



..... 4-Week .....

# **GLUTEN-FREE** Meal Plan



**GLUTEN  
INTOLERANCE  
GROUP**

May, 2020



## INTRODUCTION

This Starter Kit is designed as a guide to help you navigate the first month of your child's diagnosis. It contains basic information about gluten-related disorders, dietary treatment, and contains a month's worth of meal plans and shopping lists to help you answer the never-ending question, "What's for dinner?"

### **What is Celiac Disease?**

Celiac disease (CD) is a chronic autoimmune disease which is the result of an immune system response to the ingestion of gluten (a protein found in wheat, rye, and barley) in susceptible individuals. This response to gluten damages the small intestine, leading to malabsorption of nutrients and related health issues. To develop

celiac disease, a person must inherit the genetic predisposition, be consuming gluten, and have the disease activated. Common activation triggers include stress, trauma (surgeries, etc.) and possibly viral infections. The disease is permanent and damage to the small intestine will occur every time gluten is ingested, regardless of whether or not symptoms are present.

### **What is Non-Celiac Gluten Sensitivity?**

Non-celiac gluten sensitivity (NCGS) is not as well-defined as CD. In NCGS, an individual experiences symptoms after consuming gluten. Symptoms may begin up to 48 hours after consumption, and can last for much longer. It is diagnosed

when CD and wheat allergy (below) have been ruled out, but the individual still experiences resolution of symptoms when a gluten-free diet is adopted.

### **What is Wheat Allergy?**

Wheat allergy is an immune reaction to any of the hundreds of proteins in wheat. This reaction happens very fast (minutes to hours) and can involve nausea, abdominal pain, itching, swelling of the lips and tongue, difficulty breathing, or anaphylaxis. In the United States, wheat is one of the eight most common foods to which people are allergic.

### **Dietary Treatment**

For CD and NCGS, strict adherence to a gluten-free (GF) diet is the only treatment currently available. This means elimination from the diet of wheat, rye, barley, and foods made with these grains or their derivatives. A GF diet will always be required until another form of treatment is discovered.

For wheat allergy, strict adherence to a wheat-free diet is the only treatment currently available. A person with a wheat allergy must avoid eating any form of wheat, but does not have trouble tolerating gluten from non-wheat sources such as barley or rye.

### **Common Foods with Gluten**

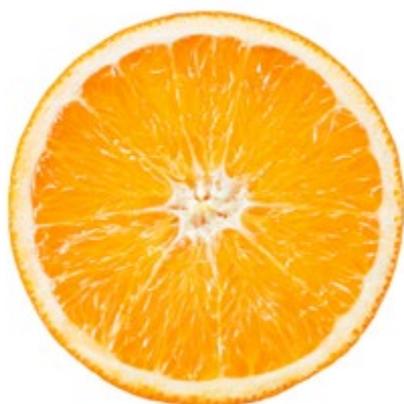
- Breads & other baked goods
- Cookies, cakes, donuts, & pastries
- Cereal, pancakes, & waffles
- Crackers, croutons & stuffing
- Flour
- Pasta

This list is not exhaustive. See this [infographic](#) for other potential sources of gluten in foods.

### **Label Reading**

We developed a guide to help you determine whether a packaged food is GF:

[3 Tips for Gluten-Free Label Reading](#)





## Home Environment & Cross-Contact

When one family member adopts a GF diet, should everyone else in the home do so too? The answer is different for every family. If there are family members who will not be following a GF diet, take the following precautions to avoid cross-contact:

- Keep preparation surfaces clean and free of crumbs.
- Do not share hard-to-clean utensils such as wooden spoons used for non-GF foods.
- Do not share toasters used for non-GF bread.
- Use squeeze bottles to avoid contamination of condiments.

- Thorough washing will remove gluten from utensils, pans, and dishes.
- Store GF foods above gluten-containing foods in the pantry.

## Resources

1. <https://www.gluten.org/resources/getting-started/ceeliac-disease-2/>
2. <https://www.gluten.org/resources/getting-started/easy-to-find/>
3. <https://www.gluten.org/resources/getting-started/ceeliac-disease-non-ceeliac-sensitivity-or-wheat-allergy-what-is-the-difference/>

# Week 1 Meal Plan

	Breakfast	Lunch <i>*For school, don't forget to pack fruit and veggies on the side!</i>	Dinner
Sunday	Greek yogurt topped with sliced apple, GF granola, and a drizzle of honey	Grilled cheese with GF bread and GF tomato soup	Chicken roasted with garlic, onion, carrots, and red potatoes
Monday	GF Oatmeal with chopped nuts, frozen berries, milk, and a sprinkle of brown sugar	<a href="#">Chicken salad</a> wrapped in brown rice tortilla (use chicken from Sunday dinner)	Tacos with corn tortillas, plus black beans, lettuce, tomato, cheese, sliced olives, salsa, sour cream
Tuesday	Scrambled eggs with a slice of GF toast on the side	Taco salad (use leftovers from Monday dinner) with corn tortilla chips on the side	GF spaghetti (make extra for Thursday's lunch) with marinara sauce
Wednesday	Greek yogurt topped with sliced banana, GF granola, and a drizzle of honey	Turkey sandwich on GF bread with sliced cheese, lettuce, tomato	Baked salmon with brown rice and asparagus
Thursday	Smoothie with frozen berries, Greek yogurt, peanut butter, and milk	GF noodles with pesto sauce and cherry tomatoes	<a href="#">Vegetable Chili</a> with corn tortilla chips on the side
Friday	GF Oatmeal with chopped nuts, frozen berries, milk, and a sprinkle of brown sugar	Turkey wrap in brown rice tortilla with lettuce, tomato, mustard	Baked potatoes (bake extra for Saturday's breakfast) with black beans or leftover chili, plus cheese, green onion, sour cream
Saturday	<a href="#">Home-style Hash</a> <a href="#">Brown Potatoes</a> with eggs, any style	Grilled cheese or PB&J with GF bread, plus a salad with any veggies left over from the week	<a href="#">Broccoli Beef</a> with brown rice

**Weekly Dessert:** [Vanilla Pudding](#) with sliced banana and GF vanilla wafers

## Snack Options

- Cheese and rice crackers
- Banana, apple, or celery with peanut butter
- Carrots or cucumbers with hummus
- Homemade trail mix with peanuts, almonds, raisins, and banana chips
- Applesauce and string cheese
- Guacamole with sliced bell pepper or corn tortilla chips

# Week 1 Shopping List

Each food item includes the day(s) of the week it is utilized, to help you determine how much to buy at the store. Amounts purchased will vary, depending on size of your family. Snacks not included – don't forget to look at the Snack Options above, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Apples (Su)	Butter (dessert)	Brown rice (W, Sa)	Black beans (M, T, F)
Asparagus (W)	Greek yogurt (S, W, Th)	Brown rice tortillas (M, F)	Diced tomatoes (Th)
Bananas (W, dessert)	Milk (M, Th, F, dessert)	Corn tortilla chips (T, Th)	GF tomato soup (Su)
Broccoli (Sa)	Shredded cheese (M, T, F)	Corn tortillas (M)	Marinara sauce (or buy extra diced tomatoes to make your own) (T)
Carrots (Su, Th)	Sliced cheese (Su, W, Sa)	Cornstarch (dessert)	Red beans (Th)
Celery (M)	Sour cream (M, T, F)	GF bread (Su, T, W, Sa)	Sliced olives (M, T)
Cherry tomatoes (Th)	Vanilla ice cream (dessert)	GF granola (Su, W)	Tomato sauce (Th)
Garlic (Su, Th)	Beef sirloin (Sa)	GF oatmeal (M, F)	
Green lettuce (M, T, W, F, Sa)	Eggs (T, Sa, dessert)	GF spaghetti (T, Th)	
Green onion (M, F)	Ground turkey or beef (if desired for Tuesday dinner)	GF vanilla wafers (dessert)	
Green pepper (Sa)	Salmon fillets (W)	Mixed nuts (M, F)	
Red grapes (M)	Sliced turkey (W, F)	Sugar (dessert)	
Red potatoes (Su)	Whole chicken (Su, M)		
Roma tomatoes (M, W, F)			
Russet potatoes (F, Sa)			
Yellow onion (Su, Th)			

**Miscellaneous:** Salsa, pesto, frozen berries (your preference), vanilla extract, honey, Tamari (GF soy sauce).

# Week 2 Meal Plan

	<b>Breakfast</b>	<b>Lunch</b> <i>*For school, don't forget to pack fruit and veggies on the side!</i>	<b>Dinner</b>
<b>Sunday</b>	<a href="#">Blueberry muffins</a> (use a GF flour blend instead of the flours named in the recipe) and Greek yogurt	Tuna salad with rice crackers	Baked cod or halibut with <a href="#">creamed peas and potatoes</a>
<b>Monday</b>	Breakfast tacos: scrambled eggs in corn tortillas with salsa & avocado (optional)	PB&J on GF bread	Stir fry with chicken, onion, cabbage, and carrots, served with brown rice (reserve some plain cooked chicken for Wednesday lunch)
<b>Tuesday</b>	Blueberry muffins (leftover from Sunday) and Greek yogurt	Turkey and cheese roll-ups with rice crackers	<a href="#">Black bean enchiladas</a>
<b>Wednesday</b>	GF Oatmeal with chopped nuts, blueberries, milk, and a sprinkle of brown sugar	Chicken & cheese quesadilla, made with corn tortillas	Shrimp skewers with red onion, bell pepper, and mango chunks, served with brown rice and a side salad
<b>Thursday</b>	Breakfast tacos: scrambled eggs in corn tortillas with salsa & avocado (optional)	Tuna salad sandwich on GF bread	Turkey or beef meatballs (substitute crushed GF crackers or dehydrated potato flakes for bread crumbs) with sautéed zucchini and roasted potatoes (reserve a few meatballs for Friday's lunch)
<b>Friday</b>	<a href="#">Pancakes</a> topped with peanut butter, sliced banana, and a drizzle of maple syrup	Meatballs with GF barbeque dipping sauce and buttered GF noodles	<a href="#">Chicken tenders</a> and sweet potato fries (slice into fry-sized strips, season as desired, then bake 20-25 minutes at 450F)
<b>Saturday</b>	French toast using GF bread, with eggs and bacon	Turkey and cheese roll-ups with rice crackers	Pork chops with <a href="#">baked beans</a> , <a href="#">buttermilk drop biscuits</a> , and coleslaw

**Weekly Dessert:** Frozen yogurt with hot fudge or caramel

# Week 2 Shopping List

Check your stock of essentials like GF bread, cheese, eggs, milk, etc. before you head to the store - you may not need everything on this list. **Amounts** purchased will vary, depending on size of your family. **Snacks** not included - don't forget to look at the Snack Options from Week 1, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Avocado (M, Th)	Buttermilk (Sa)	Brown rice (M, W)	Black beans (T)
Banana (F)	Grated Parmesan cheese (Sa)	Corn tortillas (M, T, W, Th)	Black olives (T)
Bell peppers (T, W)	Greek yogurt (Su, T)	GF barbeque sauce (F, Sa)	GF enchilada sauce (T)
Blueberries (can also buy frozen) (Su, W)	Milk (Su, M, W Th, F)	GF bread (M, Th, Sa)	Kidney beans (Sa)
Carrots (M, Sa)	Shredded cheese (T, W)	GF bread crumbs	Navy beans (Sa)
Garlic (T)	Sliced cheese (T, Sa)	GF flour blend (Su) (Several brands & blends available. You may have to experiment a bit to find the one you like best.)	Pinto beans (Sa)
Green cabbage (M, Sa)	Vanilla frozen yogurt (dessert)	GF oatmeal (W)	Tuna (Su, Th)
Mango (W)	Bacon (Sa)	GF rice crackers (S, T, Sa)	Yellow corn (can also buy fresh or frozen) (T)
Mixed greens (W)	Chicken breast, boneless & skinless (M)	GF spaghetti or egg noodles (F)	
Red onion (W)	Chicken tenders, boneless & skinless (F)	Mixed nuts (W)	
Red potatoes (Su, Th)	Cod or halibut fillets (not breaded) (Su)		
Sweet potatoes (F)	Eggs (Su, W, Th, F, Sa)		
Yellow onion (M, T, Sa)	Ground turkey or beef (Th)		
Zucchini (T, Th)	Pork chops (Sa)		
	Shrimp, peeled & deveined (may be frozen) (W)		
	Sliced turkey (T, Sa)		

**Miscellaneous:** Frozen peas ; salsa, chocolate and caramel sauce, maple syrup, mayo, mustard, GF salad dressings

# Week 3 Meal Plan

	<b>Breakfast</b>	<b>Lunch</b> <i>*For school, don't forget to pack fruit and veggies on the side!</i>	<b>Dinner</b>
<b>Sunday</b>	GF Waffles with Mixed berries, butter, and maple syrup (double recipe and freeze for later)	<a href="#">Chicken and Rice soup</a> GF crackers	Hamburgers with lettuce and tomato on GF bun with <a href="#">potato salad</a> and steamed broccoli
<b>Monday</b>	Egg-in-a-basket (see recipe below) orange slices	Black bean and cheese quesadillas with salsa on brown rice or corn tortillas	Grilled tilapia with roasted asparagus and beets
<b>Tuesday</b>	GF Waffles from Sunday with sliced banana, butter, and maple syrup	GF PB&J sandwich	Pot roast with red skin potatoes, carrots, and onions Side salad
<b>Wednesday</b>	Banana and PB smoothie (see recipe below)	Turkey and cheese roll-ups with rice crackers	Grilled chicken breast with baked winter squash and Steamed mixed vegetable (save left over chicken for Thursday lunch)
<b>Thursday</b>	Scrambled eggs and bacon	Grilled Chicken sandwich on GF bun with lettuce, tomato and mustard	Sweet Potato Lentil Vegetable soup with GF crackers (Save leftover soup for Saturday lunch, see recipe below)
<b>Friday</b>	GF Toast with Peanut butter and banana	Tuna salad on GF rice crackers	Tacos with seasoned ground beef, lettuce, cheese, salsa on GF corn tortillas Side of refried beans and rice
<b>Saturday</b>	Greek yogurt parfait with GF granola, berries, cinnamon and honey	Leftover lentil soup	Homemade pepperoni pizza with GF crust Side salad

Weekly dessert: [Applesauce Spice Bars](#)

# Week 3 Shopping list

Each food item includes the day(s) of the week it is utilized, to help you determine how much to buy at the store. **Amounts** purchased will vary, depending on size of your family. **Snacks** not included – don't forget to look at the Snack Options above, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Asparagus (M)	Butter (Su, T, dessert)	Almond meal (dessert)	Applesauce (dessert)
Bananas (T, W, F)	Greek yogurt (dessert)	Baking soda (dessert)	Black beans (M)
Beets (M)	Greek yogurt (Sa)	Brown rice (F)	Black olives (Sa)*optional for pizza
Berries (Sun, Sat)	Milk (Su, W)	Chicken broth (Su)	GF Pizza sauce (Sa)
Broccoli (Su)	Shredded cheese (M,F, Sa)	Corn tortillas (M,F)	Refried beans (F)
Butternut squash (W)	Sliced cheese (Su, W)	GF bread (M,T,F)	Tuna (F)
Carrots (Su, Tu, Th)	Bacon (T)	GF buns (Su)	
Celery (Su, Th)	Canned or rotisserie chicken (Su)	GF egg noodles (Su)	
Green pepper (Sa)	Chicken breast, boneless & skinless (W, Th)	GF flour blend	
Lettuce (Su, T, Th, F, Sa)	Chuck roast (T)	GF granola (Sa)	
Lime (Th)	Eggs (Su, M, Th, F)	GF oats(dessert)	
Mixed vegetable, frozen (W)	Ground beef (Su, F)	GF rice crackers (W,F)	
Onions (Su, Tu, Th, Sa)	Pepperoni (Sa)	GF waffle mix (Su)	
Oranges (M)	Sliced turkey (W)	Jelly (T)	
Potatoes (Su, Tu)	Tilapia filets (M)	Peanut butter (W, F)	
Spinach (Th)		Raisins (dessert)	
Tomato (Sun, Th)		Red Lentils, dry (Th)	
		Sugar (Su, dessert)	
		Vegetable Broth (Th)	
		Walnuts (dessert)	
		Xanthan gum (dessert)	

**Miscellaneous:** salsa, honey, maple syrup, cinnamon, GF pizza crust (frozen), taco seasoning, mustard, ketchup, mayonnaise, salt, paprika, GF chicken bouillon granules, turmeric, cardamom, dried basil, parsley flakes, black pepper, allspice, nutmeg, GF salad dressings

# Week 4 Menu

	<b>Breakfast</b>	<b>Lunch</b> <i>*For school, don't forget to pack fruit and veggies on the side!</i>	<b>Dinner</b>
<b>Sunday</b>	Eggs with bacon GF toast and jam	<a href="#">Quinoa Fiesta Salad</a>	<a href="#">Glazed Meatloaf</a> with <a href="#">baked beans</a> Side salad
<b>Monday</b>	Grapes with 1-2 boiled eggs	Tomato and cheese melt with tomato soup	Roasted pork loin with roasted cauliflower and buttered peas ( <i>Save leftover pork for Tuesday lunch</i> )
<b>Tuesday</b>	GF banana pancakes with butter and maple syrup	BBQ pulled pork sandwiches on GF bun	<a href="#">Salmon Foil Packets</a> Side salad
<b>Wednesday</b>	GF oatmeal with walnuts, cinnamon, and chopped apple	Tuna salad with GF rice crackers	Chicken stir-fry with bell peppers, onions and broccoli Brown rice
<b>Thursday</b>	<a href="#">Baked Omelet</a> Orange slices	GF PB& J sandwich	Beef vegetable soup with GF crackers ( <i>Save leftovers for Friday lunch</i> )
<b>Friday</b>	GF Toast with Peanut butter and banana	Leftover beef vegetable soup with GF crackers	Roasted rosemary chicken thighs, baked sweet potato, green beans ( <i>Save leftover chicken for Saturday lunch</i> )
<b>Saturday</b>	<a href="#">Baked Oatmeal</a>	Chicken quesadillas with salsa and sour cream on GF corn tortillas	GF spaghetti with pasta sauce Side salad

**Weekly Dessert:** [GF Favorite Brownies](#)

# Week 4 Shopping List

Each food item includes the day(s) of the week it is utilized, to help you determine how much to buy at the store. **Amounts** purchased will vary, depending on size of your family. **Snacks** not included – don't forget to look at the **Snack Options** above, and pick up enough for the week!

Produce	Meat & Dairy	Pantry & Dry Goods	Canned
Apples (W)	Butter (M, T, Th, dessert)	Baking powder (Sa)	1 can black beans (Su)
Bananas (T, Sa)	Milk (T, Th)	Beef Broth (Th)	1 can small red beans (Su)
Broccoli (W)	Shredded cheese (Th, Sa)	Brown rice (T)	1 can pinto beans (Su)
Carrots (Su, T)	Sliced cheese (M, F)	Brown sugar (Sun, Sa)	White vinegar
Cauliflower (M)	Sour cream (Th, Sa)	Cocoa (dessert)	1 can navy beans (Su)
Celery (T)	Bacon, 1 lb. (Su)	Corn tortillas (Sa)	1 can cannellini beans (dessert)
Cilantro (Su)	Beef Stew meat (Th)	GF bread (M,T,F)	28oz diced tomatoes (Su)
Corn, frozen (Su)	Chicken breast (W)	GF bread crumbs (Su)	6oz tomato paste (Su)
Garlic (Su, Tu)	Chicken thighs, bone in (F)	GF buns (Su)	GF pasta sauce (Sa)
Grapes (M)	Eggs (Su, M, Th, Sa, dessert)	GF flour blend (dessert)	GF tomato soup (M)
Green beans (F)	Ground beef (Su)	GF oats (W, Sa)	Tuna (W)
Lemons (Su, Tu)	Pork Loin roast (T)	GF pancake mix (T)	
Lettuce (Su, T, Sa)	Salmon filets (Tu)	GF rice crackers (W,F)	
Mixed vegetable, frozen (Th)		GF spaghetti or egg noodles (Sa)	
Onions (T, W, Th)		Jelly (Su, Th)	
Oranges(T)		Peanut butter (Th, F)	
Peas, frozen (M)		Quinoa (Su)	
Red, yellow, orange, green bell peppers (Su, Tu, W)		Vanilla extract (dessert)	
Scallions (Su)		White sugar (Sa)	
Sweet Potatoes (F)		Xanthan gum (dessert)	
Tomatoes (M, Th)			

**Miscellaneous:** salsa, maple syrup, cinnamon, nutmeg, , mustard powder, ground cumin, garlic powder, onion flakes , salt, GF Barbeque sauce, ketchup, mayonnaise, walnuts, olive oil, coconut oil, GF salad dressings, Tamari Sauce (GF soy sauce), Rice vinegar, Worcestershire sauce

# More Recipes

## Egg-in-a-basket

Make a yolk-sized hole in a slice of buttered GF toast. In a hot, greased skillet crack the egg into the hole and cook on both size until yolk is cooked to desired consistency. Serve.

## Sweet Potato Lentil soup

4 cups vegetable broth  
2 tablespoons olive oil  
1 yellow onion, chopped  
1 garlic clove, minced  
1-2 large sweet potatoes, cubed  
1 cup green lentils, dry  
1 bunch kale, roughly chopped  
1 teaspoons each dried oregano and cumin

1. In a large pot over medium heat, heat olive oil and sauté garlic and onion until soft, 3-5 minutes.
2. Add broth, spices, lentils, and sweet potatoes. Simmer until lentils are soft, 20-30 minutes.
3. Once lentils are soft, add kale and let it wilt into the soup, 5 minutes.
4. Stir and serve with GF bread or crackers.

## Banana and PB smoothie

2 frozen bananas  
¼ cup peanut butter  
2 cups milk  
½ Tbsp. cinnamon  
1 Tbsp. honey (optional)  
2 cups baby spinach (optional)

1. Blend all ingredients in a blender until smooth. Makes 2-3 servings.

*Recipes by Lauren Hoffman and Courtney Jones, Bastyr University Interns, 2017*



This meal plan serves as a 28-day guide to get you started on the road to a gluten-free lifestyle. Focus on including a variety of colorful vegetables and GF grains, and make adjustments as needed for picky eaters. Get creative, add in your favorite gluten-free foods, and remember how many great options are out there!

*This article has been assessed and approved by a Registered Dietitian Nutritionist.*