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7 day gluten-free meal plan  
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# The Many Names Gluten Can Go By

Gluten can go by many names, so keep an eye out for the following ingredient listings on packaged foods, plus the following foods which, unless certified gluten-free, almost always contain gluten:

## Names gluten can go by:

- » Wheat
- » Wheat starch
- » Wheatberries
- » Emmer
- » Barley
- » Malt (including malted barley flour, malted milk, malt flavoring, and malt vinegar)
- » Triticale
- » Kamut
- » Einkorn wheat
- » Rye
- » Spelt
- » Bran
- » Graham
- » Semolina
- » Farina
- » Farro
- » Brewer's Yeast
- » Durum

## Avoid these foods:

- » Enriched/Self-Rising/Pastry/All-Purpose/Wheat/Whole Wheat Flour
- » Bread
- » Stuffing
- » Flour tortillas
- » Pita bread
- » Bread crumbs
- » Breading
- » Pastries
- » Cookies
- » Cupcakes
- » Cake
- » Pies
- » Muffins
- » Pancakes
- » Waffles
- » Cereals
- » Granola
- » Candy

- » Pasta
- » Bulger
- » Matzo
- » Couscous
- » Crackers
- » Pretzels
- » Ice cream
- » Seasoned snacks and chips
- » Tortilla chips
- » Croutons
- » French fries
- » Marinades
- » Soy sauce
- » Salad dressings
- » Soups
- » Sauces
- » Flavored coffees/creamers
- » Food additives and flavorings
- » Modified food starch
- » Wheat germ
- » Imitation seafood

# Gluten-Free Grocery Shopping Tips

There's never been a better time to eat gluten-free as far as convenience is concerned, and if you've recently explored your grocery store's health or specialty-foods aisle, chances are you've seen everything from gluten-free pasta to gluten-free pizza available for purchase. That said, be sure to keep the following tips in mind when stocking up on GF groceries:

- » If a product label says gluten-free but also includes a “*made in a facility that also processes wheat*” disclaimer, it is NOT gluten-free. Gluten is sticky and unless products are manufactured on dedicated lines, cross contamination is a risk.
- » Unprocessed meat, seafood, and poultry are naturally gluten-free, as well as all all fresh produce. Stock and eat up!
- » “Wheat-free” doesn't necessarily mean gluten-free. Check labels for possible gluten-containing ingredients.
- » Meat is gluten-free, though processed meat products like hot dogs, burgers, brats, and chicken nuggets often have gluten-containing fillers and/or coatings. Check packaging carefully.
- » Nuts and nut butters are notorious for being packaged on lines shared with gluten-containing products. Check packaging carefully.
- » Check every label of every canned or boxed package for gluten-containing ingredients, everytime. When in doubt, DON'T buy or consume the product!
- » Do not purchase foods from bulk bins – they're a hot spot for cross contamination.



- » Other items listed on product packaging that may contain gluten: artificial coloring, natural flavors, caramel coloring, food starch, modified food starch, spices (with no further explanation.)
- » Skip fresh, pre-made salsas, guacamoles, chopped vegetables, and other convenience items that grocery stores are selling these days, which could be prepared on contaminated surfaces.
- » A gluten-free label on a package of food doesn't automatically make it healthy. Processed gluten-free foods are full of sugar and preservatives, just like their gluten-filled counterparts. Stick to the perimeter of the store and fill your cart with fresh, unprocessed meats, seafood, produce, eggs, and dairy.
- » Check for products with the “[Certified Gluten-Free Label](#)” which indicates they have passed strict tests for safe or non-existent gluten levels.

# 7 Day Gluten-Free Meal Plan

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>breakfast</i>	2 eggs cooked your way + 2 GF breakfast sausage links + banana or mixed berries	<b>Smoothie:</b> almond milk, baby spinach, almond butter, frozen blueberries, ice	2 egg scramble with GF deli ham, sautéed mushrooms, shredded cheddar cheese and chopped baby spinach	2 eggs cooked your way + 2 GF breakfast sausage links + banana or mixed berries	<a href="#">Blueberry Muffin Smoothie</a>	<a href="#">Bacon and Egg Cups</a>	<a href="#">Maple Sweet Potato Hash</a>
<i>lunch</i>	<a href="#">Mediterranean Tuna Salad</a> (sub shredded chicken if desired) + GF crackers	Beef Taco Bowl leftovers	Crock Pot Mojo Pork leftovers	Baby spinach salad with, hummus, GF deli turkey, grape tomatoes, cucumbers, lemon juice & EVOO	Signature Chili and cornbread leftovers	Baby spinach salad with, hummus, GF deli turkey, grape tomatoes, cucumbers, lemon juice & EVOO	<a href="#">California Turkey and Bacon Lettuce Wraps with Basil Mayo</a>
<i>dinner</i>	<a href="#">Beef Taco Bowls</a> + GF chips, salsa, and guacamole	<a href="#">Crock Pot Mojo Pork with Cuban-Style Black Beans</a> + Cilantro-Lime Rice and guacamole	<a href="#">Sweet Chili Coconut-Lime Chicken with Coconut-Lime Cauliflower Rice</a> + roasted green beans	<a href="#">Signature Chili</a> + shredded cheese and certified GF cornbread mix like Krusteaz brand	<a href="#">Mini Pizza Quinoa Bites</a> + side salad	<a href="#">Crock Pot Chicken and Wild Rice Soup</a> + steamed broccoli	<a href="#">Vegetable Fajita Tostada Bowl</a> + sliced green apples
<i>snack</i>	Hummus + carrot chips and snap peas	2 hard-boiled eggs + mixed berries	Skinny Pop popcorn + green apple	String cheese + prosciutto/GF salami like Applegate Farms/ GF beef jerky like Nick Sticks	Snap peas and carrot chips + nut butter	Applewiches (nut butter sandwiched between apple slices)	Guacamole + homemade sweet potato fries

» Dinner recipes make 4+ servings. Breakfasts and lunches are 1-2 servings. Snacks are 1 serving.



## Ingredients

SERVES 1

- » 1/2 cup milk (any kind)
- » 4-6oz vanilla Greek yogurt (1 individual-sized container)
- » 1/2 cup frozen blueberries
- » 1/2-1 frozen banana
- » 1/4 cup raw, uncooked certified gluten-free oats
- » 1/4 teaspoon lemon zest
- » 1/2 cup ice cubes

# Blueberry Muffin Smoothie

Skip the muffin and drink a healthy Blueberry Muffin Smoothie that tastes like one instead!

## Directions

Add ingredients to blender in the order listed then blend until very smooth.





## Ingredients

SERVES 2-3

- » 6 strips gluten-free bacon  
(any style but thick-cut, I like Applegate Farms Sunday Bacon)
- » 6 eggs

### For the Guac-Kale-Mole

- » 2 avocados
- » 1/4 cup finely chopped kale
- » 3-4 Tablespoons chopped cilantro
- » 3 cloves garlic, minced
- » juice of 1/2 lime
- » salt and pepper

# Bacon and Egg Cups

Bacon and Egg Cups with Guac-Kale-Mole are a fun twist on classic bacon and eggs.

## Directions

Preheat oven to 400 degrees then line a baking sheet with foil, place a cooling rack on top, then spray with nonstick spray. Lay bacon strips on top then bake for 8 minutes, or until crispy but still pliable. Set aside until cool enough to handle, 1-2 minutes.

Spray 6 cups of a muffin tin very well with nonstick spray. Coil baked bacon inside then crack eggs into center. Spray tops of eggs with nonstick spray (very important!) then bake until egg whites are set on top and yolks have reached preferred doneness, 9-10 minutes. Run a knife around the outside of the bacon then use a spatula to pop out of muffin cups. Season with salt and pepper then serve.

### For the Guac-Kale-Mole

Add ingredients to a large bowl then mash until desired consistency is reached. Taste then adjust salt and pepper if necessary.

## Notes

- » To reheat: cover cups with wax paper then microwave for 1 minute or until heated through.



## Ingredients

SERVES 2-3

- » 1lb sweet potatoes (about 2 small sweet potatoes,) peeled & cubed
- » 1/2lb gluten-free raw pork breakfast sausage (I like Johnsonville brand)
- » 1 Tablespoon extra virgin olive oil
- » 1 Tablespoon butter or Earth Balance Vegan Butter
- » 1/2 onion, chopped
- » salt and pepper
- » 1-2 Tablespoons pure maple syrup (not pancake syrup)

# Maple Sweet Potato Hash

Maple Sweet Potato Hash is sweet, savory and perfect for as a hearty yet light breakfast or brunch.

## Directions

Cook sweet potatoes in a large pot of salted, boiling water until barely tender, about 4 minutes. Drain then set aside.

Meanwhile, heat a large skillet over medium-high heat then add sausage, removing casings if necessary. Brown, breaking it up as it cooks, then drain on a paper towel lined plate and set aside.

Turn heat down to medium then add butter (or Earth Balance) and olive oil. Add sweet potatoes and onions, season with salt and pepper, and then saute until potatoes are golden brown, 5-7 minutes. Add sausage and maple syrup to taste. Saute for 1-2 more minutes then serve.



## Ingredients

SERVES 2

- » 2, 5oz cans gluten-free tuna packed in water, drained
- » 1/4 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)
- » 1/4 cup chopped gluten-free kalamata or mixed olives
- » 2 Tablespoons minced red onion
- » 2 Tablespoons chopped fire roasted red peppers
- » 2 Tablespoons chopped fresh basil
- » 1 Tablespoon gluten-free capers
- » 1 Tablespoon fresh lemon juice
- » salt and pepper
- » 2 large vine-ripened tomatoes

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# Mediterranean Tuna Salad

Mediterranean Tuna Salad is fresh and light – serve in a tomato, on a salad, or with crackers.

## Directions

Add all ingredients except tomatoes to a large bowl then stir to combine. Slice tomatoes into sixths, without cutting all the way through, then gently pry open. Scoop Mediterranean Tuna Salad mixture into the center then serve.



## Ingredients

MAKES 2 WRAPS

- » 1 head iceberg lettuce
- » 4 slices gluten-free deli turkey (I like Applegate Farms)
- » 4 slices gluten-free bacon, cooked (I like Applegate Farms Sunday Bacon)
- » 1 avocado, thinly sliced
- » 1 roma tomato, thinly sliced

### For the Basil-Mayo:

- » 1/2 cup gluten-free mayonnaise (I like Hellmann's Olive Oil Mayo)
- » 6 large basil leaves, torn
- » 1 teaspoon lemon juice
- » 1 garlic clove, chopped
- » salt and pepper



# California Turkey and Bacon Lettuce Wraps with Basil-Mayo

California Turkey and Bacon Lettuce Wraps with Basil-Mayo is a fresh and filling low-carb meal that comes together in minutes.

## Directions

Lay out two large lettuce leaves then layer on 1 slice of turkey and slather with Basil-Mayo. Layer on a second slice of turkey followed by the bacon, and a few slices of both avocado and tomato. Season lightly with salt and pepper then fold the bottom up, the sides in, and roll like a burrito. Slice in half then serve immediately.

### For the Basil-Mayo

Combine ingredients in a small food processor then process until smooth. Alternatively, mince basil and garlic then whisk all ingredients together. Can be made a couple days a head of time.

## Notes

- » If packing for consuming several hours later, pack elements separately then assemble right before eating.



## Ingredients

SERVES 6

- » 1lb lean ground beef
- » 1/2 small onion, chopped
- » salt and pepper
- » 12oz coleslaw mix
- » 1 recipe homemade taco seasoning (see notes for recipe)
- » 1/4 cup gluten-free chicken
- » Toppings/add-ins: guacamole, salsa, green onions, shredded cheese, tortilla chips, sour cream

# Beef Taco Bowls

Beef Taco Bowls are quick and healthy – just 20 minutes from fridge to table.



## Directions

Brown ground beef with shallot or onion, and a dash of salt and pepper, in a large skillet over medium-high heat. Drain extra fat if necessary then return to the skillet. Add coleslaw mix, season lightly with salt and pepper, then saute until cabbage is tender, 3-4 minutes. Add taco seasoning and broth or water then mix to combine. Serve with toppings and add-ins.

## Notes

- » Click here for my [homemade taco seasoning recipe](#) >

## Ingredients

SERVES 6

- » 3-4lb boneless pork butt, trimmed of excess fat then cut into big hunks
- » 3/4 cup gluten-free chicken broth
- » 1/2 cup orange juice
- » 1/4 cup lime juice
- » 1/4 cup lemon juice
- » 1 onion, cut into big chunks
- » 1 jalapeno, sliced in half
- » 1 head garlic, cloves separated and peeled
- » 1-1/2 teaspoons salt
- » 1 teaspoon dried oregano
- » 1/2 teaspoon pepper
- » 1/2 teaspoon cumin
- » 1/2 teaspoon smoked paprika
- » 2 bay leaves

### For the Cuban-Style Black Beans:

- » 1 Tablespoon extra virgin olive oil
- » 1/2 onion, chopped
- » 1/2 green pepper, chopped
- » 2 cloves garlic, minced
- » salt and pepper
- » 1/2 teaspoon dried oregano
- » 15oz can black beans, drained and rinsed

# Crock Pot Mojo Pork with Cuban-Style Black Beans

Crock Pot Mojo Pork with Cuban-Style Black Beans is a simple and satisfying long-cooking crock pot recipe. Use to make tacos, nachos, or rice bowls.



## Directions

Add all ingredients except those for Cuban-Style Black Beans to a large crock pot then stir to combine. Cook on low for 8-10 hours or until pork shreds easily with a fork.

### For the Cuban-Style Black Beans

Heat oil in a large skillet over medium heat. Add bell pepper and onion, season with salt and pepper, and then saute until vegetables are tender, 5-7 minutes. Add garlic then saute for one more minute. Add dried oregano, black beans, chicken broth, and vinegar then simmer until most of the broth has been absorbed and beans are tender. Taste then add salt and pepper if necessary.

Serve pork and beans over cooked [Cilantro-Lime Rice](#), in gluten-free corn tortillas, or on top of nachos.

## Notes

- » Black beans slightly adapted from [Epicurious.com](#)

## Ingredients

SERVES 4

- » 3/4 cup unsweetened light coconut milk, divided
- » 1/2 cup gluten-free sweet chili sauce, plus more for dipping
- » 1 lime
- » salt and pepper
- » 1-1/2lbs chicken breasts
- » 1 medium-sized head cauliflower, grated (6-8 cups)
- » 1-1/2 Tablespoons coconut oil
- » 1/4 cup fresh cilantro, chopped

# Sweet Chili Coconut-Lime Chicken with Coconut-Lime Cauliflower Rice

Sweet Chili Coconut-Lime Chicken with Coconut-Lime Cauliflower Rice is a light and refreshing dinner. Simple and scrumptious.



## Directions

Combine 1/2 cup coconut milk, sweet chili sauce, and the juice of 1/2 lime in a large Ziplock bag. Add salt and pepper then squish to combine. Add chicken breasts then marinate for 30 minutes - 1 hour in the refrigerator.

Heat a large skillet over medium-high heat then spray with nonstick spray. Add chicken breasts then saute for 3-4 minutes on each side, or until cooked through. Alternatively you could grill chicken over medium-high heat.

Meanwhile, heat coconut oil in another large skillet or wok over medium-high heat. Add cauliflower, season liberally with salt and pepper, and then saute until tender, 5-7 minutes. Squeeze in juice from remaining lime half then add 3-4 Tablespoons coconut milk, depending on how coconutty you want it. Add cilantro then stir to combine. Taste then add salt and pepper if necessary. Scoop onto plates then top with chicken and serve with extra sweet chili sauce for dipping.

## Ingredients

SERVES 6

- » 1lb ground beef
- » 1 large shallot or 1 small onion, chopped
- » 2 garlic cloves, minced
- » salt and pepper
- » 29oz can gluten-free tomato sauce
- » 15oz can Bush's Vegetarian Baked Beans
- » 15oz can black beans, drained and rinsed
- » 3 Tablespoons chili powder
- » 1-2 heaping Tablespoons brown sugar
- » 1 teaspoon smoked paprika
- » 3/4 teaspoon salt
- » 1/2 teaspoon garlic powder
- » 1/2 teaspoon onion powder
- » 1/2 teaspoon cumin
- » 1/4 teaspoon cayenne pepper (or more or less)
- » Toppings: shredded cheddar cheese, chopped green onions, tortilla chips, sour cream

# Signature Spicy, Smoky, Sweet Chili

Signature Spicy, Smoky, Sweet Chili is my signature chili recipe. Slightly spicy, smoky, and sweet, it's crock pot and freezer-friendly, too.



## Directions

Brown ground beef, shallot or onion, and garlic in a large skillet over medium high heat, seasoning with salt and pepper. Add the remaining ingredients then simmer for 30 minutes, stirring once or twice.

### Crock Pot Cooking Instructions

Transfer ground beef mixture to a 5 or 6 quart crock pot then add the rest of the ingredients and stir to combine (can be done ahead of time. Store in the refrigerator until ready to start cooking.) Place a lid on top then cook on low for 4-6 hours.

## Ingredients

MAKES 24 BITES

- » 2 cups cooked gluten-free quinoa, cooled slightly or chilled (about 1/2 cup uncooked quinoa - be sure to rinse well before cooking)
- » 2 whole eggs
- » 2 egg whites
- » 2 cups chopped pizza toppings (GF pepperoni, black olives, pineapple, ham, onions, sausage, peppers, etc.)
- » 1 cup shredded mozzarella cheese
- » 1/4 cup grated parmesan cheese
- » 1 teaspoon Italian seasoning
- » Gluten-free pizza sauce, for dipping

# Mini Pizza Quinoa Bites

Change up pizza night with poppable, irresistible Mini Pizza Quinoa Bites!



## Directions

Preheat oven to 350 degrees, line a baking sheet with foil, then spray a 24-cup mini muffin tin VERY well with nonstick spray and set aside.

Add all ingredients except pizza sauce to a large bowl then stir to combine. Fill mini muffin tin cups to the top with the mixture then place on prepared baking sheet and bake for 15-20 minutes, or until golden brown. Let cool for 5 minutes before removing from cups. Serve with warmed pizza sauce.

### To Freeze

Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you're reheating.

## Ingredients

SERVES 4

- » 1lb chicken breasts (do not use frozen,) cut in half if large
- » 1/2 small onion or 1 large shallot, chopped
- » 2 carrots, chopped
- » 2 celery stalks, chopped
- » 2 garlic cloves, minced
- » 1-1/2 teaspoons salt
- » 1/2 teaspoon pepper
- » 1/2 teaspoon dried thyme
- » 1/4 teaspoon dried sage
- » 1/4 teaspoon dried rosemary
- » 1 large or 2 small bay leaves
- » 2 Tablespoons butter or Earth Balance Vegan Butter
- » 6 cups gluten-free chicken broth
- » 3/4 cup gluten-free wild rice-brown rice blend (I recommend Lundberg Farms)

# Crock Pot Chicken and Wild Rice Soup

Crock Pot Chicken and Wild Rice Soup could not be simpler. Add fridge and pantry staples into a crock pot then push “on”.



## Directions

Add all ingredients into a 6-quart crock pot then cook on low for 4 hours or until chicken breasts are cooked through. Rice should be done around the same time. Shred chicken then stir back into soup and serve (soup will thicken slightly as it cools.)

## Notes

- » Depending on the type of rice you use, it may not be cooked through at 4 hours. If that's the case, shred chicken then keep in the refrigerator until rice is tender, then stir into soup and let warm for 5 minutes before serving.



## Ingredients

SERVES 4

- » 4 Tablespoons grapeseed or vegetable oil, divided
- » 2 green bell peppers, sliced thin
- » 1 sweet onion, sliced thin
- » 1/2 teaspoon garlic powder
- » 1/4 teaspoon cumin
- » salt and pepper
- » 1/2 lemon
- » 5oz mixed greens
- » 1/2 cup canned gluten-free refried beans, slightly warmed
- » 1/2 cup gluten-free salsa
- » 1/2 cup guacamole
- » gluten-free blue corn tortilla chips
- » chopped fresh cilantro

# Vegetable Fajita Tostada Bowls

Vegetable Fajita Tostada Bowls are a delicious mix of vegetable fajitas and filling tostadas. Fresh, healthy, and ready in 20 minutes.



## Directions

Preheat 2 Tablespoons oil in a large cast iron or heavy bottomed skillet over medium-high heat until just beginning to smoke. Add half the green bell peppers, half the onions, half the garlic powder, and half the cumin, season with salt and pepper, and then squeeze in some fresh lemon juice. Turn heat to high then shake the skillet to get vegetables into an even layer, and then then let sit and sear until browned. Continue to saute, stirring the vegetables every now and again, until tender and caramelized/evenly charred. Remove vegetables to a plate then repeat with remaining 2 Tablespoons oil, vegetables, and seasonings, turning heat down a touch if vegetables begin to burn.

Divide lettuce between bowls then top with 1/4 of the fajita vegetables, 2 Tablespoons each warmed refried beans, salsa, and guacamole, a handful of blue corn tortilla chips, and lots of fresh chopped cilantro.

# shopping list

## Refrigerated:

- 1/2 cup milk
- 2 cups almond milk (for smoothies, can use cow's milk instead)
- 6oz Greek Yogurt
- 8oz cheddar cheese
- 8oz mozzarella cheese
- 4oz grated parmesan cheese
- 1 package string cheese
- 8oz sour cream (optional topping for Signature Chili and Beef Taco Bowls)
- 2, 8oz tubs hummus
- 18 eggs
- Butter/Earth Balance Vegan Butter

## Freezer:

- 1 bag frozen blueberries
- Package gluten-free cooked breakfast sausage (recommend Jones Dairy Farm)

## Produce:

- 3 bananas
- 2 green apples
- 3 packages berries (any kind)
- 4 avocados

- 1 bunch kale
- 1 bunch cilantro
- 1 bunch fresh basil
- 2 heads garlic
- 4 limes
- 4 lemons
- 2 oranges
- 2 sweet potatoes
- 5 onions
- 1 small red onion
- 3 green peppers
- 1 jalapeno
- 1 bunch carrots
- 1 bunch celery
- 1 cucumber
- 1 bag snap peas
- 1lb fresh green beans
- 8oz sliced mushrooms
- 1 bunch broccoli
- 2 large vine-ripened tomatoes
- 1 Roma tomato
- 1 pint grape tomatoes
- 1 head cauliflower
- 1 head iceberg lettuce
- 12oz coleslaw mix

- 9oz mixed greens
- 9oz baby spinach
- Green onions (optional for Chili and Beef Taco Bowls)

## Meat:

- 1lb bacon (not thick-cut)
- 2lbs ground beef
- 3-4lb boneless pork butt
- 2-1/2lbs chicken breasts
- 1/2lb gluten-free ground breakfast sausage
- 1 package gluten-free deli turkey (recommend Applegate Farms)
- 1 package gluten-free deli ham (recommend Applegate Farms)
- Prosciutto/GF salami/GF beef jerky sticks (for snacking)

## Groceries:

- 1/4 cup certified gluten-free old fashioned oats
- 2 Tablespoons pure maple syrup
- 2, 5oz cans gluten-free tuna
- 1/4 cup gluten-free mayonnaise (recommend Hellmann's extra virgin olive oil mayo)

shopping list

Groceries (cont.):

- 3/4 cup gluten-free kalamata or mixed olives
- 1 Tablespoon gluten-free capers
- 1 jar roasted red peppers
- 1 jar gluten-free salsa
- 7-1/4 cup (58oz) gluten-free chicken broth
- 2, 15oz gluten-free can black beans
- 15oz can gluten-free refried beans
- 29oz can gluten-free tomato sauce
- 15oz can Bush's Vegetarian Baked Beans
- 15oz can gluten-free unsweetened light coconut milk
- 1/2 cup gluten-free sweet chili sauce
- 1 jar gluten-free pizza sauce
- 1 cup gluten-free quinoa
- 1 package gluten-free wild/brown rice blend (recommend Lundberg Farms)
- 1 package gluten-free long grain white rice (recommend Lundberg Farms)
- 1 box gluten-free crackers
- 1 box gluten-free cornbread mix (plus ingredients to prepare mix)
- 1 bag Sinny Pop Popcorn

- 1 bag gluten-free tortilla chips (recommend Beanitos)
- 1 jar gluten-Free nut butter
- Pizza toppings (GF pepperoni, black olives, pineapple, ham, sausage, peppers, etc.)

Pantry:

- Cumin
- Smoked paprika
- Bay leaves
- Dried oregano
- Dried thyme
- Dried sage
- Dried rosemary
- Chili powder
- Italian seasoning
- Garlic powder
- Onion powder
- Cayenne pepper
- Brown sugar
- Red wine vinegar
- Extra virgin olive oil
- Vegetable/high-heat cooking oil
- Coconut oil

Notes:

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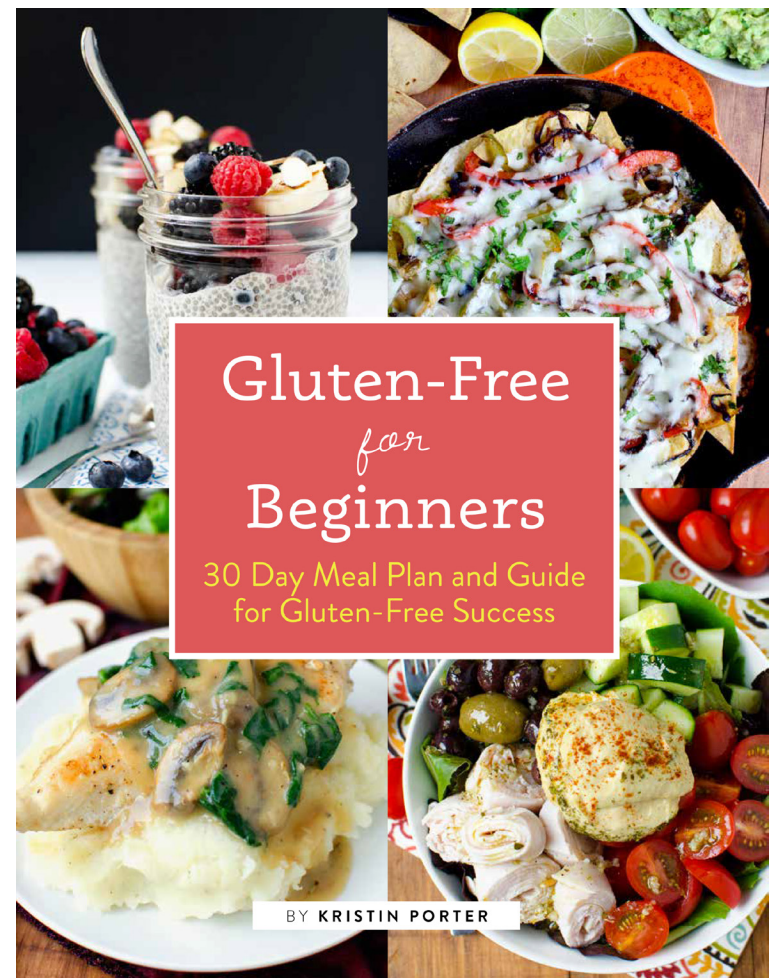
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# 30 Day Meal Plan + Gluten-Free Guide for Beginners Ebook!

Thank you for downloading my 7 Day Gluten-Free Meal Plan! If you liked knowing *exactly* what to shop for and cook for an entire week of delicious, gluten-free eats then check out my ebook, [Gluten-Free for Beginners: 30 Day Meal Plan and Guide for Gluten-Free Success](#), which comes with 30 full days of snack, breakfast, lunch, and dinner recipes! In the ebook you'll also find:

- » 30 Day Gluten-Free Meal Plan including daily breakfast, lunch, dinner, and snack recipes
- » Over 10 brand new gluten-free recipes, plus links to recipes on [lowaGirlEats.com](#)
- » Printable shopping lists
- » Gluten-free foods you can eat (and the stuff you can't!)
- » How to create a well-stocked gluten-free kitchen
- » My favorite gluten-free products
- » Tips for avoiding cross contamination in your home
- » How to find hidden sources of gluten in your home and favorite products
- » How to travel and dine out with Celiac Disease or a gluten sensitivity
- » What to do if you're not feeling better right away
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