

Gluten Free Diet Plan -2 week sample

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 (uswellnessmeats)
Steamed California Blend frozen (steam 16 min)
Put in bowl Add Olive Oil and Herbamare

(Herbamare is what makes your veges 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 on line, amazon.com as well as others carry it..



Later Evening Snack:

Look to approved snack list for all snacks

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Day 2

Breakfast
Scrambled Eggs

Lunch
Mixed Green Salad and Crispy Halibut

Mixed 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)



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Day 3

Breakfast

4 oz Bacon from Whole foods with no nitrites or nitrates
(W.....is my favorite)

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) (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 want)

Sweet Potato Fries



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Day 4

Breakfast

Natural Pork Breakfast Sausage (uswellnessmeats)

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 carrot, 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.

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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
(uswellnessmeats or vital choice.com)



Dinner

Flank Steak Marinade

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

Enough for two 1 lb flank steaks

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.

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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 by salads)

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.

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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 (uswellnessmeats)

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

Food for life brown rice tortilla



Gluten Free Diet Plan -2 week sample

Day 9

Breakfast

Natural Pork Breakfast Sausage (uswellnessmeats)

Lunch

Small mixed green salad with Avocado Dressing

Grass Fed Garlic Beef Frank (Hot Dog) (uswellnessmeats.com)

Unsweetened ketchup

Relish

Ideally on plate with no bun

(gluten free bread if you want bun)

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)*

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.

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Day 10

Breakfast

4 oz Bacon from Whole foods with no nitrites or nitrates
(Thick sliced W.....is my favorite)

Lunch

Grass Fed Hamburger (www.uswellnessmeats.com)
Ideally on plate (Rudi's gluten free bread if highly desired)
Unsweetened Ketchup (add Stevia if want)

Dinner

Vegetable Pasta

Use bionature organic gluten free penne rigate
Add Italian Sausage (us wellness meats)

Recipe

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 and mix together
12 oz of gluten free pasta (above)



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Day 11

Breakfast

Italian Beef Sausage (uswellness meats)

Lunch

Amy Organic Split Pea Soup



Dinner

Grass Fed Rib Eye Steak (uswellness meats)

Season the steak with Herbamare or Mrs Dash

Mr. Spice Garlic Gluten-Free Steak Sauce [GFD195201]

(www.glutenfreemall.com)

Organic Southwestern Blend Vegetables



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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

How to make it

Plack turkey pieces, skin-side down, into crockpot set on high and saute to release fat. Turn turkey pieces and add leeks and celery. Sprinkle on thyme, oregano and vegetable seasoning, and saute 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.

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Day 13

Breakfast

Beef Italian Sausage (uswellnessmeats)

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

Preparation:

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.

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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 often use asparagus, broccoli, and marinated artichoke hearts to name a few.)

Add meat and veggies to 2 greased pie dishes.

In a mixing bowl whisk (I use a 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.

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Approved Snack list

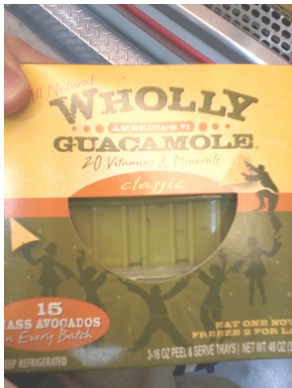
Ideally you will not have snacks that have lots of carbs to them. If you do have some of the snacks with more carbs like gluten free bread its best to have them in the evening as opposed to morning.

Here are a list of approved snacks:

- 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 you like can have by the handful
 - Examples.... Cashews, almonds, pecans, etc
- You can have limited dried fruit, mixed in with your nuts...
 - Try to get stuff without sulfites (not a gluten issue, just healthier)
- At night you can snack on gluten free bread with nut butters, and little of healthy jelly (bio nature organic see picture below)
- Wholly Guacamole, with Sweet Potato and Beet chips or Martha gone crackers
 - (see pics below)
- I prefer to make my guacamole fresh by:
 - Taking a ripe avocado, and mixing in Garlic Caps from Standard Process, and little Herba, and ground up red pepper (I grind it in magic bullet and put in a shaker and make it to taste)
- Snack on Raw super cookies see pics below
- Organic Food Bar Protein
- Organic Food Bar Original

Also options: Living Fuel super berry original

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