

Shopping Gluten-Free

Naturally Gluten-Free Foods



Fruits & Vegetables – fresh or frozen with no sauces or seasonings

Meat, Fish or Seafood - fresh or frozen with no marinades or seasonings

Rice, Wild Rice, Quinoa, Oatmeal (gluten-free labeled)

Eggs and Dairy (real not processed)

Potatoes – White or Sweet Potatoes (lower glycemic index)

Beans, Nuts, Seeds

If you must:

Breads, Bagels, Buns – Udi's, Glutino, Rudi's, Against the Grain

Baking flours, mixes – Bob's Red Mill, Amy's, Pamela's, Canyon Bakehouse

Crackers – Mary's Gone Crackers, Simple Mills, Jill's Keto Crackers

Pasta – Barilla Gluten-Free, Pasta Joy, Miracle Noodles

Pizza – Sabatasso's, Freschetta, Against the Grain

***Most grocery stores now have gluten-free shelf labeling or gluten-free sections**

Warning: Prepackaged gluten-free foods are processed and so have a high glycemic load (turns into sugar quickly in your body). Just because it is "gluten-free", doesn't necessarily mean it's healthy. **Stick to Naturally Gluten-Free Foods.**

Eating Out Gluten-Free

Grocery Stores

Salad Bars, Produce Section, Deli, Olive Bars

Faster Food Options

Chipotle – Burrito bowls, salads, corn-tortilla, tacos

Use antibiotic/hormone-free meat and organic and local produce

Noodles & Co – GF or veggie noodles, salads, soups

Jimmy Johns - Lettuce wrap sandwiches “unwich”

Erbert & Gerbert – Gluten-free sub-sandwich bread

Culvers – Gluten-free hamburger buns

Panera - Salads, soups, bowls- use antibiotic-free chicken & turkey

Five Guys – Lettuce wrap burgers

Restaurants

Most restaurants now have gluten-free menus and options

Pasta

3 Gluten-Free Ways

Most like Pasta Substitute – Gluten-free pasta brands can be made from quinoa, rice, corn, and chickpeas.

Spaghetti Squash Pasta - Preheat oven to 375 degrees. With a small sharp knife, prick squash all over. Place on a rimmed baking sheet and roast until tender when pierced with knife, about 1 hour 20 minutes, flipping halfway through. When cool enough to handle, halve lengthwise and scoop out seeds. Scrape squash with a fork to remove flesh in long strands. Use as pasta or top with butter and sea salt.

Zucchini* Pasta - Cut the ends off the zucchini and using a box grater on its side with the largest holes facing up, push it along the top of grater to create long, thin ribbons of zucchini. You can also use a mandoline or potato peeler or spiralizer.

You can steam or heat in a skillet with olive oil and gently fry the zucchini with a little garlic and salt until slightly tender.

*Substitute beets or butternut squash

Cauliflower – substitute for rice or mashed potatoes.

Blueberry Almond Muffins (GF)

Preheat oven to 350°

Mix together: 2 cup almond flour
½ cup arrowroot powder
½ c natural sweetener (Swerve)
1/2 tsp sea salt

In a small sauce pan warm until melted: 1/2 cup coconut oil

Pour into dry mixture and blend together

Add: 2 eggs
2 tsp almond extract

Add: 1 cup fresh or frozen blueberries (roll in almond flour so don't bleed) or dark chocolate chips (Lily's brand)

Scoop into muffin tins with liners. Fill based on how large you want your muffins. They don't rise much.

Bake 12-17 min until slightly firm to touch. Depends on size of muffins.

Undercook slightly if you prefer a softer inside texture.

Makes 10-12 muffins



Gluten-Free Recipes & Resources

Websites:

Elana's Pantry

<https://elanaspantry.com/>

Wellness Mama

<https://wellnessmama.com/>

Nom Nom Paleo

<https://nomnompaleo.com/>

The Paleo Running Momma

<https://www.paleorunningmomma.com/>

Sarah Fragoso

<https://sarahfragoso.com/recipes/>

PaleOMG

<http://paleomg.com/>

Against All Grain

<https://againstallgrain.com/>

Books:

Wheat Belly by William Davis, MD

Grain Brain by David Perlmutter, MD

The Gluten Connection, by Shari Lieberman, MD



Name _____ Date _____

Session _____

Guided Nutrition Program

Gluten-Free Alternatives Worksheet

List 5 foods you eat with gluten and come up with
gluten-free alternative

Commonly Eat

GF Alternative
