

Delicious Gluten-Free Meals & Products

Whether you've recently been diagnosed with celiac disease or prefer to follow a gluten-free diet for other gluten-related symptoms, you don't have to sacrifice flavor when you go gluten-free!

While going gluten-free may seem to eliminate a good amount of foods you used to eat on a daily basis, there are *tons* of whole food options that naturally don't have gluten in them. Plus, there are even more brands catering to the gluten-free space every day!

Now that I've got you thinking about the different foods you enjoy, see if any of these ideas stimulate your taste buds. Quick, simple, and packed with heart-healthy nutrients - doesn't get much better than that!

Picasso Tacos.

Heat up a corn tortilla in the microwave for 10 seconds, and top it with black beans, sweet corn, chopped tomatoes, baked chicken, and guacamole. Add in a little mango for a sweet kick or cut up limes to squeeze on top. Make it a taco topping bar for taco night fun with friends!

Simple Lentils.

Buy a can of precooked lentils (in water with no sodium added), drain, and mix with pre-made bruschetta and mozzarella balls.

Banana Boat.

Dish plain Greek yogurt into a bowl, and top with coined bananas, peanut butter, chia seeds, and honey.

Salmon Rice Bowl.

Mix together brown rice, broiled/grilled/baked salmon, steamed carrots and broccoli, and olive oil.

Fruity Smoothie.

Blend almond milk, dates, banana, strawberries, ground flaxseeds, frozen spinach, and almond butter.

Plant Power Salad.

Choose your favorite greens and mix in some rainbow quinoa, sweet potato, dried cranberries, pumpkin seeds, a pinch of salt and black pepper, and olive oil.

Scrumptious Apples.

Chop an apple into bite-sized pieces and heat on a pan with raisins, walnuts, cinnamon, and a small amount of coconut oil (a little bit goes a long way for flavor) until the apples are soft. Eat plain or top with a dollop of Greek yogurt.

Bean or Lentil Pasta.

Think chickpea, black bean, or lentils – the varieties are endless these days! They're packed with protein, so all you need to do is toss in a gluten-free sauce or olive oil, some steamed veggies, your herbs or spices of choice, and of course, a pinch of freshly cracked pepper!

Keep Your Creativity Alive!

All of these options can be elevated even more with a little imagination. For example, try tossing in a bit of curry powder into those lentils for a night of Indian-inspired cuisine! Or substitute coconut aminos for the olive oil in your salmon rice bowl. The only thing to keep in mind is that if you stray from the most natural sources of these foods and buy them in packaged or canned forms, companies often like to throw in some unnecessary ingredients- ones that can contain gluten. Always be aware of the ingredients of any foods not in their whole form!

These options are healthy and packed with flavor, but sometimes you might feel like you still want to indulge in a piece of bread or a bowl of comforting pasta. Luckily, you have the luxury of being able to choose from a long list of gluten-free products on the market today.

Here are some gluten-free brand substitutes to start with!

- Bread
 - Udi's
 - Glutino
 - Simple Mills (it comes in a mix that you can bake yourself!)
- Pasta
 - Banza Chickpea Pasta
 - Explore Cuisine Pasta
 - Barilla Gluten-Free Varieties
- Crackers/Snacks
 - Simple Mills Almond Flour Crackers
 - Mary's Gone Crackers
 - Blue Diamond Almond Crackers
 - Lundberg Brown Rice Cakes
 - Beanfield's Bean and Rice Chips

- Snack Bars
 - Lara Bar
 - Rx Bar
 - Kind Bar
 - The Gluten Free Bar (GFB)
- Soy sauce
 - Tamari (any brand)
 - Coconut Aminos (Try any brand - this is a liquid that is naturally a little bit sweeter than soy sauce but still does the job of giving your sushi, rice bowl, or veggies a punch of natural flavor)

There is always so much exciting information to learn and new recipes to experiment with. Keep things stimulating by trying new whole foods, new brands, getting your hands dirty in the kitchen, and enjoying the process!