



GLUTEN
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GROUP®

4-Week Gluten-Free Meal Plan

gluten.org



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INTRODUCTION

This GIG Gluten-Free Starter Kit is designed to guide you as you adjust to your first month of eating gluten-free. This kit contains basic information about gluten-related disorders, treatment through specific dietary changes, and a month's worth of meal plans that will help you answer the never-ending question, "What's for dinner?"

What is Celiac Disease?

Celiac disease is a serious autoimmune disease where the ingestion of gluten leads to damage in the small intestine and other related health problems. Common symptoms of celiac disease include diarrhea, mild to severe abdominal discomfort, fatigue, migraines, and joint pain.

This response to gluten causes inflammation and damages the small intestine, leading to malabsorption of nutrients and other health issues. To develop celiac disease, a person must inherit the genetic predisposition, be consuming gluten when tested, 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 symptoms are present. Adopting and adhering to a gluten-free diet allows the damage to the small intestine to heal.

What is Non-Celiac Gluten Sensitivity?

Non-celiac gluten sensitivity (NCGS) is not a well-defined condition. Gluten intake may cause similar symptoms to those experienced in celiac disease, but NCGS is not an autoimmune condition and does not cause the intestinal damage characteristic of celiac disease. There is no specific test for NCGS. It may be diagnosed after ruling out celiac disease, wheat allergy, other possible causes of symptoms, and when a gluten-free diet alleviates symptoms.

What is a Wheat Allergy?

A 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 potentially life-threatening anaphylaxis. Wheat is one of the eight most common allergens in the United States, according to the FDA.

Treatment

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

Common Foods with Gluten*

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

*Gluten-free versions of these foods are widely available.

This list is not exhaustive. See the article [Getting Started on a Gluten-Free Diet](#) for more information.

Label Reading

We developed a guide to help you determine whether a particular packaged food is gluten-free: [3 Tips for Gluten-Free Label Reading](#).

Home Environment & Cross-Contact

When one family member adopts a gluten-free 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 gluten-free diet, take the following precautions to avoid cross-contact, where gluten particles or crumbs get into gluten-free food, potentially causing an adverse reaction:

- Keep preparation surfaces clean and free of crumbs.
- Do not share hard-to-clean tools such as strainers or wooden spoons used for non-gluten-free foods.
- Do not share toasters used for gluten-containing bread.
- Use squeeze bottles to avoid contamination of condiments.
- Thorough washing will remove gluten from utensils, pans, and dishes.
- Store gluten-free foods above gluten-containing foods in the pantry and refrigerator.

Resources

<https://gluten.org/living-gluten-free-basics-beyond-2021/>
<https://gluten.org/community/faq/>
1. <https://gluten.org/2019/12/15/celiac-disease/>
2. <https://gluten.org/2019/10/15/easy-to-find-easy-to-fix-meals-and-snacks/>

IMPORTANT

Each time you shop, confirm that all ingredients you use are gluten-free (see our gluten-free [label reading](#) tips) and avoid [cross-contact](#) with food items that might contain gluten (including avoiding bulk bins).

Tips for saving money on quality fruits and vegetables:

- Choose fresh vegetables and fruits that are in season.
- Watch for coupons and local store specials.
- Visit local farmers' markets and produce stands.
- Look into whether local farms offer a "u-pick" option.
- Make use of organizations like [Imperfect Foods](#) that offer lower prices for produce that may not look perfect.
- Stock up on frozen vegetables when on sale. They provide a convenient alternative and are generally as nutritious as fresh.

This meal plan is intended to provide guidance and inspiration for planning gluten-free meals. The meal plan includes a variety of nutritious foods, but is for informational purposes only and does not constitute medical dietary advice. Consult with your personal healthcare team when considering this information.

Week 1

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

IMPORTANT: Each time you shop, confirm that all ingredients you use are gluten-free (see our [gluten-free label reading tips](#)) and [avoid cross-contact](#) with food items that might contain gluten, including staying away from bulk bins.

Use this meal plan as a guide, and adjust quantities based on the size of your household. Make substitutions based on your family's own unique tastes.

When you see "make extra", look ahead a day or two in the Meal Plan to find out how you will use the leftovers. "Make extra and freeze" means you'll use the item more than two or three days after making.

WEEK 1	BREAKFAST	LUNCH	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	Chicken salad wrapped in brown rice tortilla (use chicken from Sunday dinner)	Tacos with corn tortillas, plus black beans, lettuce, tomato, cheese, sliced olives, salsa, and 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	Vegetable chili 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, and sour cream
Saturday	Home-style hash brown potatoes with eggs, any style	Grilled cheese or PB&J with GF bread, plus a salad with any veggies left over from the week	Broccoli beef with brown rice

*Make sure oatmeal and lentils are certified, or at least labeled, gluten-free.

Dessert of the Week:

[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

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. 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 at the bottom of Week 1 Meal Plan page, and pick up enough for the week!

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Apples (Su)	Beef sirloin (Sa)	Brown rice (W, Sa)	Black beans (M, T, F)
Asparagus (W)	Butter (dessert)	Brown rice tortillas (M, F)	Diced tomatoes (Th)
Bananas (W, dessert)	Eggs (T, Sa, dessert)	Corn tortilla chips (T, Th)	GF tomato soup (Su)
Broccoli (Sa)	Greek yogurt (S, W, Th)	Corn tortillas (M)	Marinara sauce (or buy extra diced tomatoes to make your own) (T)
Carrots (Su, Th)	Ground turkey or beef (if desired for Tuesday dinner)	Cornstarch (dessert)	Red beans (Th)
Celery (M)	Milk (M, Th, F, dessert)	GF bread (Su, T, W, Sa)	Sliced olives (M, T)
Cherry tomatoes (Th)	Salmon fillets (W)	GF granola (Su, W)	Tomato sauce (Th)
Garlic (Su, Th)	Shredded cheese (M, T, F)	GF oatmeal (M, F)	
Green lettuce (M, T, W, F, Sa)	Sliced cheese (Su, W, Sa)	GF spaghetti (T, Th)	
Green onion (M, F)	Sliced turkey (W, F)	GF vanilla wafers (dessert)	
Green pepper (Sa)	Sour cream (M, T, F)	Mixed nuts (M, F)	
Red grapes (M)	Vanilla ice cream (dessert)	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 (or GF soy sauce).

Week 2

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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Use this meal plan as a guide, and adjust quantities based on the size of your household. Make substitutions based on your family's own unique tastes.

When you see "make extra", look ahead a day or two in the Meal Plan to find out how you will use the leftovers. "Make extra and freeze" means you'll use the item more than two or three days after making.

WEEK 2	BREAKFAST	LUNCH	DINNER
Sunday	Blueberry muffins (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 creamed peas and potatoes
Monday	Breakfast tacos with scrambled eggs in corn tortillas with salsa & avocado (optional)	PB&J on GF bread with a side of carrot sticks	Stir fry with chicken, onion, cabbage, and carrots, served with brown rice (reserve some plain cooked chicken for Wednesday lunch)
Tuesday	Blueberry muffins (leftover from Sunday) and Greek yogurt	Turkey and cheese roll-ups with rice crackers	Black bean enchiladas
Wednesday	GF oatmeal* with chopped nuts, blueberries, milk, and a sprinkle of brown sugar	Chicken and cheese quesadilla, made with corn tortillas	Shrimp skewers with red onion, bell pepper, and mango chunks, served with brown rice and a side salad
Thursday	Breakfast tacos with scrambled eggs in corn tortillas with salsa & avocado (optional)	Tuna salad sandwich on GF bread	Turkey or beef meatballs (use GF breadcrumbs) with sautéed zucchini and roasted potatoes (reserve a few meatballs for Friday's lunch)
Friday	Pancakes topped with peanut butter, sliced banana, and a drizzle of maple syrup	Meatballs with GF barbeque dipping sauce and buttered GF noodles	Chicken tenders and sweet potato fries slice into fry-sized strips, season as desired, then bake 20-25 minutes at 450F
Saturday	French toast using GF bread with eggs and bacon	Turkey and cheese roll- ups with rice crackers	Pork chops with baked beans , buttermilk drop biscuits , and coleslaw

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Dessert of the Week:

Frozen yogurt with hot fudge or caramel

Snack Options

- Cheese and rice crackers
- Banana, apple, or celery with peanut butter
- Carrots or cucumbers with hummus

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, and pick up enough for the week!

PRODUCE	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Avocado (M, Th)	Bacon (Sa)	Brown rice (M, W)	Black beans (M, T, F)
Banana (F)	Buttermilk (Sa)	Corn tortillas (M, T, W, Th)	Diced tomatoes (Th)
Bell peppers (T, W)	Chicken breast, boneless & skinless (M)	GF barbeque sauce (F, Sa)	GF tomato soup (Su)
Blueberries (can also buy frozen) (Su, W)	Chicken tenders, boneless & skinless (F)	GF bread (M, Th, Sa)	Marinara sauce (or buy extra diced tomatoes to make your own) (T)
Carrots (M, Sa)	Cod or halibut fillets (not breaded) (Su)	GF bread crumbs	
Garlic (T)	Eggs (Su, W, Th, F, Sa)	GF flour blend (Su) (Several brands & blends available. You may have to experiment a bit to find the one you like best.)	Red beans (Th)
Green cabbage (M, Sa)	Grated parmesan cheese (Sa)		Sliced olives (M, T)
Mango (W)	Greek yogurt (Su, T)	GF oatmeal (W)	Tomato sauce (Th)
Mixed greens (W)	Ground turkey or beef (Th)	GF rice crackers (S, T, Sa)	
Parsley (Th)	Milk (Su, M, W, Th, F)	GF spaghetti or egg noodles (F)	
Red onion (W)	Pork chops (Sa)	Mixed nuts (W)	
Red potatoes (Su, Th)	Shredded cheese (T, W)		
Sweet potatoes (F)	Shrimp, peeled & deveined (may be frozen) (W)		
Yellow onion (M, T, Th, Sa)	Sliced cheese (T, Sa)		
Zucchini (T, Th)	Sliced turkey (T, Sa)		
	Vanilla frozen yogurt (dessert)		

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

Week 3

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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Use this meal plan as a guide, and adjust quantities based on the size of your household. Make substitutions based on your family's own unique tastes.

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WEEK 3	BREAKFAST	LUNCH	DINNER
Sunday	GF waffles with mixed berries, butter, and maple syrup (double recipe and freeze for later)	Chicken and rice soup with GF crackers	Hamburgers with lettuce and tomato on GF bun with potato salad and steamed broccoli
Monday	Egg-in-a-basket (see recipe below) orange slices (see recipe at end of meal plan)	Black bean and cheese quesadillas with salsa on brown rice or corn tortillas	Grilled tilapia with roasted asparagus and beets
Tuesday	GF waffles from Sunday with sliced banana, butter, and maple syrup	GF PB&J sandwich with carrot sticks	Pot roast with red skin potatoes, carrots, and onions. Serve with side salad.
Wednesday	Banana and PB smoothie (see recipe at end of meal plan)	Turkey and cheese roll-ups with rice crackers	Grilled chicken breast with baked winter squash and steamed mixed vegetable (save leftover chicken for Thursday lunch)
Thursday	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 at end of meal plan)
Friday	GF toast with PB and banana	Tuna salad on GF rice crackers	Tacos with seasoned ground beef, lettuce, cheese, and salsa on GF corn tortillas with a side of refried beans and rice
Saturday	Greek yogurt parfait with GF granola, berries, cinnamon, and honey	Leftover lentil soup	Homemade pepperoni pizza with GF crust and a side salad

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Dessert of the Week:

[Applesauce Spice Bars](#)

Snack Options

- Cheese and rice crackers
- Banana, apple, or celery with peanut butter
- Carrots or cucumbers with hummus

Week 3 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	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Asparagus (M)	Bacon (T)	Almond meal (dessert)	Applesauce (dessert)
Bananas (T, W, F)	Butter (Su, T, dessert)	Baking soda (dessert)	Black beans (M)
Beets (M)	Canned or rotisserie	Brown rice (F)	Black olives (Sa) *optional for pizza
Berries (Sun, Sat)	chicken (Su)	Chicken broth (Su)	GF pizza sauce (Sa)
Broccoli (Su)	Chicken breast, boneless & skinless (W, Th)	Corn tortillas (M, F)	Refried beans (F)
Butternut squash (W)	Chuck roast (T)	GF bread (M, T, F)	Tuna (F)
Carrots (Su, Tu, Th)	Eggs (Su, M, Th, F)	GF buns (Su)	
Celery (Su, Th)	Greek yogurt (Sa)	GF egg noodles (Su)	
Green pepper (Sa)	Ground beef (Su, F)	GF flour blend	
Lettuce (Su, T, Th, F, Sa)	Milk (Su, W)	GF granola (Sa)	
Lime (Th)	Pepperoni (Sa)	GF oats (dessert)	
Mixed vegetable, frozen (W)	Shredded cheese (M,F, Sa)	GF rice crackers (W, F)	
Onions (Su, Tu, Th, Sa)	Sliced cheese (Su, W)	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, and GF salad dressings

Week 4

Double check the stock of items you have at home before you head to the store. You may not need everything on these shopping lists. Before shopping, read through the recipes you plan to make. There may be some ingredients you'll choose to skip or substitute.

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WEEK 4	BREAKFAST	LUNCH	DINNER
Sunday	Eggs with bacon, GF toast, and jam	Quinoa fiesta salad	Glazed meatloaf with baked beans and a side salad
Monday	Grapes with 1-2 boiled eggs	Tomato and cheese melt with tomato soup	Roasted pork loin with roasted cauliflower and buttered peas (Save leftover pork for Tuesday lunch)
Tuesday	GF banana pancakes with butter and maple syrup	BBQ pulled pork sandwiches on a GF bun	Salmon foil packets with a side salad
Wednesday	GF oatmeal* with walnuts, cinnamon, and chopped apple	Tuna salad with GF rice crackers	Chicken stir-fry with bell peppers, onions, and broccoli with brown rice
Thursday	Baked omelet Orange slices	GF PB&J sandwich with carrot sticks	Beef vegetable soup with GF crackers (Save leftovers for Friday lunch)
Friday	GF toast with PB and banana	Leftover beef vegetable soup with GF crackers	Roasted rosemary chicken thighs, baked sweet potato, and green beans (Save leftover chicken for Saturday lunch)
Saturday	Baked oatmeal	Chicken quesadillas with salsa and sour cream on GF corn tortillas	GF spaghetti with pasta sauce, with a side salad

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Dessert of the Week:

[GF Favorite Brownies](#)

Snack Options

- Cheese and rice crackers
- Banana, apple, or celery with peanut butter
- Carrots or cucumbers with hummus

Week 4 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	REFRIGERATED PRODUCTS	PANTRY & DRY GOODS	CANNED
Apples (W)	Bacon (Su)	Baking powder (Sa)	1can black beans(Su)
Bananas (T, Sa)	Beef Stew meat (Th)	Beef Broth (Th)	1 can small red beans(Su)
Broccoli (W)	Butter (M, T, Th, dessert)	Brown rice (T)	1can pinto beans(Su)
Carrots (Su, T)	Chicken breast (W)	Brown sugar (Sun, Sa)	White vinegar
Cauliflower (M)	Chicken thighs, bone in (F)	Cocoa (dessert)	1can navy beans (Su)
Celery (T)	Eggs (Su, M, Th, Sa, dessert)	Corn tortillas (Sa)	1 can cannellini beans (dessert)
Cilantro (Su)	Ground beef (Su)	GF bread (M,T,F)	28oz diced tomatoes (Su)
Corn, frozen (Su)	Milk (T, Th)	GF bread crumbs (Su)	6oz tomato paste (Su)
Garlic (Su, Tu)	Pork Loin roast (T)	GF buns (Su)	GF pasta sauce (Sa)
Grapes (M)	Salmon filets (Tu)	GF flour blend (dessert)	GF tomato soup (M)
Green beans (F)	Shredded cheese (Th, Sa)	GF oats (W, Sa)	Tuna (W)
Lemons (Su, Tu)	Sliced cheese (M, F)	GF pancake mix (T)	
Lettuce (Su, T, Sa)	Sour cream (Th, Sa)	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

- 1 egg
- 1 slice of gluten-free bread
- Butter

1. Make a yolk-sized hole in a slice of buttered gluten-free toast.
2. In a hot, greased skillet crack the egg into the hole and cook on both sides until the yolk is cooked to desired consistency.
3. Serve immediately

Sweet Potato Lentil Soup

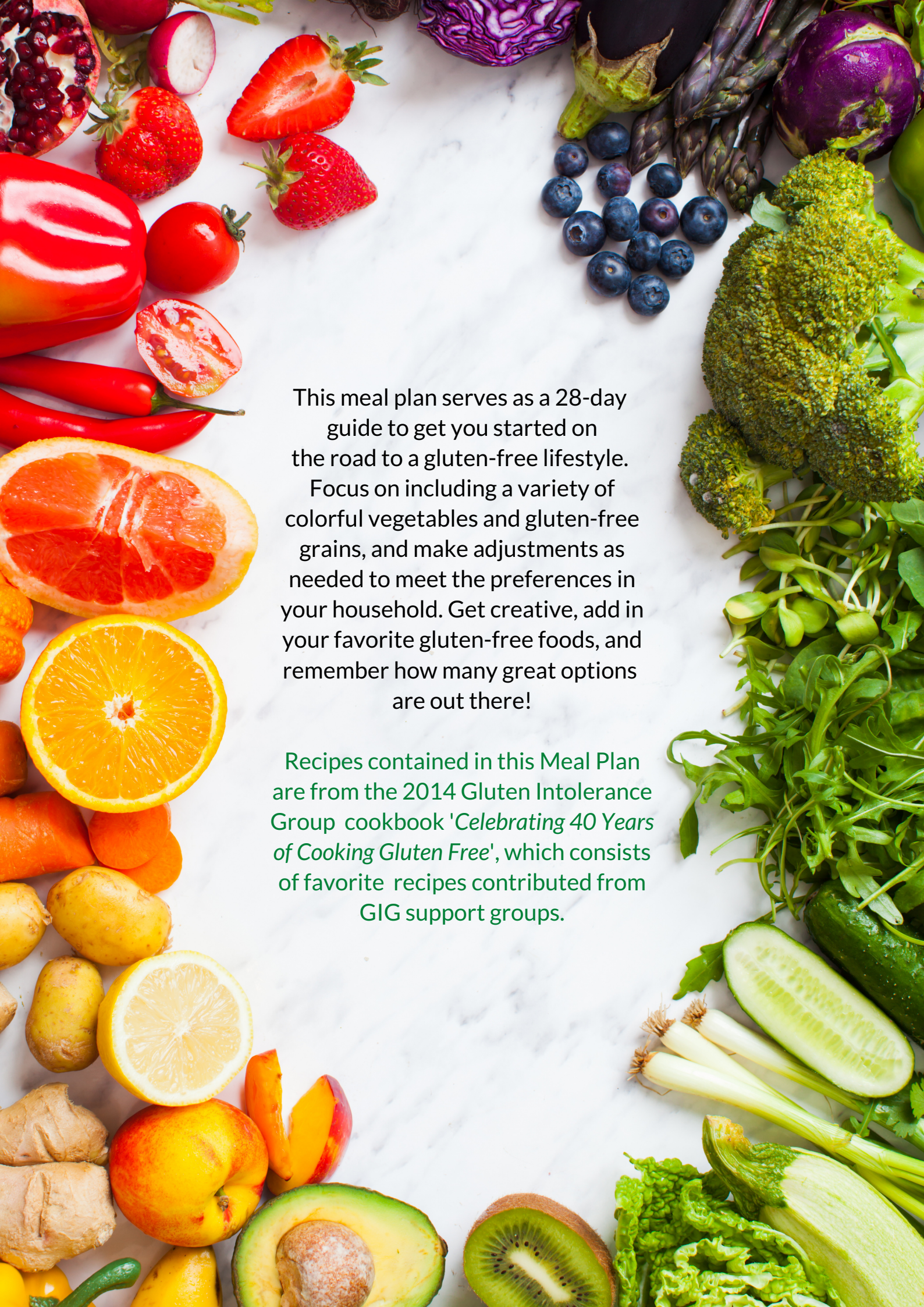
- 4 cups vegetable broth
- 2 tablespoons olive oil
- 1 yellow onion, chopped 1 garlic clove, minced
- 1-2 large sweet potatoes, cubed 1 cup green lentils, dry
- 1 bunch kale, roughly chopped
- 1 teaspoon dried oregano
- 1 teaspoon dried cumin

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 gluten-free 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.



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 gluten-free grains, and make adjustments as needed to meet the preferences in your household. Get creative, add in your favorite gluten-free foods, and remember how many great options are out there!

Recipes contained in this Meal Plan are from the 2014 Gluten Intolerance Group cookbook '*Celebrating 40 Years of Cooking Gluten Free*', which consists of favorite recipes contributed from GIG support groups.