

Basic Gluten Free Starter Meals: Easy, quick GF meals with foods from the “regular” grocery store for people who do not usually cook.
All take 20 minutes or less active prep time!

1. Breakfast:

2. Yogurt and fruit with almonds, walnuts or ground flax sprinkled on top.
3. Omelets with veggies and/or cheese.
4. Scrambled eggs and lean sausage (Applegate, Trader Joes, etc)***.
5. Cereal*: variety of Chex (not wheat)***, Bob’s Red Mill GF hot cereals*, Mesa Sunrise, etc.
6. Grits and pure maple syrup or butter.
7. Smoothie with fruit, yogurt*, milk, and/or tofu.
8. Cottage cheese or ricotta cheese* with melon, berries or other fruit.

9. Lunch:

10. Cheese quesadilla. Heat a soft corn or brown rice tortilla in a non-stick pan. Add cheese and heat until cheese melts. Serve with salsa, lettuce, beans, etc.
11. Greek salad-romaine lettuce, feta cheese, tomatoes, cucumber, onions, olives.
12. Salsa soup-heat a can of salsa, a can of black or pinto beans, a can of corn and add in some broth (Herb ox, Imagine and Pacific are GF***). Serve with cheese (optional)& plain tortilla chips.
13. Bean salad--combine a can of chickpeas, 1 can of drained tuna fish, 1 cup cherry tomatoes, 1/4 cup feta (optional), 2 TBSP olive oil, 2 T balsamic vinegar or lemon juice. Sprinkle with garlic salt & pepper.
14. PBJ rice cake sandwich: peanut butter** and apples, bananas or jelly** on rice cakes.
15. Soup: Amy's Organics, Frontier, Progresso have great canned soups that are tested GF (check labels).
16. 2 cups baby green mix w/herbs, 1/2 can salmon, 1/2 avocado, 1/2 chopped green apple & a few walnuts. Squeeze lemon on top right before eating. (keep the remaining halves for lunch tomorrow)
17. Corn tortilla or lettuce leaf wrap with tuna, hummus, avocado, roasted veggies, cold cuts or cheese (Boar’s Head meats and cheeses ***) lettuce, tomato, pickles, condiments**, etc.
18. Sandwich made from GF waffles and meat or cheese, lettuce, tomato, pickle, etc.
19. Chef salad—romaine lettuce or spinach, carrots, tomato, cucumber, etc. with leftover meat, cheese, a hard boiled egg, nuts or beans.
20. Soft corn or brown rice tortilla wrap with leftover chicken, turkey or hummus, pesto sauce (or mustard**), lettuce, tomato, cucumber and/or sprouts.
21. Arugula salad: 2 cups arugula or spinach, 1/2 sliced avocado, a handful tomatoes, some pecans & some Parmesan. Mix w/1 TBSP balsamic vinegar/ lemon juice & 1 TBSP of olive oil right before eating.
22. Tuna salad: Drain can of tuna, mix with 1/4 cup mayo**, a chopped celery stalk and a squeeze of lemon. Add 2 Tablespoons of Italian seasoning, eat in lettuce ‘cups’.
23. Hummus salad: hummus** with lettuce, tomato, cucumber, red peppers or onion.
24. Quinoa and beans: rinse 1 cup quinoa, cook in 2 cups broth (Imagine, Pacific, Herb Ox), add in 2 tsp of chili powder and a can of rinsed and drained black beans.

25. Dinner

26. Baked salmon: put salmon on foil, sprinkle with salt & pepper, & a fresh herb (rosemary, thyme, tarragon, etc.) or slices of lemon. Drizzle w/ olive oil, bake for 12-15 minutes at 425°. Serve w/ steamed veggies.
27. Grill a burger (check label for 100% beef). Top with tomato, onion, avocado, mustard**, ketchup or mayo**, etc and eat with a lettuce 'bun'.
28. Grill chicken or fish and peppers, onions, zucchini, eggplant, yellow squash, mushrooms, etc. (many stores sell veggies pre skewered)
29. Grill, pan fry or broil steaks and serve with a baked plain or sweet potato.

30. Roast a chicken--rub with salt and pepper, squeeze a lemon, put lemon pieces in chicken, bake at 350° for 1-1 1/2 hours or until done. Serve w/ steamed veggies & brown or wild rice.
31. Chicken tenders--dip in egg or milk then dip into breading mix: cornmeal w/salt & pepper or almond meal. Bake at 350° until done (time depends on size). Serve w/steamed or prepared frozen veggies.
32. Flounder, sole, red snapper or tilapia: bake 4 filets with ¼ tsp of Old Bay seasoning***, ½ tsp garlic salt, squeeze of lemon, a drizzle of oil, and a pound of frozen veggies at 375° for 25-30 minutes.
33. Brown ground turkey or lean beef. Drain. Add a can of tomatoes, 1 TBSP oregano and a drained can of corn. Simmer until done (about 15 min) and serve over rice.
34. Sauté minced garlic and add 1 cup of white wine. Add cooked shrimp, thawed chopped broccoli, carrots, peppers, etc. Sprinkle with Parmesan cheese or pepper.
35. Put 1 1/2 lbs of baby carrots in a crock-pot, quarter an onion & add 1-2 lbs beef roast. Pour GF BBQ sauce on top (Sweet Baby Ray's***). Cook for 4-6 hours (high) or 8 hours (low). Serve w/ brown rice.
36. Baked trout with almonds: Sprinkle 4 trout fillets w/salt & pepper. Drizzle with 2 TBSPs of oil & 1 TBSP of lemon juice. Sprinkle w/ ½ cup sliced almonds. Bake at 400° for 20 min & serve w/seasonal veggie.
37. Make tacos: brown turkey/lean beef, add water and taco seasonings (Mc Cormick's), serve with plain corn shells or tortillas and lettuce, tomatoes, etc.
38. Hot dog with plain potato chips. (Hebrew National, Jeanne-O, Applegate Farms***).
39. Pour a large jar of tomato sauce over chicken pieces and cook at 350° for 35 minutes or until done. Serve with veggies and gluten free pasta.
40. Eggs: Scramble w/ fresh or thawed spinach, peppers, onions, mushrooms, tomatoes or cheese. For a vegan option, do a tofu scramble.
41. Steamed crabs (check seasonings) with corn on the cob.
42. Cannellini beans, tuna in olive oil (optional), drained canned diced tomatoes, a few Kalamata olives and a few fresh basil leaves
43. Fajitas—Over medium-high heat, sauté 1 chopped onion and 1 sliced red pepper with 2 Tablespoons of oil. Add package of precooked chicken (Perdue's Short Cuts***) and Mc Cormick's fajita seasoning. Serve with tortillas, sour cream, etc.
44. Prepare 3 cups instant wild rice. Add in 1 lb precooked chicken, a chopped apple, 2 chopped celery stalks, 1/2 cup of pecans, 1 Tbsp of honey Dijon mustard**, 1/4 cup oil and 3 T of balsamic vinegar or lemon juice. Mix.
45. Prepared rotisserie chicken (Perdue rotisserie chickens***) with a salad and brown or wild rice.
46. Combine 1lb chicken parts, 2 diced sweet potatoes, 1 chopped onion, 1 lb baby carrots and ¼ c marmalade**. Roast at 425° for 40 min, stir halfway through.
47. Sauté garlic until golden. Add tofu, cooked shrimp or chicken and thawed mixed vegetables, & warm. Add several tablespoons of soy sauce & serve over rice/rice noodles (La Choy Regular /Lite soy sauce)
48. Brown 2 GF cooked sausages (Applegate Farms, Trader Joes'***). Add chopped green and red pepper and cook for 2 min. Add ½ can of corn, 3 cups of cooked rice and 1 TBSP Cajun seasoning (or to taste).
49. Make rice noodles according to package. Add broccoli halfway through cooking or 2-3 minutes before the end, drain, and add a can of baby corn. Pour peanut sauce on top* (Thai Kitchen sauces***)
50. Gluten-free pasta with steamed or thawed veggies and marinara or pesto sauce.
51. Dinner at a restaurant with a GF menu (Uno's, Outback, Bonefish, PF Changs, etc.)
52. Occasional bonus: a bowl of ice cream*—I confess that Purely Decadent*** is my favorite. Savor slowly, top w/strawberries.

*Check label

**Watch for cross contamination.

*** products do not contain gluten per company website, but ALWAYS check labels