



WEEK 3: GLUTEN FREE MEAL PLAN

Gluten is a protein found in wheat, rye, oats and barley while gluten free grains include rice, wild rice, corn, amaranth, buckwheat and millet. Quinoa is also gluten free as it is technically a seed but it can be used just like a grain. More and more people are eating gluten free and not just because they are celiac.

Many people are gluten intolerant or simply want to give their body a break from it. I have found that people generally feel more energetic and less bloated on a gluten free diet. I will caution you though – just because a product is labelled “gluten free” it does not automatically mean it’s a healthy choice! Gluten free food can be very processed and nutrient poor. The hall marks of gluten intolerance are nutritional deficiencies such as iron, vitamin D and zinc.

Monday	
Breakfast	Puffed rice or corn flakes with milk and 2 tbsp natural yoghurt and berries
Lunch	Rice or corn wrap with chicken, avocado and lettuce
Dinner	Quinoa/buckwheat pasta with vegetables and fetta
Snacks	Smoothie of banana, coconut water and mint
Drinks	Rosehip tea
Health notes	The whole family will not even notice your change in pasta but they might appreciate the absence of bloating after their bowl of pasta

Tuesday	
Breakfast	Omelette with mushroom and spinach
Lunch	Sashimi, edemame beans, miso soup
Dinner	Chicken and cannellini bean casserole with quinoa
Snacks	Gluten free muffin
Drinks	150ml beetroot, carrot and ginger juice
Health notes	Japanese food is a safe take away option when out and about – watch anything deep fried as the batter will have gluten

Wednesday	
Breakfast	Homemade baked beans with gluten free toast
Lunch	Rice paper rolls with tuna, vermicelli noodles, carrot, cucumber and lettuce
Dinner	Grilled lamb with steamed vegetables, quinoa, lemon zest & fresh herbs
Snacks	1 dried fig, handful toasted pumpkin seeds
Drinks	Dandelion leaf tea
Health notes	Homemade baked beans are easy – simmer 1 tin cannellini or navy beans in fresh

	tomatoes with a hint of mustard and Tamari
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Thursday	
Breakfast	Buckwheat pancakes with berries and maple syrup
Lunch	Salad of brown lentils, roasted beetroot, roasted pumpkin, parsley and goat's cheese
Dinner	Risotto - mushroom, chicken, spinach and pinenuts
Snacks	1 boiled egg, mandarin
Drinks	1 cup almond milk with a pinch of cinnamon
Health notes	Lentils are a great source of zinc and protein

Friday	
Breakfast	Gluten free muesli with oat milk, fresh fruit & 1 tsp chia seeds
Lunch	Ramen noodle soup with beef and vegetables
Dinner	Gluten free sausages with baked sweet potato, broccoli, zucchini and snow peas
Snacks	Air popped pop corn, 8 brazil nuts
Drinks	150ml fresh apple, pineapple and mint
Health notes	Chia seeds are tiny Superfoods as they contain plenty of protein and water soluble fibre therefore will keep you feeling full

Saturday	
Breakfast	Quinoa/amaranth porridge with almond milk, LSA, stewed fruit
Lunch	Salad of tinned red salmon, avocado, lettuce, carrot, beetroot, snow peas, sprouts, cucumber, fresh herbs with a lemon and olive oil dressing
Dinner	Grilled steak with sautéed snow peas, broccolini and squash
Snacks	Apple and 10 tamari almonds
Drinks	Freshly brewed chai – not powdered
Health notes	LSA is a combination of ground flaxseed, sunflower and almonds. It is high in protein, healthy fats and zinc

Sunday	
Breakfast	Scrambled eggs with avocado, mushrooms and fresh herbs
Lunch	Gluten free wrap with turkey, avocado and spinach
Dinner	Grilled ocean trout with salad of rocket, fennel and ruby grapefruit
Snacks	Vegetable sticks with hommus
Drinks	150ml cucumber, celery and carrot juice
Health notes	Turkey contains the amino acid tryptophan which boosts levels of the feel good hormone serotonin