



E.A. Stewart
Spicy RD Nutrition

Healthy Weekly Gluten Free
Meal Plan No. 9

EA Stewart

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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 Avocado
- ☐ 1 Banana
- ☐ 1 1/8 cups Lemon Juice
- ☐ 4 Navel Orange
- ☐ 1/2 Orange
- ☐ 3/4 cup Pineapple
- ☐ 1 cup Strawberries

Breakfast

- ☐ 1/4 cup Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 cup Cashews
- ☐ 1 tsp Chili Powder
- ☐ 1 tbsp Cinnamon
- ☐ 1 tsp Crushed Red Pepper
- ☐ 1/2 tsp Dried Dill
- ☐ 1/2 tsp Garlic Powder
- ☐ 2 tbsps Greek Seasoning
- ☐ 1 tsp Ground Ginger
- ☐ 1/2 tsp Onion Powder
- ☐ 1/2 tsp Sea Salt
- ☐ 0 Sea Salt & Black Pepper

Frozen

- ☐ 1 cup Frozen Blueberries

Vegetables

- ☐ 8 cups Arugula
- ☐ 4 cups Asparagus
- ☐ 1 tbsp Basil Leaves
- ☐ 6 cups Broccoli
- ☐ 1 cup Cherry Tomatoes
- ☐ 1 Cucumber
- ☐ 1 Eggplant
- ☐ 1 tbsp Fresh Oregano
- ☐ 1 cup Kale Leaves
- ☐ 2 tbsps Parsley
- ☐ 1 Red Bell Pepper
- ☐ 1 3/4 cups Red Onion
- ☐ 4 leaves Romaine
- ☐ 1 tbsp Thyme

Boxed & Canned

- ☐ 1 cup Brown Rice
- ☐ 2/3 cup Canned Coconut Milk
- ☐ 2 cups Chickpeas
- ☐ 1 cup Quinoa

Baking

- ☐ 2 2/3 tbsps Cocoa Powder
- ☐ 1 cup Coconut Flour
- ☐ 1 cup Oats
- ☐ 1 cup Pitted Dates
- ☐ 1/4 cup Unsweetened Applesauce
- ☐ 1/2 cup Unsweetened Coconut Flakes
- ☐ 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- ☐ 8 ozs Cheddar Cheese
- ☐ 4 Cod Fillet
- ☐ 1 lb Extra Lean Ground Beef
- ☐ 1/4 cup Feta Cheese
- ☐ 2 Gluten Free Pizza Crust
- ☐ 12 1/3 ozs Tofu

Condiments & Oils

- ☐ 2 tbsps Balsamic Vinegar
- ☐ 3 tbsps Dijon Mustard
- ☐ 3/4 cup Extra Virgin Olive Oil
- ☐ 1/2 cup Tomato Sauce

Cold

- ☐ 1 cup Oat Milk
- ☐ 2 cups Plain Greek Yogurt
- ☐ 1 cup Unsweetened Almond Milk

Other

- ☐ 1 Ice Cubes
- ☐ 2 tbsps Protein Powder
- ☐ 1/2 cup Vanilla Protein Powder
- ☐ 2 cups Water



Greek Chickpea Mason Jar Salad

4 servings

10 minutes

Ingredients

- 1/2 cup Lemon Juice
- 1/3 cup Extra Virgin Olive Oil
- 2 tsps Greek Seasoning
- 2 cups Chickpeas (cooked, rinsed well)
- 1 Cucumber (medium, chopped)
- 1 cup Cherry Tomatoes (halved or quartered)
- 1/4 cup Red Onion (finely chopped)
- 4 leaves Romaine (chopped)

Nutrition

Amount per serving	
Calories	354
Fat	23g
Saturated	3g
Carbs	32g
Fiber	9g
Sugar	8g
Protein	9g
Cholesterol	0mg
Sodium	336mg
Calcium	83mg
Iron	4mg
Vitamin D	0IU

Directions

- 1 In a small bowl combine the lemon juice, oil, and greek seasoning then divide between jars. Add the chickpeas to the dressing in the bottom of the jar.
- 2 Add the cucumber, tomatoes, and red onion to the jars followed by the romaine lettuce. When ready to eat, shake well and dump into a bowl. Enjoy!

Notes

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

Serving Size: 16oz (473 mL) mason jars were used for this recipe. One serving is one mason jar.

More Flavor: Add olives or feta cheese.

No Romaine: Use baby spinach instead.

No Greek Seasoning: Use a combination of dried herbs and spices.



Lemony Cod & Herbed Rice

4 servings

35 minutes

Ingredients

2 tbsps Dijon Mustard
1/4 cup Lemon Juice
1/2 tsp Dried Dill
1/2 tsp Sea Salt (divided)
1/2 tsp Garlic Powder (divided)
4 Cod Fillet
1 cup Brown Rice
2 cups Water
2 tbsps Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	372
Fat	3g
Saturated	1g
Carbs	37g
Fiber	2g
Sugar	1g
Protein	45g
Cholesterol	99mg
Sodium	509mg
Calcium	59mg
Iron	2mg
Vitamin D	83IU

Directions

- 1 To a shallow bowl or zipper-lock bag, add the dijon mustard, lemon juice, dill, half of the salt, and half of the garlic powder. Mix to combine. Add the cod fillets to the marinade and ensure the fish is well coated in the sauce and marinate for at least 15 minutes.
- 2 Meanwhile, add the rice, water, and the remaining salt and garlic powder to a pot. Bring to a boil then reduce the heat, cover, and simmer for about 30 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley.
- 3 While the rice cooks, preheat the oven to 375°F (190°C).
- 4 Transfer the fillets and any excess marinade to a baking dish and cover with a lid or foil. Bake for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.) To serve, divide the fish and rice between plates and enjoy!

Notes

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

Additional Toppings: Serve with lemon wedges, lemon zest, and additional parsley.

No Cod Fillets: Use another white fish instead.

Fillet Size: One cod fillet is equal to 231 grams or 8 ounces.



Steamed Asparagus

4 servings

10 minutes

Ingredients

4 cups Asparagus (woody ends trimmed, chopped in half)

Nutrition

Amount per serving	
Calories	27
Fat	0g
Saturated	0g
Carbs	5g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	0mg
Sodium	3mg
Calcium	32mg
Iron	3mg
Vitamin D	0IU

Directions

1

Set the asparagus in a steaming basket over boiling water and cover. Steam for 3 to 5 minutes for thin asparagus, or 6 to 8 minutes for thick asparagus. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container up to 5 days.

Serving Size: One serving is equal to approximately one cup of cooked asparagus.



Roasted Broccoli Quinoa Salad

4 servings

35 minutes

Ingredients

12 1/3 ozs Tofu (extra-firm, pressed and cut into 1-cm cubes)
6 cups Broccoli (cut into florets)
1 cup Red Onion (chopped)
1 tbsp Extra Virgin Olive Oil
1 1/3 tbsps Greek Seasoning
1/3 cup Lemon Juice (divided)
1 cup Quinoa
1/4 cup Feta Cheese (crumbled)

Nutrition

Amount per serving	
Calories	362
Fat	14g
Saturated	3g
Carbs	43g
Fiber	8g
Sugar	5g
Protein	22g
Cholesterol	8mg
Sodium	800mg
Calcium	423mg
Iron	5mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 To a large mixing bowl add the tofu, broccoli, and onion. Season with oil, greek seasoning, and half of the lemon juice and mix well.
- 3 Transfer the seasoned tofu and veggies to the baking sheet and arrange in an even layer. Bake for 30 minutes stirring halfway through or until the broccoli is tender and the tofu has browned.
- 4 Meanwhile, cook the quinoa according to the package directions. Transfer the cooked quinoa to a bowl and let it cool slightly.
- 5 Add the roasted tofu and broccoli to the quinoa along with the remaining lemon juice and stir to combine. Top with feta, serve and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold or reheated.

Serving Size: One serving is approximately two cups of salad.

More Flavor: Season with sea salt and additional lemon juice. Add chopped olives, fresh parsley, and/or sundried tomatoes.

Make it Vegan: Omit the feta or use dairy-free feta instead.

No Broccoli: Use cauliflower or Brussels sprouts instead.

No Greek Seasoning: Use a combination of dried herbs and spices instead.



Orange

4 servings

2 minutes

Ingredients

4 Navel Orange

Nutrition

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

Directions

- 1 Slice into wedges or peel and section. Enjoy!



Balsamic Burger Salad

4 servings

15 minutes

Ingredients

1 lb Extra Lean Ground Beef
1/2 tsp Onion Powder
1 tsp Chili Powder
Sea Salt & Black Pepper (to taste)
1/4 cup Extra Virgin Olive Oil
2 tbsps Balsamic Vinegar
1 tbsp Dijon Mustard
8 cups Arugula
1 Avocado (cubed)
1/2 cup Red Onion (thinly sliced)

Nutrition

Amount per serving	
Calories	431
Fat	33g
Saturated	7g
Carbs	10g
Fiber	5g
Sugar	3g
Protein	25g
Cholesterol	74mg
Sodium	153mg
Calcium	94mg
Iron	4mg
Vitamin D	3IU

Directions

- 1 In a medium-sized bowl, add the beef, onion powder, chili powder, and salt and pepper to taste. Mix to combine and form into patties.
- 2 Heat a cast-iron skillet over medium heat. Add a splash of oil if needed. Once hot, add the patties and cook for four to five minutes per side or until cooked through to your liking. Remove and set aside.
- 3 In a small bowl, whisk together the oil, balsamic vinegar, and dijon mustard. Season with salt and pepper.
- 4 Divide the arugula onto plates and top with avocado and red onion. Add the burger and drizzle the dressing on top. Enjoy!

Notes

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

Additional Toppings: Cherry tomatoes, green onion, bacon, goat cheese, and/or pickles to the salad.

No Beef: Use ground turkey, chicken, or pork to make a burger patty instead.



Eggplant Pizza with Cheddar and Fresh Herbs

4 servings

25 minutes

Ingredients

- 1 Eggplant (sliced in to 1/8 inch rounds)
- 2 **tsps** Extra Virgin Olive Oil
- Sea Salt (to taste)
- 2 Gluten Free Pizza Crust (8- or 9-inch crust, such as Udi's Gluten Free)
- 1/2 cup Tomato Sauce
- 8 ozs Cheddar Cheese
- 1 Red Bell Pepper (sliced into 1/8 inch rounds)
- 1 **tbsp** Thyme (Fresh)
- 1 **tbsp** Fresh Oregano
- 1 **tbsp** Basil Leaves (Fresh)
- 1 **tsp** Crushed Red Pepper (optional, to taste)

Nutrition

Amount per serving	
Calories	485
Fat	27g
Saturated	11g
Carbs	44g
Fiber	6g
Sugar	12g
Protein	19g
Cholesterol	56mg
Sodium	377mg
Calcium	434mg
Iron	1mg
Vitamin D	14IU

Directions

- 1 Turn broiler on. Slice eggplant and place on a tin foil lined baking sheet. Drizzle olive oil on top of eggplant slices, and sprinkle with sea salt. Place baking sheet in oven, and broil for 3 minutes. Remove pan from oven, and carefully turn over eggplant slices. Return to oven and broil for 3 more minutes.
- 2 While eggplant is broiling, slice bell peppers and set aside. Next spread 1/4 cup tomato or marinara over each pizza crust, then top each crust with 4 ounces of the shredded Cabot cheddar cheese.
- 3 Remove eggplant from the oven, and turn heat to 400 degrees. Top each pizza with half of the eggplant rounds, then do the same with the sliced bell peppers. Place pizza crusts on a parchment lined baking tray, or for crispier crusts, place directly on oven rack. Bake for 81-2 minutes, or until cheese is melted and desired crispiness of crust is achieved.
- 4 Remove pizza from oven, and let it cool a little. Top with fresh herbs and crushed red pepper if desired. Enjoy!

Notes

Serving Size: 2 slices of pizza

Herbs: May use dried herbs in place of fresh.

Tomato Sauce: Use plain tomato sauce, or low FODMAP marinara, such as FODY brand or Rao's Sensitive.



Protein Overnight Oats with Blueberries

4 servings

8 hours

Ingredients

1 cup Oat Milk (unsweetened, plain)
1 cup Oats (rolled)
2 cups Plain Greek Yogurt
1 tbsp Cinnamon
1/2 cup Vanilla Protein Powder
1 cup Frozen Blueberries

Nutrition

Amount per serving	
Calories	264
Fat	6g
Saturated	2g
Carbs	31g
Fiber	5g
Sugar	8g
Protein	24g
Cholesterol	19mg
Sodium	116mg
Calcium	427mg
Iron	2mg
Vitamin D	50IU

Directions

- 1 Add the milk, oats, yogurt, cinnamon, and protein powder to a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least eight hours.
- 2 Store in the fridge until ready to eat. Serve with blueberries and enjoy!

Notes

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

Dairy-Free: Use coconut yogurt instead of Greek yogurt.

No Oat Milk: Use any milk or milk alternative.

Additional Toppings: Other fresh or frozen fruit, crushed nuts, hemp seeds, coconut flakes, nut butter, or chia jam.



Low FODMAP Pineapple Ginger Kale Smoothie

1 serving

5 minutes

Ingredients

1 cup Unsweetened Almond Milk
1/2 Orange (Skin removed and chopped.)
3/4 cup Pineapple
1 cup Kale Leaves
1 tsp Ground Ginger (Or to taste.)
1 Ice Cubes
2 tbsps Protein Powder (1 scoop)

Nutrition

Amount per serving	
Calories	174
Fat	3g
Saturated	0g
Carbs	25g
Fiber	5g
Sugar	12g
Protein	13g
Cholesterol	2mg
Sodium	236mg
Calcium	606mg
Iron	3mg
Vitamin D	0IU

Directions

1

Place all ingredients in a powerful blender, such as a Vitamix, and combine until smooth. Pour into a tall glass and enjoy!

Notes

MILK OPTIONS: Almond milk may be substituted with your favorite low FODMAP dairy or non-dairy beverage.

PROTEIN POWDER: Choose a low FODMAP protein powder such as unsweetened egg white protein powder, whey protein isolate, or rice protein powder.

SWEETENER: If additional sweetness is desired, you can add a little maple syrup to taste.



Strawberry Brownie Cake

6 servings

30 minutes

Ingredients

1 cup Coconut Flour
1 cup Pitted Dates
1/4 cup Unsweetened Applesauce
1/2 cup Unsweetened Coconut Flakes
2 2/3 tbsps Cocoa Powder
1 Banana (ripe and mashed)
1 cup Cashews (soaked for 1 hour and drained)
2/3 cup Canned Coconut Milk
1/2 tsp Vanilla Extract
1/4 cup Maple Syrup
1 cup Strawberries (sliced)

Nutrition

Amount per serving	
Calories	443
Fat	23g
Saturated	13g
Carbs	57g
Fiber	12g
Sugar	31g
Protein	8g
Cholesterol	0mg
Sodium	56mg
Calcium	43mg
Iron	5mg
Vitamin D	0IU

Directions

- 1 To make the crust, combine coconut flour, dates, applesauce, coconut flakes and cocoa powder in a food processor. You may need to process in small batches and combine them with your fingers in a large bowl. The mixture should be moist and crumbly. Add almond milk or water if it's too dry, or more coconut flour if too wet.
- 2 Line a round 8" baking pan with plastic wrap and press gently crust mixture into the tray. Let your crust set in the freezer while you make the cream filling.
- 3 To make the cream filling, blend the banana, cashews, coconut milk, vanilla extract and maple syrup in a food processor or blender. You can do a taste test at this point and adjust the sweetness to your preference by adding more maple syrup.
- 4 Remove the crust from the freezer. Pour in the cream filling and spread across the crust evenly.
- 5 Return the pan to the freezer and let it set for approximately 1.5 hours before topping with strawberry slices and serving. Cover with plastic wrap and refrigerate up to 3 days, or freeze up to 1 week in an air-tight freezer-safe container.

Notes

No Strawberries: Top with your fruit of choice (raspberries, blueberries, blackberries, kiwi, bananas, etc!).