

Gluten Free Diet low carbohydrates:

Day 1

Breakfast

Quinoa flakes made with Almond milk, cook for 2 minutes on medium

Add walnuts and raisins

Lunch

Salad with chicken mixed baby greens

Cucumbers

Sweet Peppers

Boneless chicken thigh cut up and added to salad

Balsamic Vinaigrette

Dinner

Italian Beef Sausage (www.uswellnessmeats.com)

Steamed California Blend frozen (steam 16 min)

Put in bowl Add Olive Oil and Herbamare

Late Evening Snack: Look to approved snack list for all snacks

(Herbamare is what makes your veggies taste great.) I highly recommend it: Herbamare Original Ingredients: Sea salt, celery*, leek*, watercress*, onion*, chives*, parsley*, lovage*, garlic*, basil*, marjoram*, rosemary*, thyme*, kelp. Order it online @ amazon.com as well as other sites that carry it.

Day 2

Breakfast

Scrambled Eggs

Lunch

Mixed Green Salad and Crispy Halibut

Mix greens, carrots, cucumbers, etc

Add 1 small orange and toss in balsamic vinaigrette

Starfish Crispy Halibut-Gluten Free (Whole Foods)

Dinner

Pork Chop Mint Jelly (from Whole Foods-no high fructose corn syrup)

Sweet Potato

Organic Steamed Green Beans - Columbia River (frozen steam 20 minutes)

Day 3

Breakfast

4 oz Bacon from Whole Foods with no nitrites or nitrates. (W for example)

1 slice Rudi's Gluten free toast with a lot of organic butter (original or cinnamon raisin)

Lunch Small mixed green salad with Avocado Dressing

Grass fed garlic beef frank (Hot Dog) (www.uswellnessmeats.com)

Unsweetened ketchup

Relish (Ideally on plate with no bun, gluten free bread if you want bun)

Dinner

Grass Fed Hamburger (www.uswellnessmeats.com)

Ideally on plate (Rudi's gluten free bread if highly desired)

Unsweetened Ketchup (add Stevia if desired)

Sweet Potato Fries

Day 4

Breakfast

Natural Pork Breakfast Sausage (www.uswellnessmeats.com)

Lunch Mixed Green Salad

Carrots, apples, cucumbers

Homemade Balsamic Vinaigrette (Olive Oil, Balsamic Vinegar, Garlic Powder,

Herbamare)Quinoa with Garlic Powder (Standard Process Caps) and Herbamare

Dinner

Grilled Fish and Baby Green Salad with Orange Sesame Dressing – Serves 4

For the salad: 7-8 cups mixed baby greens such as arugula, spinach, and romaine 3/4 – 1 lb.
firm fish such as cod, halibut, tuna or salmon, grilled or broiled and flaked into bite-sized
chunks, 1 medium carrot, peeled and shredded, 3/4 cup frozen peas, thawed 1/4 medium
red onion, thinly sliced into rounds or half-moons 1 avocado diced

For the dressing: 2 tbs. olive oil juice of 1/2 large orange, 1 tbs. red or white wine vinegar, 1
tbs. sesame seeds, 1 tbs. fresh parsley, finely chopped, salt and pepper to taste. Arrange the
greens on individual plates or a large platter. Top with the flaked fish, shredded carrots,
peas, red onion slices, and avocado cubes. In a small bowl whisk together all of the dressing
ingredients until emulsified. Drizzle evenly over the salad and serve.

Day 6

Breakfast

Quinoa Flakes with Coconut Milk (So Delicious)

Lunch

Spinach Salad with Balsamic vinaigrette and walnuts and oranges

Albacore Tuna Fish on gluten free bread (www.uswellnessmeats.com or www.vitalchoice.com)

Dinner

Flank Steak Marinade (enough for two 1 lb flank steaks)

1/2 cup gluten-free tamari sauce (San-J's Wheat-Free Tamari Sauce is well worth the money)

2 tablespoons rice vinegar, 1 teaspoon sesame oil, 2 tablespoons ginger

DIRECTIONS: Marinate the flank steak for about 2 hours (no more than eight hours). Preheat a gas grill to high. Lightly oil your grill. Place the steaks on the grill. Discard marinade. Grill the steak for about 8-10 minutes, turning once. Let the flank steak rest for 5 minutes. Slice against the grain into thin slices. The most important thing to remember whether you grill or pan fry flank steak is that flank steak should only be cooked to medium rare. Cooking it any longer will result in a tougher piece of meat! I got distracted with this steak and cooked it just a minute too long. Remember that the steak will cook a little longer even after you take it off the grill.

Day 7

Breakfast

Fried Eggs (fry in coconut oil)

Blueberries

Lunch

Uptown salad romaine lettuce, 4oz of turkey breast, ½ red pepper, ½ cucumber, 1 tomato, ½ red onion, ½ avocado, Avocado dressing from Cindy's Kitchen (Whole Foods)

Dinner

Marinated Sautéed Salmon Steaks, 4 4oz salmon steaks

Marinade: 4 tablespoons tamari sauce (not soy sauce as has wheat), 1 teaspoon honey, 2 tablespoons olive oil, 1 ½ teaspoons garlic powder (use Standard Process capsules) or 2 cloves garlic, 1 teaspoon dried ginger or 2 tablespoons grated ginger root. Mix marinade and marinate salmon for about 15 minutes in refrigerator. In a large fry pan, over medium high heat, heat on tablespoon of olive oil and gently sauté the salmon steaks for about 4 minutes on each side. Add a sprig of parsley and slice of lemon to garnish.

Day 8

Breakfast

Quinoa Flakes with Almond milk

Lunch

Amy's Organic Lentil Vegetable Soup

Dinner Italian sausage and sautéed onions and peppers

Italian Sausage (www.uswellnessmeats.com), sauté the onions and peppers in coconut oil (if you prefer not to have the taste of coconut oil but other benefits use Expeller pressed coconut oil from www.Tropicaltraditions.com.) If want to put in a wrap, use Food For Life brown rice tortilla.

Day 9

Breakfast

Natural Pork Breakfast Sausage (www.uswellnessmeats.com)

Lunch

Small mixed green salad with Avocado Dressing

Grass fed garlic beef frank (ideally on plate with no bun-gluten free bun if desired) (www.uswellnessmeats.com)

Unsweetened ketchup

Relish

Dinner

Baked Eggplant and Tomatoes 2 medium eggplants, cut into 3/4 inch thick rounds, 4 tablespoons olive oil, 2 tablespoons vinegar, balsamic or red wine, 2 cloves garlic, minced, 1 teaspoon dried oregano, salt and pepper to taste.

4 large Roma tomatoes, sliced into 1/2 inch thick rounds, you will need enough tomato slices to cover all the eggplant slices fresh mozzarella cheese, sliced (optional)*

Directions: Preheat oven to 375 degrees. Place eggplant slices in a single layer in a large baking dish. Whisk together the remaining ingredients, except tomatoes. Place the tomatoes, in a single layer on a platter and cover with half of the olive oil-herb mixture. Allow to marinate for about 10 minutes. Place the tomatoes slices over the eggplant slices and drizzle all the remaining olive oil-herb mixture over all. Cover the dish and bake for about 20 minutes. Remove the foil and bake for an additional 10 minutes, or until the eggplant is tender. Remove from the oven, drizzle with a little more olive oil and serve warm or cold.

Day 10

Breakfast 4 oz bacon from Whole foods with no nitrites or nitrates (Thick sliced W.....is a favorite)

Lunch

Grass Fed Hamburger (www.uswellnessmeats.com)

Ideally on plate with no bun (Rudi's gluten free bread if desired)

Unsweetened Ketchup (add Stevia if desired)

Dinner

Vegetable Pasta Use bionature organic gluten free penne rigate. Add Italian Sausage (www.uswellnessmeats.com)

Ingredients: 2 pounds (any combination of 2 or more) spinach, bok choy, rapini, broccoli florets, collard greens, turnip greens, chopped 8oz mushrooms 10 oz sun dried tomatoes in oil, 4 Tbsp olive oil, ½ tsp crushed red pepper, 2tsp Mrs Dash, 1 clove chopped garlic, 2 cups Imagine vegetable broth, 2 cups water and 1 Tbsp wheat free Tamari. Make pasta and sausage or ground beef, buffalo separately then mix together 12 oz of gluten free pasta (above)

Day 11

Breakfast

Italian Beef Sausage (www.uswellnessmeats.com)

Lunch

Amy Organic Split Pea Soup

Dinner

Grass Fed Rib Eye Steak (www.uswellnessmeats.com). Season the steak with Herbamare or Mrs Dash Mr. Spice Garlic Gluten-Free Steak Sauce

(www.glutenfreemall.com) Organic Southwestern Blend Vegetables

Day 12

Breakfast

Fried Eggs

Lunch

Quinoa with Herbamare and Garlic Powder (use Standard Process caps)

Dinner

Crockot Turkey Stew (pg 159 total health cookbook). 2 Lb free-range turkey parts shopping list

1 medium leek, sliced 2 stalks celery, cut into pieces 2 tsp thyme leaves
1 tsp oregano leaves
1 Mrs Dash vegetable seasoning or Herbamare
1 cup winter squash, peeled and cubed
1 med carrot, chopped
1 cinnamon stick
1 16 oz can tomatoes
2 cubs water or free-range chicken stock
1 cub lentil or mung bean sprouts

Directions: Place turkey pieces, skin-side down, into crockpot set on high and sauté to release fat. Turn turkey pieces and add leeks and celery. Sprinkle on thyme, oregano and vegetable seasoning, and sauté until leeks start to become translucent. Add squash cubes, carrots, cinnamon stick, tomatoes, water or stock, and simmer covered, for 2-3 hours on medium or up to 6-8 hours on lowest setting. A few minutes before serving, add lentil or bean sprouts and remove cinnamon stick. Serve immediately.

Day 13

Breakfast

Beef Italian Sausage (www.uswellnessmeats.com)

Lunch

Crispy Battered Cod –Starfish Gluten Free

Dinner

Cornell BBQ Chicken Marinate Skinless Chicken Thighs and breasts in BBQ sauce for 2hrs minimum, 8 hours or overnight preferred. Heat up grill or broiler. Grilling is best. Cook liberally and frequently basting. Turn halves routinely.

This is the famous barbecue sauce created at Cornell University's Farm Home Extension in the 1950's.

Prep Time: 10 minutes

Total Time: 10 minutes

Yield: Makes about 3 1/3 cups

Ingredients: 2 cups vinegar, 1 cup oil, 1 egg, 3 tablespoons salt, 1 tablespoon poultry seasoning, black pepper to taste.

Directions: Put ingredients into a blender and blend until smooth. Marinate chicken in sauce for at least 1-2 hours (overnight is good), baste while cooking.

Day 14

Breakfast

Gluten free oven omelets

For 2 Oven Omelets:

Sautee: 1 red pepper, chopped 1/2 of a red onion, chopped, 3 cooked sausage, chopped. Add two very big handfuls of fresh spinach at the end, until it is barely wilted. (Or use about 3 cups of any sauteed veggies or meat that you like. i.e. asparagus, broccoli, and marinated artichoke hearts to name a few.) Add meat and veggies to 2 greased pie dishes.

In a mixing bowl whisk (stick blender): 7 eggs, 1.5 cups coconut milk, 1/2 tsp Herbamare Seasoning. Pour over your ingredients in the pie dishes. Bake at 375 degrees for about 32 minutes.

Lunch

Butternut Squash soup -Imagine

Dinner

Mexican Style Red Snapper

Ingredients: 4 red snapper fillets, about 6 to 8 ounces each, 2 tbsp. lime juice, 3 tbsp. olive oil, 1 medium onion, peeled and thinly sliced, 2 medium tomatoes, peeled, seeded and chopped, 1/4 cup chopped fresh cilantro leaves, 1 tsp. diced fresh jalapeno pepper, 2 cloves garlic, peeled and mashed, pinch ground cinnamon.

Directions:

Rub red snapper fillets with lime juice and place in a shallow baking dish. Cover and refrigerate 2 to 3 hours. Remove red snapper fillets from the dish and pat dry. Heat olive oil in a large skillet. Add fish fillets to the skillet and brown on both sides. Return fillets to the baking dish. Add onion to the skillet and cook until soft, stirring occasionally. Add tomatoes, cilantro, jalapeno, garlic and cinnamon to the skillet. Simmer 30 minutes until most of liquid is evaporated. Meanwhile, preheat oven to 350 degrees. Pour sauce over fish fillets. Bake about 25 minutes until snapper is cooked through.

Serves 4.

Approved Snack List

Ideally you will not have snacks that have lots of carbs to them. If you do have some of the snacks with more carbs like gluten free bread its best to have them in the evening as opposed to morning.

Apples with organic Nut Butters from Whole Foods (cashew, almond, NuttZo peanut free)

If you get peanut butter recommend only from South west US ...Martha

Any organic nuts by the handful (examples: cashews, almonds, pecans, etc)

Limited dried fruit, mixed in with your nuts.

Try to get snacks without sulfites (not a gluten issue, just healthier)

At night snack on gluten free bread with nut butters, and little of healthy jelly (bio nature organic) Wholy Guacamole, with Sweet Potato and Beet chips or Mary's Gone crackers.

Make fresh guacamole: Take a ripe avocado and mix in Garlic Caps from Standard Process, a little Herbamere, and ground up red pepper (grind it in magic bullet and put in a shaker and make it to taste)

Snack on Go Raw Super Cookies

Organic Food Bar Protein

Organic Food Bar Original

Living Fuel Super Berry Original