

# Gluten-Free Starter Meals: Easy & Healthy in 20 min or less prep time!

**Even the most devoted vegan and most ardent carnivore  
can find some options!**



## Breakfast

1. Greek yogurt with fruit, and/or ground flaxseed sprinkled on top.
2. Omelets with veggies and/or cheese.
3. Egg bakes: 6 scrambled raw eggs w/ 1/4 cup EACH chopped onion, bell pepper, g-free pre-cooked sausage, & shredded cheese & a pinch of garlic salt and pepper. Pour into 6 greased muffin cups, bake at 350° for 20-25 min or until done. Freezes well!
4. Smoothie w/ fruit, yogurt\*, milk, nuts and/or tofu. Bonus points for adding a handful of spinach!
5. Packet of certified GF oatmeal w/ground flaxseeds.
6. Garden Lites muffin w/ a TBSP almond butter.

## Lunch (some options make several portions)

1. Greek salad—romaine lettuce, feta cheese, tomatoes, cucumber, onions, olives. Add an egg, a few oz of chicken or some beans for a heartier meal.
2. Salsa soup—heat a jar of salsa\*, a can of rinsed black or pinto beans#, a 2 C thawed corn & add in some broth (Imagine® and Pacific® \*\*\*). Serve w/ 1 TBSP cheese (optional) &/or a few tortilla chips.
3. Bean salad—A rinsed can of chickpeas#, a 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.
4. Soup: Amy's Organics®, Frontier®, Progresso® have great canned soups that are tested GF\*
5. 3 C baby green mix w/herbs, sliced avocado, 3/4 C garbanzo beans, 1 C tomatoes, 2 TBSP pecans & Parmesan (optional). Mix w/1 TBSP balsamic vinegar & 1 TBSP of olive oil right before eating.
6. 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.
7. Arugula salad: 2 cups arugula or spinach, 1/2 can salmon, 1/2 avocado, 1/2 chopped green apple & walnuts. Squeeze lemon on top right before eating. (keep the other half for tomorrow)
8. Can of black beans#, 2 ears raw sliced or 1 C thawed corn, 1 C tomatoes, 1/4 C cilantro, a pinch of cumin and lime juice on top.
9. Hummus salad: hummus\*\* with romaine, tomato, cucumber, red peppers or onion.
10. Quinoa & beans: rinse 1 C quinoa, cook w/ 2 1/4 C broth (Imagine®, Pacific®)add in 2 tsp of chili powder & 2 C black beans# & 2 C chopped tomatoes. Serve w/ lime.



# Dinner

1. Baked salmon: put 1 pound of salmon on parchment paper on a cookie sheet, sprinkle w/salt & pepper, & 1 TBSP herbs (rosemary, thyme, tarragon, etc.) or slices of lemon. Drizzle w/ olive oil, bake for 12-15 minutes at 425°. Serve w/ steamed veggies.
2. Grill chicken, fish or shrimp and peppers, onions, zucchini, eggplant, yellow squash, mushrooms, etc. (many stores sell veggies pre-skewered)
3. Lemony Mint Quinoa: Simmer 1 Cup quinoa in 2 ¼ Cups broth for 15 min. Add juice of 1/2 lemon, 1 cup diced colorful bell pepper, 15 mint leaves (or a few oregano leaves), 2 cups halved grape tomatoes, salt and pepper to taste
4. 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.
5. Flounder, sole, red snapper: bake 4 filets w/ ¼ tsp of Old Bay® seasoning\*\*\*, ½ tsp garlic salt, squeeze of lemon, a drizzle of oil, & a lb of frozen veggies at 375° for 25-30 minutes.
6. Brown 1lb ground turkey/lean beef & drain, or use 2 cans kidney beans#. Add a can of tomatoes, 1 TBSP oregano & 2 C corn. Simmer (about 15 min) & serve w/ brown rice.
7. 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. Sprinkle w/Parmesan cheese & black pepper, serve w/ quinoa, GF pasta or rice noodles if desired.
8. Put 2 lbs baby carrots or 1 diced butternut squash, 1 diced onion & 1-2 lbs free range chicken/beef in a crock-pot, add GF BBQ sauce & cook for 4-6 hrs (high)/8 hrs (low). Serve w/ brown rice.
9. Baked trout with almonds: Sprinkle 4 trout fillets w/salt & pepper. Drizzle w/ 2 T oil & 1 T lemon juice. Sprinkle w/ ½ cup sliced almonds. Bake at 400° for 20 min & serve w/ veggie.
10. Eggs: Scramble w/ fresh or thawed spinach, peppers, onions, mushrooms, tomatoes or cheese.
11. Cannellini beans#, tuna in olive oil (optional), drained canned diced tomatoes, a few Kalamata olives and a few fresh basil leaves
12. 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.
13. Mediterranean chicken: Juice 1/2 a lemon, add 1 tsp garlic powder, 1 tsp dried oregano, 1/2 cup chopped parsley and 1 TBSP olive oil and 1 tsp pepper. Marinate 3 chicken breasts for 2 hrs. Discard marinade, grill or broil chicken for 6-8 min or until done. Makes 6- 3oz servings—can freeze leftovers easily.
14. 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 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.
15. 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 (San-J®)
16. Brown 2 GF cooked sausages (Applegate®, Trader Joe's®\*\*\*). Add 2 C chopped green/red pepper & cook 2 min. Add 2 C corn, 1 C tomatoes, 3 C of cooked rice & 1 T Cajun seasoning.

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## Snacks

1. Fresh fruit—choose something in season!
2. Nuts: almonds, walnuts, hazelnuts, pecans, brazil nuts, etc. (1/4 cup)
3. Apples and PB or almond butter
4. Seeds: pumpkin, sunflower or hemp (1/4 cup)
5. Applesauce cups or fruit cups in their own juices
6. Vegetables: red peppers, tomatoes, cukes, carrots, w/dip: hummus, salsa, spicy black bean dip.
7. Snap peas by themselves or with vinaigrette dressing
8. A yogurt cup
9. Meringues
10. Kale chips (bought or homemade)
11. Larabars, Pranabars, BumbleBars, Kind Bars, Pure Bars, some Luna bars, etc.
12. Veggie soups: Trader Joe's and Pacific have a line of soups, such as carrot ginger, roasted red pepper, black bean and other such yummy flavors...
13. Roasted chickpeas. Make 'em yourself, or Nuts.com sells them.
14. All fruit ice pops
15. A few squares of dark chocolate
16. Dates and almonds. Mmmm...
17. Edamame (soy beans), soy nuts or wasabi peas
18. Hummus and Mary's Gone Crackers®, with carrots, celery or apple
19. Air popped popcorn

## Notation Guide

- \* Check label carefully—some kinds/brands may contain gluten.
- \*\* Watch for cross contamination.
- \*\*\* Products do not contain gluten per company website, but ALWAYS check labels.
- # Eden Organic is tested for gluten and BPA free.

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