

# QUICK GUIDE TO GOING GLUTEN-FREE

C O N S I S T E N C Y   M A K E S   A   B I G   I M P A C T

## **Mindset & education**

understand why you want to go GF & learn where gluten hides (soy sauce, malt, spice blends, beer)

**Prep pantry** read labels, clear out foods with gluten, stock GF staples avoiding heavily processed foods

**Set up kitchen** wash utensils & surfaces, batch cook GF grains & proteins, keep GF snacks on hand

**Lifestyle plans** plan weekly meals, choose organic & locally sourced foods when possible, be physically active

**Support system** find safe restaurants, online GF communities & education

## MY GOALS

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## SMALL CHANGES CAN MAKE A HEALTHY DIFFERENCE!



# 5-DAY ANTI-INFLAMMATORY, GLUTEN-FREE MEAL PLAN

R I C H I N F I B E R , H E A L T H Y F A T S ,  
P R O T E I N , & A N T I O X I D A N T S

## DAY 1

**Breakfast** Sweet potato + kale hash with eggs & avocado

**Lunch** Grilled chicken over arugula salad with olive oil, lemon, pumpkin seeds

**Snack** Apple slices + almond butter

**Dinner** Wild salmon, roasted broccoli, quinoa with turmeric

## DAY 2

**Breakfast** Green smoothie (spinach, avocado, banana, chia, protein powder)

**Lunch** Lentil soup + mixed greens with cucumber, olive oil, balsamic

**Snack** Carrot sticks + hummus

**Dinner** Ground turkey lettuce wraps with shredded veggies & tahini drizzle

## DAY 3

**Breakfast** Overnight oats (GF oats, chia, almond milk, blueberries)

**Lunch** Quinoa bowl with black beans, roasted veggies, & cilantro-lime dressing

**Snack** Hard-boiled eggs + sea salt

**Dinner** Baked cod, mashed cauliflower, sautéed Swiss chard

## DAY 4

**Breakfast** Coconut Greek yogurt (unsweetened) + raspberries, cinnamon

**Lunch** Chicken & veggie stir fry with tamari

**Snack** 23 Dry roasted almonds + small orange

**Dinner** Grass-fed beef patties, sweet potato wedges, side salad

## DAY 5

**Breakfast** Scrambled eggs with spinach + gluten-free toast with smashed avocado

**Lunch** Mediterranean tuna salad in lettuce cups with olives and capers

**Snack** Blueberries + coconut flakes

**Dinner** Zucchini noodles with vegan pesto + grilled shrimp