



# BASIC GLUTEN-FREE STARTER MEALS

Easy, quick meals with foods from the “regular” grocery store. Even the most devoted vegan and most ardent carnivore can find something to eat.

All take 20 minutes or less active prep time!

Breakfast: 2 Omelets with veggies and/or cheese.

1. Greek yogurt with fruit, almonds, walnuts and/or ground flaxseed sprinkled on top.
3. Scrambled eggs/tofu and/or lean sausage (Applegate Farms®, Trader Joe's®, etc.)\*\*\*.
4. Cereal\*: Bob's Red Mill® GF hot cereals\*, Mesa Sunrise®, many Chex cereals (not wheat)\*\*\*, etc.
5. Grits and pure maple syrup or butter and berries.
6. Smoothie with fruit, yogurt\*, milk, nuts and/or tofu.
7. Cottage cheese or ricotta cheese\* with melon, berries or other fruit.
8. Packet of certified GF oatmeal w/ground flaxseeds.
9. Greek salad—romaine lettuce, feta cheese, tomatoes, cucumber, onions, olives. Lunch: (some make several portions)
10. Salsa soup—heat a can of salsa\*, a can of black or pinto beans , a 2 C thawed corn & add in some broth (Herb Ox®, Imagine® and Pacific® \*\*\*). Serve w/ cheese (optional) &/or plain tortilla chips.
11. Bean salad—Drained can of chickpeas , drained can tuna fish, 1 C cherry tomatoes, 1/4 C feta (optional), 2 TBSP olive oil, 2 T balsamic vinegar or lemon juice. Sprinkle w/garlic salt &pepper.
12. PBJ rice cake sandwich: peanut butter\*\* and apples, bananas or jelly\*\* on rice cakes.
13. Soup: Amy's Organics®, Frontier®, Progresso® have great canned soups tested GF\*
14. 3 C baby green mix w/herbs, sliced avocado, ¾ C garbanzo beans , a handful tomatoes, some pecans & Parmesan (optional). Mix w/1 TBSP balsamic vinegar/ lemon juice &1 TBSP of olive oil right before eating.
15. 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.
16. Sandwich made from GF waffles and meat or cheese, lettuce, tomato, pickle, etc.
17. Chef salad—romaine lettuce, arugula or spinach, carrots, tomato, cucumber, peppers, etc. with leftover meat, cheese, a hardboiled egg, nuts or beans , with olive oil and vinegar dressing.
18. 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.
19. Soft corn or brown rice tortilla wrap with leftover chicken or turkey, pesto sauce or mutard\*\*, lettuce, tomato, cucumber and/or sprouts.
20. Arugula salad: 2 cups arugula or spinach, ½ can salmon, ½ avocado, ½ chopped green apple & a few walnuts. Squeeze lemon on top right before eating. (keep the remaining halves for tomorrow)
21. Cheryl's famous black bean salad —can of black beans , 2 ears raw corn (thawed if not in season), 1 cup tomatoes & ¼ C cilantro, a pinch of cumin and lime juice on top.
22. Hummus salad: hummus\*\* with romaine, tomato, cucumber, red peppers or onion.
23. Quinoa & beans: rinse 1 C quinoa, cook w/ 2 1/4 C broth (Imagine®, Pacific®, Herb Ox®), add in 2 tsp of chili powder & 2 C black beans & 2 C chopped tomatoes. Serve w/lime. (several portions)



24. Baked salmon: put salmon on parchment paper on a cookie sheet, sprinkle with salt & pepper, & a Dinner 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.
25. Grill a burger (check label for 100% beef/turkey) or portabella mushroom. Top with tomato, onion, avocado, mustard\*\*, ketchup or mayo\*\*, etc. and eat with a lettuce 'bun'.
26. Grill chicken, fish or shrimp and peppers, onions, zucchini, eggplant, yellow squash, mushrooms,
27. Grill or broil steaks and serve with a baked plain or sweet potato. etc. (many stores sell veggies pre-skewered) ©Cheryl Harris, MPH, RD [www.harriswholehealth.com](http://www.harriswholehealth.com)
28. Roast a chicken--rub w/salt and pepper, squeeze a lemon on top, 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.
29. 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.
30. Flounder, sole, red snapper: bake 4 filets with ¼ tsp of Old Bay® seasoning\*\*\*, ½ tsp garlic salt, squeeze of lemon, a drizzle of oil, & a pound of frozen veggies at 375° for 25-30 minutes.
31. Brown 1lb ground turkey/lean beef & drain, or use 2 cans kidney beans . Add a can of tomatoes, 1 TBSP oregano & 2 C thawed corn. Simmer until done (about 15 min) & serve w/ brown rice.
32. Sauté ¼ C minced garlic w/ 2T olive oil for 1 min & add 1 C of white wine, simmer 2 min. Add 1.5 C cooked shrimp & 3 C thawed chopped broccoli, carrots, peppers, etc. & heat until warm.
33. Put 2 lbs baby carrots or 1 diced butternut squash, 1 diced onion & 1-2 lbs free range chicken/beef Sprinkle w/Parmesan cheese & black pepper, serve w/ quinoa, GF pasta or rice noodles if desired. in a crock-pot, add GF BBQ sauce & cook for 4-6 hrs (high)/8 hrs (low). Serve w/ brown rice.
34. Baked trout with almonds: Sprinkle 4 trout filets w/salt & pepper. Drizzle with 2 T oil & 1 T lemon juice. Sprinkle w/ ½ cup sliced almonds. Bake at 400° for 20 min & serve w/seasonal veggie. corn shells or tortillas and lettuce, tomatoes, etc.
35. Make tacos: brown turkey/lean beef, add water and taco seasonings (Mc Cormick's®), serve with plain
36. Hot dog with plain potato chips. (Hebrew National®, Applegate Farms®\*\*\*).
37. 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.
38. Eggs: Scramble w/ fresh or thawed spinach, peppers, onions, mushrooms, tomatoes or cheese. For a vegan option, do a tofu scramble.
39. Steamed crabs (check seasonings) with corn on the cob. olives and a few fresh basil leaves
40. Cannellini beans , tuna in olive oil (optional), drained canned diced tomatoes, a few Kalamata
41. 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 corn tortillas, beans, sour cream, etc.
42. 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.
43. Cuban Beans & Rice: Sauté 1 chopped onion in 1T oil. In 2 min, add chopped pepper, 2T minced garlic & ½ tsp chili powder. Cook 2 min, add in 15 oz diced tomatoes w/ juice & simmer 15 min. Add 3 C beans & heat until warm. Serve over brown rice, add seasonings & cilantro to taste.



44. Prepared rotisserie chicken (Perdue® rotisserie chickens<sup>\*\*\*</sup>) with a salad and brown or wild rice.
45. Combine 1lb chicken parts, 2 diced sweet potatoes, 1 chopped onion, 1 lb baby carrots w/ ¼ c all fruit marmalade<sup>\*\*</sup>. Roast at 400° for 45 min, stir every 15 min through.
46. Sauté garlic until golden. Add tofu, cooked shrimp or chicken and thawed mixed vegetables,
47. Brown 2 GF cooked sausages (Applegate®, Trader Joe's®<sup>\*\*\*</sup>). Add 2 C chopped green/red & warm. Add several tablespoons of soy sauce & serve over rice/rice noodles (San-J /La Choy®) pepper & cook 2 min. Add 2 C corn, 1 C tomatoes , 3 C of cooked rice & 1 T Cajun seasoning .
48. Make rice noodles according to package. Add broccoli halfway through cooking or 2-3 minutes before
49. Gluten-free pasta with steamed or thawed veggies and marinara or meat sauce\*. the end, drain, and add a can of baby corn. Pour peanut sauce on top\* (Thai Kitchen® sauces<sup>\*\*\*</sup>)
50. Dinner at a restaurant with a GF menu (Uno's®, Outback®, Bonefish®, PF Changs®, etc.)

\*Check label carefully—some kinds/brands may contain gluten.

\*\*Watch for cross contamination.

\*\*\* products do not contain gluten per company website, but things change! ALWAYS check labels.

I prefer Eden® and Muir Glen® cans because they avoid BPA; however, these are not available at all stores.

Healthier options are bolded.

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