

Module 16

GLUTEN-FREE MEALS

GLUTEN-FREE MEAL IDEAS

Going gluten-free may seem limiting at first, but with more and more gluten-free options available, the possibilities are endless! Even if you don't follow an entirely gluten-free diet, use these ideas as inspiration for nutritious meals, no matter what diet you follow. Have fun experimenting!



Breakfast

- Greek yogurt with fruit, nuts, and flaxseeds
- Omelet with vegetables or cheese
- Brown rice, quinoa, or gluten-free hot cereals with cinnamon and berries
- Fruit and vegetable smoothies with yogurt, milk, or nuts
- Poached egg over gluten-free toast with sauteed spinach



Lunch

- Mexican salad with brown rice, black or pinto beans, vegetables, and salsa
- Greek salad with romaine lettuce, feta cheese, tomatoes, cucumbers, onions, and olives
- Rice cakes with peanut butter and jelly and a side of apple slices
- Chicken wrap on a corn tortilla with lettuce, tomatoes, and vinaigrette



Dinner

- Baked salmon with rosemary, lemon, and tarragon
- Grilled portobello mushroom with avocado wrapped in lettuce
- Roasted lemon chicken with brown rice and roasted potatoes
- Enchiladas with chicken or steak stuffed in corn tortillas with a spicy sauce
- Cannellini bean soup with fresh herbs
- Baked egg frittata with sausage and vegetables
- Vegetable fried quinoa with cashews and pineapple
- Brown rice spaghetti with tomato sauce and chickpeas

