



A week-long meal plan of gluten-free recipes prepared by RD Alysa Bajenaru for Attune Foods

Gluten-Free Menu

| | BREAKFAST | SNACK | LUNCH | SNACK | DINNER |
|--------------|--|---|---|---|--|
| SUN | Erewhon Buckwheat & Hemp cereal with almond milk and a sliced banana | Sliced apple with almond butter | Snack plate lunch: Raw veggies, hummus, whole grain gluten-free crackers, and 2 tangerines | Gluten-free fruit and nut bar (look for one with only whole-food ingredients.) | Colorful Stir Fry over brown or black rice |
| MON | 2 eggs scrambled with spinach and grape tomatoes, served with a half pink grapefruit | Homemade trail mix with almonds, raisins, Erewhon Buckwheat & Hemp cereal, and unsweetened coconut flakes | Leftover stir fry with fresh fruit | Frozen grapes and raw almonds | Honey Mustard Glazed Salmon with lentils and kale (make extra salmon for tomorrow's lunch.) (Check Seafood Watch for sustainable seafood choices.) |
| TUES | Coconut yogurt parfait layered with frozen mixed berries (thawed) and Erewhon Buckwheat & Hemp cereal | Raw veggies with hummus and tangerine slices | Salmon Bean Toss: Mix leftover flaked salmon with cannellini beans (rinsed), halved grape tomatoes, and chopped black olives. Toss onto arugula and top with homemade vinaigrette . | Sliced apple with almond butter | Meyer Lemon Slow Cooker Chicken with Sweet Potatoes , served along with a side salad and homemade vinaigrette |
| WED | Oatmeal pancake (using certified gluten-free oats), topped with almond butter, a sliced banana and maple syrup | Cucumber slices, whole grain gluten-free crackers and hummus | Mixed salad greens topped with leftover Meyer lemon chicken, sliced almonds, grape tomatoes and homemade vinaigrette | Coconut yogurt with banana slices and Erewhon Buckwheat & Hemp cereal | Organic turkey meatballs in butter lettuce cups, served with roasted carrots and fresh fruit |
| THURS | Smoothie made with almond milk, kale, frozen banana, blueberries, hemp hearts and coconut flakes | Baby carrots and hummus | Fresh & Colorful Quinoa Salad , served with fresh fruit | Homemade trail mix with almonds, raisins, Erewhon Corn Flakes, and unsweetened coconut flakes | Slow Cooker Chicken Coconut Curry over brown rice, served with a side salad with homemade vinaigrette |
| FRI | Erewhon Buckwheat & Hemp cereal with almond milk, served with half a pink grapefruit | Leftover quinoa salad | Leftover coconut curry, served with fresh fruit | Sliced pear with almond butter | Veggie frittata , served with fresh fruit and a side salad with homemade vinaigrette |
| SAT | Erewhon Corn Flakes with almond milk and fresh blueberries | Sliced avocado and grape tomatoes with olive oil, salt & pepper | Leftover veggie frittata, served with fresh fruit | Frozen grapes and raw almonds | Maple Dijon Pork Tenderloin with quinoa and roasted root vegetables |

Gluten-Free Shopping List

DAIRY

- 1 carton unsweetened almond milk
- 16 oz coconut yogurt (vanilla or plain) OR substitute greek yogurt
- 1 can light coconut milk

MEAT

- 18 eggs
- 1 lb. grass-fed ground beef
- 4 6-oz wild-caught salmon filets
- 1 organic cut up chicken
- 1 lb. free-range ground turkey
- 1 lb. boneless skinless chicken breast
- 1 lb. pork tenderloin (organic if possible)

PRODUCE

- 6 bananas
- 1 bag apples
- 1 lb. grapes
- 1 bag of baby carrots
- 1 bunch carrots
- Root vegetables for roasting (parsnips, carrots, beets, turnips, rutabagas, etc.)
- 2 English cucumbers
- 1 bag or carton of tangerines or clementines
- 1 package cremini mushrooms

- 1 bag organic mini bell peppers
- 2 bunches kale
- 1 bunch spinach
- 1 large (or 2 small) package grape tomatoes
- 1 pink grapefruit
- 1 package raisins
- 1 bag frozen organic mixed berries
- 1 bag arugula
- 1 bag mixed salad greens
- 2 Meyer lemons
- 2 medium sweet potatoes
- Fresh sage or thyme
- 1 package organic butter lettuce or "living lettuce"
- 1 package blueberries
- 1 bunch green onions
- 1 small wedge red cabbage, or precut cup of red cabbage
- 1 orange bell pepper
- 1 bunch flat leaf parsley
- 1 lemon
- 1 pear
- 1 can tomato paste (check for GF status)
- 1 bulb garlic
- 2 yellow onions
- 2 small purple potatoes
- 1 avocado

WHOLE GRAINS/ BREADS/PASTA

- 1 box Erewhon Buckwheat & Hemp cereal
- 1 box Erewhon Corn Flakes
- 1 box gluten-free crackers (non-GMO, at least 3g fiber per serving)
- 1 bag brown or black rice
- 1 cup brown lentils
- 1 bag certified gluten-free oats
- 1 bag quinoa (look for fair-trade quinoa if possible)

CANNED/JARRED

- 1 can cannellini beans
- 1 can organic navy beans
- 1 small can black olives
- 1 bottle honey
- 1 jar dijon mustard
- 1 bottle natural almond butter (only ingredients should be almonds and possibly salt)
- 1 large tub of hummus (make sure it's gluten-free)
- 1 bottle grapeseed oil
- 1 small bottle olive oil
- 1 small bottle dark sesame oil (store in refrigerator)
- 1 bottle balsamic vinegar
- 1 bottle tamari or soy sauce (make sure it's gluten-free)
- 2 cartons low-sodium free-range chicken broth

OTHER

- Toasted sesame seeds
- 1 bag raw almonds
- Unsweetened coconut flakes
- Hemp hearts (if hard to find, substitute chia seeds)
- 1 gluten-free fruit and nut bar (look for one with only whole-food ingredients)
- Sea salt
- Black pepper with grinder
- Garlic powder
- Ginger powder
- Dried Italian herb blend
- Maple syrup
- Pure vanilla
- Cinnamon
- Non-GMO corn starch
- Garam masala (Indian spice mix)
- Ground nutmeg or whole nutmeg for grating
- Curry powder
- Cumin

NOTES

- Choose organic and non-GMO foods whenever possible. This grocery list includes organic suggestions from the [Environmental Working Group "Dirty Dozen"](#) list.
- When buying canned foods, look for BPA-free cans such as Eden Organics brand or Trader Joe's.
- Whenever possible, buy the low-sodium version of canned and carton foods so that you can control the sodium level of your recipes. You can always add salt later.
- When choosing gluten-free processed foods, look for packages that contain whole-food ingredients, and the non-GMO label whenever possible.
- There is currently no labeling law for gluten-free foods, so be sure to carefully inspect each label if you have celiac disease. Look for the "certified gluten free" symbol. If there is not enough information on the label, visit the manufacturer's website or call the toll-free number.
- The meals and snacks in this meal plan are only suggestions. Feel free to substitute based on your preference. For example, you could substitute any fruit for the sliced pear, or you could sub Greek yogurt for coconut yogurt.
- When choosing meat and poultry, buy free-range organic as often as possible. Not only are these protein sources better for the environment, but they are also free of harmful medications and can have increased nutritional value.
- When buying seafood, visit [Seafood Watch](#) first to find sustainable seafood choices in your area.
- I understand that everyone can't afford to buy everything organic. Do the best you can and focus on clean eating. It's better to eat a conventional clean diet than an organic junky diet.
- This meal-plan contains unique breakfast, lunch, dinner and snack ideas. Depending on your family size, you may be preparing meals that have enough leftovers to be used for future lunches or dinners. Feel free to use this meal plan as a guide, estimating how much you'll need to provide adequate meals and snacks for your family without waste. Maybe you only make two of the lunches and two dinners in bulk to last the week, meaning you can stretch this meal plan into another week. Or perhaps you like the challenge of cooking up a new meal each day.
- The accompanying grocery list assumes you're stocking your kitchen from scratch. Chances are you already have many of these foods and ingredients on hand already!
- Have fun in the kitchen, and don't be afraid to make mistakes. Cooking can be fun! Get the whole family involved. Kids who cook and eat family dinners are happier and healthier. Plus, you'll set them up for a lifetime of healthy eating. Bon appétit!