chopped)
- 1 Carrot (small, peeled and finely grated)
- 1/3 cup Walnuts (chopped)

Nutrition

Amount per serving	
Calories	169
Fat	14g
Saturated	2g
Carbs	10g
Fiber	4g
Sugar	5g
Protein	3g
Cholesterol	0mg
Sodium	75mg
Calcium	137mg
Iron	1mg
Vitamin D	0IU

Directions

- 1 Cut away the peel and pith of the orange then cut the orange into segments away from the membranes. Roughly chop the orange segments and set aside.
- 2 In a small bowl combine the oil, lemon juice, and Dijon mustard
- 3 Add the kale to a mixing bowl. Add the dressing to the kale and massage with your hands for one to two minutes until wilted and tender.
- 4 Stir in the carrot then top with the orange segments and walnuts. Season the salad with additional lemon juice, if needed, and enjoy!

Notes

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

Nut-Free: Omit the walnuts or use pumpkin seeds instead.

More Flavor: Use roasted walnuts and add fresh parsley.

More Protein: Add chickpeas, cooked chicken, shrimp, or salmon.



Warm Lentil & Sweet Potato Salad

4 servings

15 minutes

Ingredients

- 2 Sweet Potato (medium, peeled and cut into small cubes)
- 1 1/3 cups Vegetable Broth (divided)
- 1 cup Red Onion (chopped)
- 6 Garlic (cloves, minced)
- 1/2 tsp Sea Salt
- 4 cups Baby Spinach
- 4 cups Lentils (cooked, rinsed)
- 1/4 cup Balsamic Vinegar
- 1/2 cup Parsley (chopped, optional)

Nutrition

Amount per serving	
Calories	336
Fat	1g
Saturated	0g
Carbs	63g
Fiber	19g
Sugar	11g
Protein	21g
Cholesterol	0mg
Sodium	587mg
Calcium	121mg
Iron	9mg
Vitamin D	0IU

Directions

- 1 Place sweet potato in a steamer over boiling water, cover, and cook for 8 to 10 minutes or until tender.
- 2 Meanwhile, add half of the broth to a large pan with the onions and garlic. Cook over medium heat until the onions have softened, about 3 to 5 minutes. Add the salt and stir to combine. Wilt in the spinach.
- 3 Add the lentils, balsamic vinegar, and the remaining broth. Continue to cook over medium heat for about 5 minutes more until most of the liquid has been absorbed.
- 4 Remove the pan from the heat and stir in the steamed sweet potato and parsley. Divide into bowls and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Reheat with extra vegetable broth if lentils become too dry.

Serving Size: One serving is equal to approximately 1 1/2 cups of salad.

No Sweet Potato: Use cubed butternut squash instead.



Blueberries

4 servings

2 minutes

Ingredients

4 cups Blueberries

Nutrition

Amount per serving	
Calories	84
Fat	0g
Saturated	0g
Carbs	21g
Fiber	4g
Sugar	15g
Protein	1g
Cholesterol	0mg
Sodium	1mg
Calcium	9mg
Iron	0mg
Vitamin D	0IU

Directions

- 1 Wash the berries and enjoy!



Turkey Bacon Omelette with Toast & Fruit

4 servings

20 minutes

Ingredients

- 12 slices Turkey Bacon
- 12 Egg
- 4 ozs Cheddar Cheese (grated)
- 2 Red Bell Pepper (medium, diced)
- 8 stalks Green Onion (sliced)
- 8 slices Gluten-Free Bread (toasted)
- 2 cups Blueberries
- 4 cups Strawberries

Nutrition

Amount per serving	
Calories	659
Fat	34g
Saturated	12g
Carbs	54g
Fiber	9g
Sugar	23g
Protein	36g
Cholesterol	611mg
Sodium	973mg
Calcium	380mg
Iron	5mg
Vitamin D	130IU

Directions

- 1 Heat a skillet over medium heat. Cook the turkey bacon for five minutes each side or until cooked to your desired crispiness. Transfer to a towel-lined plate to absorb any excess oil. Chop the bacon into pieces.
- 2 Whisk the eggs in a bowl. In the same skillet over medium-high heat, add the eggs and cook until almost set. Rotate the pan to spread the mixture evenly.
- 3 Sprinkle the cheese over top and place the red bell pepper, bacon, and green onion down the middle. Fold in the sides and transfer to a plate.
- 4 Serve the omelette with toast, blueberries, and strawberries. Enjoy!

Notes

Leftovers: Best enjoyed the same day. Refrigerate in an airtight container for up to three days.

Dairy-Free: Use vegan cheese instead of cheddar cheese or omit completely.

More Flavor: Season with salt, pepper or any additional spices of your choice.



Peanut Butter Breakfast Bars

12 servings

25 minutes

Ingredients

- 1 1/2 cups Oats (rolled)
- 1/2 cup All Purpose Gluten-Free Flour
- 1/2 tsp Baking Powder
- 1/2 tsp Baking Soda
- 2 tbsps Stevia Powder
- 3 Egg
- 1/4 cup Unsweetened Almond Milk
- 1/4 cup Coconut Oil (melted, then measured)
- 1/2 cup All Natural Peanut Butter (chunky)
- 1/2 cup Dark Chocolate Chips (or chunks)

Nutrition

Amount per serving	
Calories	245
Fat	15g
Saturated	9g
Carbs	22g
Fiber	3g
Sugar	6g
Protein	6g
Cholesterol	47mg
Sodium	96mg
Calcium	38mg
Iron	1mg
Vitamin D	12IU

Directions

- 1 Preheat the oven to 350°F (175°C). Line a baking dish with parchment paper.
- 2 In a mixing bowl, stir together the oats, flour, baking powder, baking soda, and stevia until well combined. Add the eggs, almond milk, coconut oil, and peanut butter. Stir well to combine.
- 3 Transfer the mixture to the baking dish and sprinkle the dark chocolate chips otop. Bake for 12 to 15 minutes or until lightly golden brown and cooked through. Allow them to completely cool then slice into squares and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to one week, or freeze if longer.

Serving Size: A 9- x 12-inch baking dish was used to make 12 servings.

Nut-Free: Use rice milk or oat milk instead of almond milk.

More Flavor: Add cinnamon and vanilla extract. Substitute some of the almond milk for butter.

Additional Toppings: Whole peanuts and/or chocolate drizzle.

Flour: This recipe was developed and tested using Bob's Red Mill All Purpose Gluten-Free Flour. Please note that if using another brand of flour, results may vary.



Healthy Chocolate Smoothie with Strawberries and Coconut

1 serving
10 minutes

Ingredients

- 1 cup Strawberries (fresh or frozen)
- 1 cup Coconut Yogurt
- 1 tbsp Cacao Powder
- 1 tsp Vanilla Extract
- 1 tbsp Cacao Nibs (for garnish)
- 1 tbsp Shredded Coconut (for garnish)
- 1 cup Ice Cubes (for serving)

Nutrition

Amount per serving	
Calories	277
Fat	16g
Saturated	12g
Carbs	31g
Fiber	11g
Sugar	9g
Protein	4g
Cholesterol	0mg
Sodium	55mg
Calcium	539mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Combine strawberries, yogurt, cacao powder, and vanilla in a blender and blend until smooth.
- 2 Pour over ice, and garnish with cacao nibs and shredded coconut.

Notes

Dietary Note: Make sure to use non-dairy coconut yogurt for a vegan and paleo smoothie and use lactose free yogurt or low FODMAP non-dairy yogurt for a low FODMAP smoothie.



Carrot & Beet Salsa with Plantain Chips

6 servings

35 minutes

Ingredients

- 4 Plantain (medium, slightly ripe)
- 2 tbsps Avocado Oil
- 1 Beet
- 1 Carrot (medium, roughly chopped)
- 1/2 Yellow Onion (small, roughly chopped)
- 1 cup Cilantro (chopped)
- 1 tbsp Lime Juice
- 1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	276
Fat	5g
Saturated	1g
Carbs	61g
Fiber	4g
Sugar	34g
Protein	3g
Cholesterol	0mg
Sodium	125mg
Calcium	16mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Preheat the oven to 350°F (177°C). Line a baking sheet with parchment paper.
- 2 Peel the plantains then slice as thinly as possible with a mandolin or knife. Do your best to keep the thickness consistent. Slice on the bias for bigger chips. Gently toss the slices in oil. Arrange in an even layer on the baking sheet then bake for 20 to 30 minutes, flipping at the halfway point. (Note: chips are done when they start to brown around the edges.)
- 3 Remove from the oven and let cool on a baking rack lined with a towel to soak up any excess oil.
- 4 While the plantains cook, bring a pot of water to a boil. Place the beet in a steamer over the boiling water and steam for 30 minutes, or until fork-tender. When cool enough to handle, rub the skins off and cut into cubes.
- 5 In a food processor, combine the beet, carrot, onion, cilantro, lime juice, and salt and process until your desired consistency is reached, adding a tablespoon of water at a time, if needed. Season with more salt to taste. Serve with the plantain chips and enjoy!

Notes

Leftovers: Store the plantain chips in an airtight container at room temperature for one to two days. If they get soggy, crisp them back up by placing them in the oven at 350°F (177°C) for five to 10 minutes. Refrigerate the salsa in an airtight container for up to three days.

More Flavor: Add tomato, peppers, jalapeno, or allspice to the salsa.

No Salsa: Serve the plantain chips with guacamole, hummus, or baba ganoush instead.

No Avocado Oil: Use ghee or coconut oil instead.

Plantain: Use green plantains that are just starting to turn yellow for the best results.