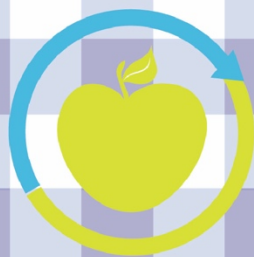


WHEAT RETREAT



GLUTEN-FREE EPILEPSY RECIPE GUIDE



CENTER ON
NUTRITION
& DISABILITY

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Foreword

Nutrition has always been a passion of mine, especially throughout my teenage and college years. As an American, I admit to having desired the newest fad diet in order to achieve looking my best for a vacation, event, or date. However, I learned that maintaining a healthy lifestyle through eating whole foods is more beneficial. Fad diets come and go because they are not easy to maintain. However, nutritious eating habits can maximize health because they are sustainable.

As a patient with epilepsy, I have experienced the numerous benefits eating whole foods can offer. At the age of 16, I began a gluten free lifestyle in order to lower my medication. Due to a lower dosage, I have been able to experience less symptoms of my medication. My main focus became to help treat others with neurological disorders through nutrition so they can experience the same positive effects. Nutrition plays an important role in holistic health. Once you try a nutritious diet, you will see how greatly it can improve your lifestyle.

By: Sarah Carney



What it Means to be Gluten Free

By now, you've probably heard of a friend who has followed a "gluten free" diet. But what exactly does it mean to be gluten free and why is living a gluten free lifestyle better for your body and mind? To keep it simple, gluten is a protein that is found in wheat that helps keep that food's shape. Gluten can often trigger an autoimmune response, damage the lining of the small intestine, lead to nerve damage, brain fog, and can even cause seizures. This doesn't happen to everyone, but if you suffer from pre-existing conditions, or have epilepsy like me, it's a must to rid gluten from your diet!

While I have included a ton of gluten-free recipes in this guide, here a few other things I'd like to cover first:

1. The Correlation between Epilepsy and Gluten
2. Gluten Free Labeling
3. Where Gluten Hides
4. Gluten Free Alternatives
5. Naturally Gluten Free Foods
6. Vitamins and Minerals in a Gluten Free Diet



Epilepsy and Gluten: The Correlation

Celiac disease and neurological disorders have been linked to one another. When nutrient absorption is impaired in the intestines, neurological changes may also become weakened. Epilepsy has been linked with celiac disease, as well as a reduction in seizures from maintaining a gluten-free diet. Studies conducted by the National Institutes of Health (NIH) have indicated that a gluten-free diet can reduce seizures in patients with epilepsy; however, the exact reasoning is unclear.

A gluten-free diet is not a cure to epilepsy. Studies have indicated a reduction in seizures, as well as a reduction in antiepileptic drugs (AED's) in patients due to better absorption of medication. In 2006, the NIH conducted a study which a 23-year old woman had a history of eleven years of refractory seizures. After maintaining a gluten-free diet, improvement was shown. I hope that this guide can help those with epilepsy in the same ways that it has helped me.



Gluten Free Labeling: FDA Approved

In 2013, the Food and Drug Administration (FDA) came to the realization of the significance of this food allergy. Through the support of advocates for people with celiac disease, a regulation was created to determine that “gluten free” or any phrase pertaining to “gluten free” had to weigh upon the definition. The FDA gave the manufacturers one year to have their products up to date with the regulations. If the food product contained more than 20 parts per million (ppm), it could not be sold through the labeling of a gluten free product (U.S. Food and Drug Administration, 2015).



These “gluten free” labels that are shown above allow food shopping to be much easier. However, it’s still important to double check the ingredients, as gluten can be a bit sneaky! Some issues still remain with cross contamination, distilled beverages, vitamins, and even beauty products!

Where Gluten Hides

- Ground Meat
- Vitamins
- Soy Sauce or Malt Vinegar
- Salad dressings
- Ketchup
- Deli Meats/Cheeses
- Soup/Broth
- Salad Dressings
- Coffee Syrups
- Veggie burgers
- Corn
- Cereals
- Beer, ales, lager, vodka, and wine coolers
- Cookies and crackers
- Imitation seafood/bacon bits
- Lotions, body wash, shampoo, makeup, & more
- Low quality vitamins and supplements

Gluten Free Alternatives

It's no easy task to get rid of your favorite recipes when you suddenly realize that they are saturated in gluten. There is no need to panic though, because there are many alternatives to things like pasta, flour, breadcrumbs, and more!

- Spaghetti Squash
- Zucchini 'Noodles'
- Yogurt 'Mayo'
- Black bean, lentil, and almond 'flour'
- Cauliflower 'rice'
- Almond meal 'breadcrumbs'
- Quinoa 'couscous'
- Buckwheat Pancakes

Naturally Gluten Free Foods

Some of the best foods are naturally gluten free, so you don't have to give them a second thought. The more you're aware about naturally gluten free foods, the easier it is to incorporate them into your diet without any stress of accidentally consuming something with gluten.

-Fruits

-Vegetables

-Potatoes

-Rice

-Meat/Poultry

-Seafood

-Dairy

-Nuts/legumes

-Beans

Finding Vitamins in a Gluten-Free Diet

Biotin

There are many natural food sources in which biotin is found. Because there are so many nutritious options, it is rare for many people to be deficient. Below is a list of healthy options where biotin is located:

- Cooked Eggs
- Egg Yolk
- Sardines
- Almonds
- Peanuts
- Pecans
- Walnuts
- Nut Butters
- Soybeans
- Beans
- Black-eyed Peas
- Cauliflower
- Bananas
- Mushrooms
- Whole Grains

Vitamin D

The healthiest form of vitamin D is the original source, the sun! However, it's hard to receive all the vitamin D your body needs if you live in colder climates or in places where it rains more often. Here are some gluten free choices where vitamin D is located:

- Cod Liver Oil
- Salmon
- Tuna
- Sardines
- Herring
- Mackerel
- Egg

(continued onto next page)

Folic Acid

When looking for sources of folic acid, make sure that the food is not fortified. If a food is fortified, the vitamin is “added” to the food to be sold to the public. Instead, look for natural sources of folic acid, where are listed below:

- | | | |
|--------------------|-------------------|--------------|
| - Spinach | - Romaine Lettuce | - Peanuts |
| - Black-eyed Peas | - Avocado | - Oranges |
| - Asparagus | - Broccoli | - Papaya |
| - Brussels Sprouts | - Mustard Greens | - Banana |
| | - Kidney Beans | - Egg |
| | | - Cantaloupe |
| | | - Halibut |
| | | - Green Peas |

Magnesium

Magnesium is an essential mineral for the body, so it is important to make sure there is no chance of a deficiency. Try some of these naturally magnesium abundant foods:

- | | | |
|----------------|-----------------|-----------------------|
| - Tofu | - Pine Nuts | - Blackstrap Molasses |
| - Whole Grains | - Almonds | - Pumpkin Seeds |
| - Black Beans | - Soybean Flour | - Black Walnuts |
| - Wheat Bran | - Cashews | |
| - Brazil Nuts | | |

Omega-3 Fatty Acids

An essential fat, omega-3 fatty acids cannot be produced. Therefore, omega-3 fatty acids must be consumed through food sources. One of the healthiest fats for your body, omega-3 is a powerhouse of benefits. Below is a list of foods where omega-3 fatty acids are found:

- | | | |
|-------------|------------|-------------------|
| - Flaxseeds | - Salmon | - Brussel Sprouts |
| - Walnuts | - Soybeans | - Cauliflower |
| - Almonds | - Tofu | |
| - Sardines | - Shrimp | |



Breakfast



Easy Overnight Oats

Servings: 4

Serving Size: 1/2 Cup

Active Time: 20 minutes

Total Time: 8 hours

Nutrition Facts

Calories: 370

Total Fat: 14.7 grams

Saturated Fat: 1.4 grams

Cholesterol: 0 milligrams

Carbohydrates: 31.8 grams

Protein: 11.4 grams

Sugar: 7.15 grams

Fiber: 7.6 grams

Sodium: 203 milligrams

Potassium: 249.5 milligrams

Added Bonus: Iron and Vitamin B-6!

Ingredients

- 1/2 Cups Gluten Free Oats
- 2 Cups Unsweetened Vanilla Almond Milk
- Handful of Strawberries
- Handful of Walnuts
- 1 Tablespoon of Agave Syrup or Honey



Instructions

1. Measure 1 1/2 cups gluten free oats and 2 cups unsweetened vanilla almond milk.
2. Add oats and almond milk to a cereal bowl or container.
3. Once the oats and almond milk are added, mix until well combined.
4. Cover the oats and place in the refrigerator overnight.
5. The next morning, remove from refrigerator. Prepare strawberries, walnuts, and agave syrup.
6. Add 1 tablespoon of agave syrup and a handful of walnuts to oats.
7. Wash strawberries to remove excess dirt. Slice strawberries into quarters.
8. Add strawberries to oats and mix well.
9. Eat up!

Strawberry Parfait

Servings: 1

Serving Size: 1 Cup

Total Time: 10 minutes

Nutrition Facts

Calories: 280

Total Fat: 8 grams

Saturated Fat: 1 gram

Cholesterol: 0 milligrams

Carbohydrates: 37 grams

Protein: 17 grams

Sugar: 7 grams

Fiber: 6 grams

Sodium: 50 milligrams

Potassium: 577 milligrams

Added Bonus: Vitamin C, Magnesium,
Folate, Calcium, and Potassium!



Ingredients

- 1 Cup Plain Greek Yogurt
- Handful of Strawberries
- Handful of Almonds
- Cinnamon (optional)
- Honey (optional)

Instructions

1. Measure 1 cup Greek Yogurt.
2. Rinse strawberries to remove excess dirt.
3. Slice the top (green leaf) off all strawberries. Cut strawberries in half.
4. Layer parfait with two tablespoons of Greek yogurt, couple of strawberries, and couple of almonds until all ingredients are used.
5. Enjoy!

Mushroom Asparagus Omelet

Servings: 1

Serving size: 1 Omelet

Active Time: 10 minutes

Total Time: 10 minutes

Nutrition Facts

Calories: 215

Total Fat: 12 grams

Saturated Fat: 4.9 grams

Cholesterol: 372 milligrams

Carbohydrates: 2.5 grams

Protein: 18 grams

Sugar: .8 grams

Fiber: 2 grams

Sodium: 186 milligrams

Potassium: 250 milligrams

Added Bonus: Protein, Vitamin C, K, E, and Potassium!

Ingredients

- 2 Whole Eggs
- 1 Egg White
- Handful of Asparagus
- Handful of Mushrooms
- Dash of Salt and Pepper



Instructions

1. Heat a medium-sized pan over medium-high heat.
2. Crack 2 eggs and 1 egg white into a small bowl, mix well with fork
3. Add salt and pepper. Mix well.
4. Rinse off mushrooms and asparagus to ensure excess dirt is removed.
5. Carefully cut ends off of asparagus and discard.
6. Add asparagus and mushrooms to the heated pan. Cook until tender.
7. Add egg mixture to vegetable mixture. Cook until eggs are not runny.
8. Once cooked through, remove eggs from pan and place onto a plate. Enjoy!

Spiced Apple Cider Muffins

Servings: 12

Serving Size: 1 muffin

Active Time: 20 minutes

Total Time: 1 hour

Nutrition Facts

Calories: 209

Total Fat: 7 grams

Saturated Fat: 1 gram

Cholesterol: 21 milligrams

Carbohydrates: 34 grams

Protein: 4 grams

Sugar: N/A

Fiber: 2 grams

Sodium: 162 milligrams

Potassium: 40 milligrams



Ingredients

Streusel:

- 4 Tablespoons Light Brown Sugar
- 1 Tablespoon Gluten Free Whole Wheat Flour
- Dash of Cinnamon
- 1 Tablespoon Butter

Muffins:

- 2 Cups Gluten Free Whole Wheat Flour
- 1 Tablespoon Baking Soda
- Dash of Salt
- Dash of Cinnamon
- Dash of Nutmeg
- 2 Eggs
- 1/2 Cup Packed Light Brown Sugar
- 1/3 Cup White Sugar
- 1 Cup Apple Butter
- 1 Teaspoon Vanilla Extract
- 2 Tablespoons Butter
- Pam/Olive Oil Spray

Instructions (see next page)

Instructions

1. Preheat oven to 375 F.
2. Spray muffin tins using Pam/Olive Oil Spray
3. Prepare muffins by measuring 2 cups of gluten free flour. Once measured, pour flour into a large bowl.
4. Measure 1 tablespoon of baking soda and a dash of salt into the large bowl.
5. With a large spoon, mix well.
6. Add a dash of cinnamon and nutmeg.
7. With a large spoon, mix well.
8. Once mixed, set aside.
9. In a separate bowl, add 1 tablespoon of room temperature butter.
10. Add 4 tablespoons of light brown sugar, 1 tablespoon of gluten free flour, and a dash of cinnamon to the butter mixture.
11. Using your hands, mix together to form clumps.
12. Set the streusel mixture aside. Prepare the wet ingredients in a separate mixing bowl.
13. Measure 1/2 Cup Light Brown Sugar and 1 Cup Apple Butter. Place the brown sugar and apple butter into a large mixing bowl.
14. Add 1/3 cup white sugar, 1 teaspoon vanilla, 2 eggs, and 2 tablespoons softened butter to the wet ingredients.
15. Using an electric mixer, mix the wet ingredients until the mixture is smooth.
16. Once the wet ingredients are combined, gradually add the flour. Combine the flour until the wet mixture is smooth.
17. Add the muffin mixture to the tins by tablespoon. Sprinkle with the streusel mixture. Bake for 20 to 25 minutes or until a toothpick comes out clean.
18. Treat yourself! Delicious!



Snacks



Krispy Kale Chips

Servings: 1

Serving Size: 1 Bunch of Kale

Active Time: 5 minutes

Total Time: 15 minutes

Nutrition

Calories: 110

Total Fat: 5 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Carbohydrates: 16 g

Protein: 5 g

Sugar: 0 g

Fiber: 6 g

Sodium: 210 mg

Potassium: 642 mg

Added Bonus: Vitamins A, K, and C!



Ingredients

- 1 Bunch of Kale
- Olive Oil
- Dash of Salt

Instructions

1. Preheat oven to 350 F.
2. Wash kale to ensure all dirt has been removed.
3. Remove the stem from the kale. Cut the stem off the bottom, then cut the leaves off.
4. Place kale leaves in a paper towel; pat dry. Then line parchment paper on a baking sheet. Place kale onto baking sheet.
5. Drizzle kale with olive oil and dash of salt.
6. Bake for 10 minutes or until leaves become crispy.
7. Enjoy!

Coconut Almond Protein Bars



Servings: 20

Serving size: 1 Bar

Active Time: 10 Minutes

Total Time: 25 Minutes

Nutrition

Calories: 311

Total Fat: 20 grams

Saturated Fat: 5 grams

Cholesterol: N/A

Carbohydrates: 30 grams

Protein: 8 grams

Sugar: N/A

Fiber: 5 grams

Sodium: 26 milligrams

Potassium: N/A

Added Bonus: Omega-3 Fatty Acids and Protein!

Ingredients

- 2 Cups Gluten Free Rolled Oats
- 1 Cup Unsweetened Shredded Coconut
- 1/2 Cup Almonds
- 1/2 Cup Cashews
- 1/2 Cup Sesame Seeds
- 1/2 Cup Raisins
- 1 1/2 Cup Natural Peanut butter/Almond Butter
- 16 Ounce Bottle of Honey
- 1 Teaspoon Vanilla Extract
- Pam/Olive Oil Spray

Instructions (see next page)

Instructions

1. Preheat Oven to 350 F.
2. Coat a 10" X 15" baking sheet using Pam.
3. Prepare dry ingredients.
4. Measure 2 cups gluten free oats and 1 cup shredded coconut. Place in large bowl.
5. Combine 1/2 cup almonds, cashews, and sesame seeds to the mixture.
6. Measure 1/2 cup raisins and combine into dry ingredients.
7. Set aside dry ingredients. Combine 1 1/2 cups of peanut butter, 16 ounces of honey, and 1 teaspoon of vanilla extract into a microwaveable container. Microwave on high for 1 minute. Stir well.
8. Combine the wet and dry ingredients together, gradually. Mix well.
9. Spread across the baking sheet. Bake for 15 minutes, or until the edges of bars turn golden brown.
10. Let bars cool, then cut into squares.
11. Bon Appetit!



Banana Walnut Cookies

Servings: 12

Serving size: 1 Cookie

Active Time: 5 minutes

Total Time: 20 minutes

Nutrition

Calories: 93

Total Fat: 3.5 grams

Saturated Fat: 0 grams

Cholesterol: 0 milligrams

Carbohydrates: 15 grams

Protein: 2 grams

Sugar: 4.5 grams

Fiber: 2 grams

Sodium: .4 milligrams

Potassium: N/A

Ingredients

- 3 Medium Ripe Bananas
- 1 Cup Gluten Free Oats
- 3/4 Cup of Walnuts
- Dash of Cinnamon
- Pam/Olive Oil Spray



Instructions

1. Preheat oven to 350 F.
2. Line a cookie sheet with aluminum foil and spray with pam/olive oil spray
3. Peel bananas and mash into a large bowl, using a fork.
4. Measure 1 cup of gluten free oats, 3/4 cup of walnuts, and a dash of cinnamon. Add to banana mixture.
5. Thoroughly mix banana mixture with a large spoon.
6. Using a tablespoon, place the mixture on the cookie sheet. Bake the cookies for 10 minutes or until edges turn golden brown.
7. Let the cookies cool for 15 minutes and enjoy!

Peanut butter Protein Bites

Servings: 10 Bites

Serving Size: 2 Bites

Active Time: 5 minutes

Total Time: 8 hours



Nutrition

Calories: 132

Total Fat: 7 grams

Saturated Fat: 2 grams

Cholesterol: 1 milligram

Carbohydrates: 15 grams

Protein: 4 grams

Sugar: 9 grams

Fiber: 2 grams

Sodium: 39 milligrams

Potassium: N/A

Added Bonus: Omega-3 Fatty Acids!

Ingredients

- 1/3 Cup of Natural Peanut Butter
- 1/4 Cup of Honey
- 1 Scoop Vanilla
- Whey Protein Powder
- 3 Tablespoons Flaxseed
- 3 Tablespoons Miniature Dark Chocolate Pieces

Instructions

1. Measure 1/3 cup peanut butter and 1/4 cup honey. Add to a medium bowl.
2. Add a scoop of protein powder, 3 tablespoons flaxseed, and 3 tablespoons of miniature dark chocolate pieces to peanut butter mixture.
3. Combine the mixture with a large spoon. Mix well.
4. Using your hands, take the mixture and form into balls. Place onto a plate, cover with aluminum foil, and put into the freezer overnight.
5. Enjoy!



Lunch



Kale and Apple Salad

Servings: 1

Serving Size: 2 Cups

Total Time: 25 minutes

Nutrition

Calories: 151

Total Fat: 8.5 grams

Saturated Fat: 1.5 grams

Cholesterol: 4 milligrams

Carbohydrates: 17 grams

Protein: 5 grams

Sugar: 8 grams

Fiber: 3 grams

Sodium: 161 milligrams

Potassium: N/A

Added Bonus: Calcium, Vitamin A, K, C,
Magnesium, Iron, and Folate!

Ingredients

- 3 Tablespoons Lemon Juice
- 2 Tablespoons Olive Oil
- Dash of Salt
- Dash of Pepper
- 1 Bunch of Kale
- 1 Slice of Mozzarella Cheese
- 1 Apple
- Handful of Raisins
- Handful of Artichoke Hearts



Instructions

1. Measure 3 tablespoons of lemon juice, 2 tablespoons of olive oil, dash of salt, and pepper to a large bowl.
2. Mix until well combined. Set aside.
3. Wash kale thoroughly to ensure all dirt has been removed.
4. Cut and remove bottom stems from kale.
5. Pat dry kale leaves, then place kale into dressing and let soak for at least 10 minutes.
6. As the kale soaks, prepare the additives for the salad. Start by washing the apple, then chopping into dices.
7. Slice off one slice of mozzarella and dice into cubes.
8. Add diced mozzarella, apple, and artichoke hearts to the kale.
9. Add handful of raisins. Mix until combined.
10. Serve !

Avocado Chicken Salad

Servings: 4

Serving Size: 1/2 Cup

Total Time: 30 minutes

Nutrition

Calories: 206

Total Fat: 8 grams

Saturated Fat: 1.7 grams

Cholesterol: N/A

Carbohydrates: 5.7 grams

Protein: 27.7 grams

Sugar: N/A

Fiber: 4 grams

Sodium: N/A

Potassium: N/A

Added Bonus: Vitamin C, B- 6, and Protein!



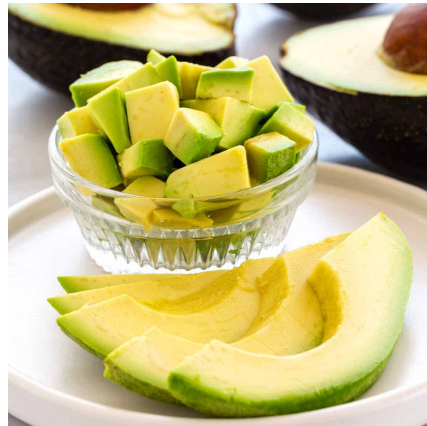
Ingredients

- 2 Cups Chicken Tenders, To Be Shredded
- 1 Avocado
- 1/2 Tablespoon of Garlic Powder
- Dash of Salt
- 1/2 Tablespoon of Pepper
- Fresh Cilantro
- 1 Tablespoon Lime Juice
- 1/4 Cup Lite Mayo
- 1/4 Cup Plain Greek Yogurt
- Salad (Your Preference)

Instructions (see next page)

Instructions

1. Cook chicken on medium high. Turn each side when chicken turns white. Repeat until chicken is cooked.
2. As the chicken is cooking, measure Lite Mayo and plain Greek Yogurt. Add to large bowl.
3. Add 1/2 tablespoon of garlic powder, 1/2 tablespoon of pepper, 1 tablespoon lime juice, and dash of salt to the yogurt mixture.
4. Wash and dry cilantro.
5. With a scissor, cut cilantro.
6. Cut avocado in half and dice. Scoop out both halves.
7. Add the chicken. With a large spoon, mix ingredients.
8. Place salad in the fridge for 20 minutes. When ready to serve, place over a bed of salad.



Hemp-Crusted Chicken Tenders



Servings: 4

Serving Size: About 5 Chicken Tenders

Active Time: 20 minutes

Total Time: 1 hour

Nutrition

Calories: 172

Total Fat: 2 grams

Saturated Fat: 0 grams

Cholesterol: 47 milligrams

Carbohydrates: 12 grams

Sugar: 2 grams

Fiber: 0 grams

Sodium: 585 milligrams

Potassium: 323 milligrams

Protein: 23 grams

Added Bonus: Iron, Potassium, Calcium, Vitamin A, and C!

Ingredients

- 1/2 Cup Hemp Seeds
- 1/2 Cup Almond Flour
- 1 Teaspoon Garlic Powder
- 1/2 Teaspoon Paprika
- Dash of Salt
- Dash of Pepper
- 1 1/2 Pounds of Chicken Tenders
- 2 Large Eggs
- Wax Paper
- 3 Large Sweet Potatoes

Instructions (see next page)

Instructions

1. Preheat oven to 400 F.
2. Rinse off sweet potatoes and pat dry with a paper towel.
3. Poke a couple holes, using a fork, in each sweet potato.
4. Place sweet potatoes in the microwave on high for 5-7 minutes, or until sweet potatoes start to soften.
5. As the sweet potatoes are cooking, start to prepare the breadcrumb mixture. Measure 1/2 cup almond flour and 1/2 cup hemp seeds. Add to a medium bowl.
6. Add 1 teaspoon garlic powder, 1/2 teaspoon paprika, dash of salt, and pepper.
7. Combine breadcrumb mixture with a fork and press the fork down to remove any clumps.
8. Remove sweet potatoes from microwave. Allow sweet potatoes to cool for about 10 minutes. Once cooled, cut sweet potatoes into thin slices.
9. Place sweet potatoes on a baking sheet. Drizzle with olive oil, paprika, pepper, and salt.
10. Bake sweet potatoes for about 20 minutes, or until edges become crispy.
11. Remove chicken tenders from package and place on a plate. Set aside.
12. Crack 2 eggs in a small bowl. Using a fork, whisk eggs.
13. Prepare breading station by lining up chicken tenders, eggs, and breadcrumb mixture.
14. First, dip chicken tenders in the eggs. Next, take chicken tenders and dip into breadcrumb mixture. Place onto a baking sheet, lined with wax paper.
15. Bake chicken tenders for 20 minutes, or until the chicken tenders become crispy. Make sure chicken is fully cooked prior to serving.
16. Serve!





Dinner



Green Chicken Chili

Servings: 4

Serving Size: 1 1/2 cups

Active Time:

Total Time: 30 minutes

Nutrition

Calories: 280

Total Fat: 4 grams

Saturated Fat: 2 grams

Cholesterol: 60 milligrams

Carbohydrates: 19 grams

Sugar: 7 grams

Fiber: 8 grams

Sodium: 525 milligrams

Potassium: 0 milligrams

Protein: 30 grams

Added Bonus: Vitamin C, K, B-6, Folate, and Protein!



Ingredients

- 6 Cups Chicken Broth
- 4 Cups Chicken Breasts, Diced
- 2 Cans Great Northern Beans, Drained
- 1 Can of Salsa Verde
- 1 Avocado
- Fresh Cilantro, Chopped
- Green Onions, Chopped
- Shredded Cheese
- Sour Cream

Instructions (see next page)

Instructions

1. Prepare the chicken by removing all the excess fat from the breast.
2. Cut chicken breasts into dices.
3. Heat a medium-sized pan on medium heat.
4. When the pan is heated up, add a little bit of olive oil and cook chicken to prevent sticking.
5. Add diced chicken to heated pan. Cook until chicken is no longer pink.
6. Once chicken is cooked, remove from pan and place on a plate, with a paper towel underneath.
7. Heat a large pot on medium heat.
8. Add 6 cups chicken broth.
9. Drain and rinse off beans. Add to broth.
10. Add cooked chicken and a can of salsa verde to chicken broth.
11. Stir well. Cook for 10 to 15 minutes or until broth is simmering.
12. Dice green onion, cilantro, and avocado.
13. When broth is simmering, turn heat off. Top chili with green onions, avocado, cilantro, shredded cheese, and sour cream.
14. Enjoy!



Meatballs with Spaghetti Squash

Servings: 4
Serving Size: 4 Meatballs
Active Time: 25 Minutes
Total Time: 1 hour

Nutrition Facts

Calories: 240
Total Fat: 14 grams
Saturated Fat: 4 grams
Cholesterol: 50 milligrams
Carbohydrates: 4 grams
Sugar: N/A
Fiber: 1 gram
Sodium: 410 milligrams
Potassium: 0 milligrams
Protein: 13 grams
Added Bonus: Vitamin A, Calcium, and Iron!



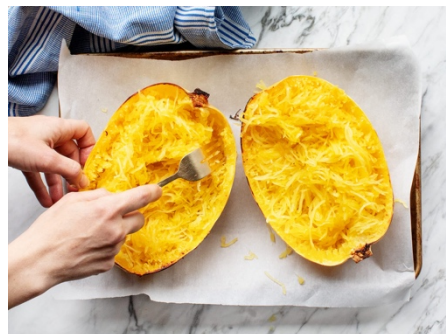
Ingredients

- 1 Pound of Ground Beef
- 1 Large Egg
- 1 White Onion
- 1 Can of Tomato Paste
- 1 Tablespoon Almond Flour
- Dash of Garlic Powder
- Pam/Olive Oil Spray
- Marinara Sauce
- Spaghetti Squash

Instructions (see next page)

Instructions

1. Preheat oven to 350 F.
2. Add ground beef to large bowl.
3. Using a knife, chop off ends of the onion.
4. Using a knife, make a small tear in the skin of the onion.
5. Using your hands, peel the skin of the onion off. Discard the skin.
6. Chop the onion into small dices.
7. Add diced onion to meat mixture.
8. Crack the egg into the mixture. Using your hands, combine.
9. With a can opener, open can of tomato paste. Add to mixture.
10. Add 1 tablespoon of almond flour and a dash of garlic powder to the meat mixture. Using your hands, mix until combined.
11. Spray a baking sheet, lightly, with pam/olive oil spray. Form mixture into balls and place them onto the baking sheet. Bake for 25 minutes.
12. As the meatballs are cooking, prepare spaghetti squash. Run your knife across the entire spaghetti squash.
13. With a fork, poke holes around spaghetti squash.
14. Place about an inch of water in a bowl.
15. Place spaghetti squash in the water and microwave on high for 5 minutes.
16. Remove spaghetti squash from microwave and cool for about 10 minutes.
17. As spaghetti squash is cooling, remove meatballs from the oven.
18. As meatballs are cooling, cut spaghetti squash in half. Submerge in inch of water and microwave on high for 10 minutes.
19. Serve.



Tangy Shrimp with White Beans

Servings: 4

Serving Size: About 1/2 cup

Active Time: 20 minutes

Total Time: 45 minutes

Nutrition

Calories: 436

Total Fat: 17 grams

Saturated Fat: 2.5 grams

Cholesterol: N/A

Carbohydrates: 37 grams

Sugar: N/A

Fiber: 9 grams

Sodium: 412 milligrams

Potassium: N/A

Protein: 35 grams

Added Bonus: Protein, Calcium, Iron,
and Magnesium!



Ingredients

- 1 Pound of Shrimp
- 4 Tablespoons Olive Oil
- 1 Tablespoon Paprika
- 1 Tablespoon Garlic Powder
- 3 Bay Leaves, Broken into Pieces
- 1 Can (14.5 Ounces) Diced Tomatoes
- 1 Can Tomato Paste
- 2 Cans White Beans, Drained and Rinsed
- 1 Cup Chicken Broth
- 2 Tablespoons Fresh Parsley, Chopped

Instructions (see next page)

Instructions

1. If the shrimp is frozen, submerge in cold water to defrost
2. Once shrimp is defrosted, peel and devein. Set aside peeled shrimp separate bowl.
3. Heat a large skillet to medium heat.
4. Measure 1 tablespoon paprika and 2 tablespoons olive oil. Add to large bowl. Mix to combine.
5. Add shrimp. Mix well.
6. Add shrimp to pan and cook until the shrimp is pink.
7. Once shrimp is cooked, remove from pan and transfer to a plate.
8. Rinse parsley off to ensure all dirt has been removed. Pat dry with a paper towel.
9. In the same pan as shrimp, add 1 tablespoon garlic powder, 2 tablespoons olive oil, and 3 bay leaves broken into pieces.
10. Cook herbs until garlic becomes fragrant. Stir.
11. Using a can opener, open diced tomatoes and add to pan.
12. Add can of tomato paste, chicken broth, and kidney beans to pan. Stir.
13. Add cooked shrimp to pot. Cook for 5 minutes.
14. Top with fresh parsley.
15. In separate bowls, serve.





Dessert



Black Bean Brownies

Servings: 12

Serving Size: 1 Brownie

Active Time: 15 minutes

Total Time: 35 minutes

Nutrition

Calories: 211

Total Fat: 12 grams

Saturated Fat: 2 grams

Cholesterol: 31 milligrams

Carbohydrates: 25 grams

Protein: 3 grams

Sugar: 18 grams

Fiber: 2 grams

Sodium: 131 milligrams

Potassium: N/A

Added Bonus: Calcium, Iron, Vitamin B-6, and Magnesium!



Ingredients

- 1 Can of Black Beans, Rinsed and Drained
- 1/2 Cup Vegetable Oil
- 2 Eggs
- 1/4 Cup Unsweetened Cocoa Powder
- 2/3 Cup Sugar
- 1 Teaspoon Instant Coffee
- 1 Teaspoon Vanilla Extract
- 1 Bag of Dark Chocolate Chips, Divided
- 1/3 Cup of Gluten Free Flour
- 1 Teaspoon of Baking Powder
- Dash of Salt
- Confectioner's Sugar, For Dusting

Instructions (see next page)

Instructions

1. Preheat oven to 350 F.
2. With a can opener, open a can of black beans.
3. Rinse off black beans. Place into blender.
4. Measure 1/2 cup vegetable oil and add to beans.
5. Using the “pulse” option, pulse beans and vegetable oil.
6. Add 1/4 cup cocoa powder, 2/3 cup sugar, and 2 eggs to beans. Pulse.
7. Add 1 teaspoon instant coffee and 1 teaspoon vanilla extra to beans. Pulse.
8. Add 1 cup of the dark chocolate chips to a medium saucepan on low heat. Heat, until the chocolate is melted. Stir every 2 minutes.
9. Add melted chocolate to the beans. Pulse.
10. Set mixture aside. In a large bowl, measure 1/3 cup gluten free flour, 1 teaspoon baking powder, and a dash of salt. Mix well.
11. Place bean mixture in a large bowl. Add flour mixture to the bean mixture. Combine well.
12. Add remaining chocolate chips into the brownie mixture. Stir.
13. Using pam, lightly spray a baking sheet.
14. Pour batter into the baking sheet. Bake brownies for 20 minutes, or until a toothpick comes out clean.
15. Remove brownies from oven. Once brownies cool, cut into squares.
16. Serve.



Dark Chocolate Bark



Servings: 12

Serving Size: 1 piece of bark

Active Time: 15 minutes

Total Time: 1 hour 45 minutes

Nutrition

Calories: 213

Total Fat: 13 grams

Saturated Fat: 6 grams

Cholesterol: N/A

Carbohydrates: 25 grams

Protein: 4 grams

Sugar: N/A

Fiber: 1 gram

Sodium: 63 milligrams

Potassium: N/A

Added Bonus: Omega-3 Fatty Acids,
Magnesium, Manganese, and Iron!

Ingredients

- 1 16 Ounce Bag of Dark Chocolate
- 1/2 Cup of Dried Cranberries
- 1/2 Cup of Chopped Walnuts
- Handful of Salt

Instructions

1. Line a baking sheet with wax paper to prevent any sticking.
2. Over low heat, heat a medium saucepan.
3. Add 16 ounces of dark chocolate to medium saucepan to melt. Every two minutes, stir to prevent burning.
4. Add cranberries and walnuts to the dark chocolate. Mix well.
5. Pour the dark chocolate mixture onto the baking sheet and spread out, using a spoon.
6. Sprinkle a dash bit of salt over the bark.
7. Cover bark and place in refrigerator for at least 1 hour and 30 minutes for bark to harden. For best results, leave overnight.
8. Once the bark hardened, cut into squares. Serve.

Mocha Cinnamon Pudding

Servings: 4

Serving Size: 1/2 cup

Active Time: 10 minutes

Total Time: 1 hour 45 minutes



Nutrition

Calories: 237

Total Fat: 8 grams

Saturated Fat: 5 grams

Cholesterol: N/A

Carbohydrates: 37 grams

Protein: 6 grams

Sugar: N/A

Fiber: 3 grams

Sodium: 151 milligrams

Potassium: N/A

Added Bonus: Calcium, Vitamin D, Iron, Magnesium, and Manganese!

Ingredients

- 1/4 Cup of Sugar
- 3 Tablespoons Cornstarch
- 2 Teaspoons Instant Coffee
- Handful of Cinnamon
- Dash of Salt
- 2 Cups of Low-Fat Chocolate Milk
- 1/2 Cup of Unsweetened Cocoa Powder
- 1 Teaspoon Vanilla Extract

Instructions

1. In a large saucepan, without any heat, add sugar, cornstarch, instant coffee, cinnamon, and salt.
2. With a whisk, whisk mixture and combine well.
3. Turn heat onto medium-high and whisk 2 cups of chocolate milk.
4. When the milk begins to bubble, reduce heat to low. Whisk in cocoa powder and vanilla extract. Stir, until the consistency turns into a pudding.
5. Transfer to a bowl and chill in refrigerator for at least 1 hour and 30 minutes. For best results, chill overnight.
6. Remove from refrigerator and serve cold.

Apple Crisp

Servings: 4

Serving Size: 1/2 cup

Active Time: 10 minutes

Total Time: 35 minutes

Nutrition

Calories: 307

Total Fat: 14 grams

Saturated Fat: 5 grams

Cholesterol: N/A

Carbohydrates: 43 grams

Protein: 6 grams

Sugar: N/A

Fiber: 5 grams

Sodium: 120 milligrams

Potassium: N/A

Added Bonus: Vitamin A and B-Vitamins!



Ingredients

- 2 Granny Smith Apples
- 1/2 Cup Apple Juice
- 4 Tablespoons Packed Brown Sugar
- Dash of Cinnamon
- Dash of Nutmeg
- 1 Cup Gluten Free Oats
- Dash of Salt
- 2 Tablespoons Butter, Room Temperature
- 1/4 Cup Almonds

Instructions (see next page)

Instructions

1. Preheat oven to 375 F.
2. Rinse apple and pat dry with paper towel.
3. With an apple corer, core apple. Then slice apple slices in half. Add to large bowl.
4. Add apple juice, 2 tablespoons packed brown sugar, dash of cinnamon, and dash of nutmeg to fruit mixture. Mix well.
5. In a separate mixing bowl, combine oats, dash of salt, 2 tablespoons packed brown sugar, dash of cinnamon, and dash of nutmeg.
6. Using your hands, add butter and crumble.
7. Spray a baking sheet with pam.
8. Pour apple mixture in baking pan, crumbling the oat mixture on top.
9. Bake apple crisp for 25 minutes, or until edges turn golden brown.



Sample Guide

Below is a sample guide for the day. Try out these recipes and see how your body feels after a day, or even a week of going gluten free! Get creative, your diet doesn't have to stop here with this cookbook. There are endless ways to create good, gluten-free recipes for both you and your entire family.

Breakfast

Easy Overnight Oats

Snack

Coconut Almond Protein Bars

Lunch

Kale and Apple
Salad

Dinner

Tangy Shrimp with
White Beans

Dessert

Mocha Cinnamon Pudding

