

THE SEVEN DAY GLUTEN FREE START GUIDE

SEVEN DAY MEAL PLAN

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DISCLAIMER

This book is not intended to serve as medical advice. Please consult your doctor before starting any new diet or workout program.

There is affiliate links included throughout the book, which I may earn a small commission from if you click on them, and purchase a product.

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AUTHOR'S NOTE

What this book is not:

It is not a weight loss guide. It is not a comprehensive explanation of the science behind the meal plan. It's a start of a long term fix to a long term problem. There is just no way to get healthy if all you're eating is junk. Really take a minute and think about the meals you've had this week. Were they frozen? Did they include lots of carbs and sugar? Did you get glutened eating something you probably shouldn't have?

This book is:

A quick start guide to remove processed foods, starches and sugars from your diet, and to start the repair of your digestive system. You may notice clearer skin, less hunger, more energy, greater endurance, and other awesome things that you haven't felt in a long time. (These statements of course have not been evaluate by medical professionals.)

For me, I didn't start to feel healthy after my diagnosis until I started eating better. Before I used to eat a lot of processed gluten free foods, cookies, lots of ice cream and cheese. When suddenly you can't eat the same as "everyone else" the desire to consume the old food, grows exponentially. Every morning I would wake up feeling bloated, fatigued, and irritated and it took a while to connect those feelings with my new gluten free Standard American Diet.

Once I cut out all the processed junk, and the dairy, I felt reborn, like the first time I officially gave up gluten. I wasn't stuck in a rut anymore. The mind cleared, the energy abounded, and I was sold.

SLOW CARB BASICS

I originally heard about the Slow Carb Diet through a book called [The Four Hour Body by Tim Ferriss](#). In it, he describes his experiments with family, strangers, and himself that led him to his conclusions. I'm not going to repeat all of it here, but if you wish to learn more about the science behind the diet, you can click the link above. For now, here is what you need to know about how to be successful with your new eating style.

The Slow Carb diet is mostly a “low carb” diet, with a few exchanges. Instead of aiming for a low amount of carbohydrates, we are encouraged to eat a certain kind; the low glycemic index kind. There are no simple starches allowed like potatoes, rice, or grains like quinoa, buckwheat, etc. Instead, the carbohydrates come exclusively from cruciferous vegetables, beans, and lentils.

There are five rules to keep it simple:

- 1) No white foods, or foods that can be white; simple carbohydrates (exception: coconut)
- 2) Eat the same few meals over and over again
- 3) Don't drink your calories
- 4) Don't eat fruit
- 5) Take one day off per week and go nuts

SLOW CARB BASICS

In the beginning it might feel very restrictive, but the meal plan I've prepared allows for a variety of different foods, that is easy to maintain and delicious to consume. The Quick Start Guide is only for seven days, but if you like the results, you can repeat the week as many times as you like and start to change up the recipes as desired. The Slow Carb Diet does require a high level of adherence; if you do really good during the day and then binge on potato chips at night, you are not going to see or feel a difference in the long run.

However, there is light at the end of the tunnel; Cheat Day. Yes, Cheat Day. If you can defer your cravings for six days, then on day seven you get to eat whatever you want. This helps reboot your metabolism, and allows you a chance to really remind yourself why eating junk food isn't good for your body. (Often people will make themselves sick on cheat day and can't wait to get back to normal days.)

I've chosen the Slow Carb Diet to illustrate a cleaner, healthier way of eating. My time in support groups, especially with the recently diagnosed is really what drove me to create this manual. So many people are lost, and no longer know what to eat. It makes me sad to see people reach out for the quick (and crazy expensive) processed foods that don't taste the same, often don't look the same, and are still causing digestive

issues. This is a chance for you to take control of your health, and I hope you'll utilize it.

SHOPPING LIST

The Yes Yes List

Vegetables (not including potatoes)

Beans (black, pinto, kidney, chickpea, etc.)

Beef, Chicken, Pork

Bacon, Eggs

Tomatoes

Ghee (regular butter is okay but not recommended)

Olive Oil (for dressings), Coconut Oil (for cooking)

Low/No Sodium spices (be sure to check for Gluten)

The NO NO LIST

Sugar

Rice (all of it, across the board)

Dairy (Milk, cheese, dressings)

Corn

Fruits and berries

Wheat/Barley/Rye etc (obv. Cause this isn't GF! Also not okay for cheat day, but hopefully I do
to tell you that!)

THINGS NOT ON THE LIST ON EITHER SIDE:

Coconut and Almond Meal Flour. I think they're both technically safe for the plan, but they're
both used primarily for the replacement of things like bread, and pastries (which aren't included
in this Quick Start Guide) I've chosen not to include them at all.

Of course, everything except for the gluten items are okay for Cheat Day.

SHOPPING LIST

Meats

- Steak (lean cut, your choice)
- Chicken breasts or thighs
- Ground Beef (90/10)
- Eggs (18 count)
- Proscuitto
- Tuna
- Bacon and/or sausage

Vegetables Fresh or Frozen

- Spinach (fresh), Lettuce (fresh), Kale (fresh)
- Tomato (fresh), Avocado (fresh)
- Broccoli, Cauliflower
- Bell Peppers, Onion

Beans and Lentils

- (Canned or dried)*
- Black Beans, Pinto Beans, Cannellini Beans
- Lentils

Oil and Spices

- Coconut (for Cooking), Olive Oil (for dressings)
- Italian seasoning, Cumin, Paprika, Rosemary, Garlic Powder
- Sea Salt
- Bragg’s Amino Acid
- Apple Cider Vinegar
- Red Pepper Flakes

This shopping list is to fuel the meal plan. Most recipes will serve 12 people so keep that in mind when shopping. Feel free to add other types of vegetables

as you see fit (no potatoes!). If you can fit it in your budget, Organic, free range/grass fed options will always be the better choice.

#ProTip

If you want to ensure your success, it would be a good idea to remove the things (when possible) that are on the NoNo list from your pantry. It's a lot easier to stay motivated and on plan when you don't have cookies lurking in the back of the cupboard.

CHEAT DAY SHOPPING LIST

Cheat day is a a variety of premade foods to give you a break from cooking.
I've included links and brands for ideas.

MENU

Monday	Breakfast: Eggs, Beans, w/mixed veggies Lunch: Bacon Avocado Salad Dinner: Beef Veggie Stirfry w/lentils Snack: Kale Chips
Tuesday	Breakfast: Omelet Muffins Lunch: Tuna Bean Salad on Lettuce Dinner: Taco Salad Snack: Prosciutto wrapped asparagus
Wednesday	Breakfast: Mini Veggie Pancakes Lunch: Lentil Salad with Steak Dinner: Chicken Breast & Roasted Vegetables Snack: Hardboiled Egg
Thursday	Breakfast: Eggs, Beans, w/mixed veggies Lunch: Kale Salad with Black Beans and steak Dinner: Bacon Avocado Salad Snack: Kale Chips
Friday	Breakfast: Omelet Muffins Lunch: Tuna Bean Salad on Lettuce Dinner: Beef Veggie Stirfry w/lentils Snack: Prosciutto wrapped asparagus
Saturday	Breakfast: Mini Veggie Pancakes Lunch: Taco Salad Dinner: Chicken Breast & Roasted Vegetables Snack: Hardboiled Egg
Sunday (cheat day)	Breakfast: Pancakes and Bacon Lunch: GF Chicken Strips and Chips Dinner: GF Pizza Snack: GF Mint Slims



BREAKFAST RECIPES

Eggs, Veggies and Black Beans

Serves 1

2 eggs

$\frac{1}{4}$ c. Onion, sliced or diced

$\frac{1}{2}$ c. peppers, sliced or diced

$\frac{1}{2}$ c. black beans

1 tbs. coconut oil

Salt and pepper to season

Heat coconut oil in pan, combine onion and peppers in oil until browned. Add eggs for a scramble or remove vegetables and add eggs to be fried as desired.

Drain Black beans and heat in microwave, or in pan with eggs. Serve.

Omelet Muffins

Serves 2

4 eggs

½ c. spinach, chopped

½ c. onion, minced

1 tbs. garlic, minced

Salt and pepper to taste

Preheat oven to 350F. Squeeze any excess water from spinach if frozen. Combine all ingredients in bowl or blender and mix until well combined. In greased muffin pan, pour egg mixture about ¾'s full, to make four muffins. Place in heated oven uncovered until set, about 20 minutes. Remove from oven and let cool. Use fork or small spatula to remove from pan. Serve with side of bacon or sausage.

Mini Veggie Pancakes

Serves 1 2

2 eggs

1 egg white, beaten to soft white peaks

$\frac{1}{4}$ c. spinach, finely chopped

$\frac{1}{2}$ c. bell peppers and onion, finely chopped Italian seasoning, salt and pepper
to taste Coconut oil

Combine ingredients in bowl. On heated skillet, melt coconut oil and drop a tablespoon or two of mixture onto pan. Press lightly to spread around, let cook long enough to set, then flip. Should make 46 small pancakes.

Serve with side of bacon or sausage.

LUNCH RECIPES

Bacon Avocado Salad

Serves 1 2

34 slices of bacon, cooked and chopped

$\frac{1}{2}$ avocado, cut into $\frac{1}{2}$ inch cubes

23 c. romaine lettuce

$\frac{1}{2}$ tomato, chopped

$\frac{1}{4}$ c. red onion, sliced thinly

Chopped walnuts

For dressing:

1 tbs. apple cider vinegar

$\frac{1}{2}$ c. olive oil

Salt and pepper to taste

Combine ingredients for salad, and dress with vinaigrette. Serve.

Tuna Bean Salad on Lettuce

Serves 1 2

3 oz chunk light tuna packed in water, drained

$\frac{1}{3}$ c. cannellini beans, drained

$\frac{1}{4}$ c. diced tomatoes

$\frac{1}{4}$ c. diced red onion

3 spears of asparagus, chopped

1 tsp fresh parsley

2 tsp olive oil

23 full leaves of lettuce or kale

Combine ingredients, and drizzle with olive oil. Spread mixture into lettuce leaves and serve.

Lentil Salad with Steak

Serves 1 2

2 c. Lentils

½ c. onion, chopped

1 c. spinach and/or kale, chopped

½ tomato, chopped

23 TBS olive oil

1 TBS apple cider vinegar

3 oz. steak of your choosing, cooked to your preference

Mix olive oil and apple cider vinegar, and set aside. Combine lentils, onion, spinach (and/or kale), and tomato. Dress with vinaigrette. Either combine steak into salad, or serve on the side.

Kale Salad with Black Beans and Steak

Serves 12

2 c. Kale, destemmed

½ c. garbanzo beans

¼ c. red onion, chopped

1 tomato, sliced into thick chunks

½ c. carrots, shredded

½ c. broccoli, chopped

½ c. cauliflower, chopped

1 c. black beans

3 oz. steak, cooked to your preference, sliced

3 TBS Olive oil

1 TBS Apple cider vinegar

Salt and pepper to taste

Combine olive oil and apple cider vinegar, set aside. Combine vegetables, garbanzo beans in bowl and cover with dressing.

Serve black beans and steak on the side.

DINNER RECIPES

Taco Salad

Serves 12

½ lb. ground beef

2 c. spinach

1 tomato, chopped

½ c. onion, chopped

½ c. black beans or pinto beans

½ an avocado (or a full one if you can't help yourself) Salsa

Salt, pepper, cumin to taste

Brown the ground beef and season with salt, pepper and cumin as you wish. In a bowl, layer the spinach, beans, tomato, onion and ground beef. Top with avocado and salsa. Sooo good!

Beef Stirfry with Lentils

Serves 1 2

3 oz. beef (or chicken if you want to mix it up)

1 egg, scrambled (optional)

2 c. stirfry vegetables

1 c. lentils, cooked

2 tbs coconut oil

Braggs Amino Acids

Heat pan with 1 tbs coconut oil. Slice beef (or chicken) and season lightly with pepper. Set aside. In hot pan, melt 1 tbs. coconut oil, and fry the stirfry vegetables. Add egg if desired, and scramble around vegetables. Add meat to pan.

Season with Braggs Amino Acids. Serve over cooked lentils.

Chicken Breasts, Roasted Vegetables with Lentils

serves 1 2

4 oz. chicken breasts

1 c. broccoli

1 c. cauliflower

½ c. onion, cut into large chunks, divided

1 c. lentils, cooked

2 tbs. olive oil

Salt, pepper, garlic powder to taste

Preheat oven to 425F. In a bowl, mix broccoli, cauliflower and onions. Coat with olive oil, salt, pepper, and garlic powder. Spread on to parchment lined cookie sheet in an even layer, and set in oven for 35 minutes, or until browned.

Season chicken breast, and place into heated pan with 1 tbs of coconut oil. Cook on each side for about 5 minutes, or until thoroughly cooked through.

Serve with vegetables and lentils.

SNACK RECIPES

Kale Chips

serves 2 3

2 c. Kale

1 tbs. olive oil

Salt and pepper to taste

Preheat oven to 375F. Remove stems from Kale and discard.

Cut Kale leaves into “chip size” pieces, and place into bowl.

Coat with olive oil, and salt and pepper.

Spread leaves on to parchment lined cookie sheet in an even layer, and cook in oven for 37 minutes. Keep a close eye on the kale! You want it to be crispy, but not burnt and it cooks quick!

Hardboiled Eggs

Serves 3 4

6 eggs

Bring water to a boil. Place eggs in water, bring down to simmer. Cook for 68 minutes. Let cool. 2 eggs per serving.

Prosciutto Wrapped Asparagus

Serves 2 3

6 slices prosciutto

6 stalks asparagus

Set oven to 350. Wrap one slice of prosciutto around each stalk of asparagus. Set crease side down on lined baking dish, and place in oven. Let cook for 18-22 minutes, or until browned. Serve warm.

CHEAT DAY MENU

#ProTip

On cheat day, you can literally eat whatever you want, as long as its gluten free. It has something to do with resetting your metabolism, and helping to curb cravings, but if you'd like to learn more about the science behind it, I highly recommend [Tim Ferriss' book, The Four Hour Body.](#)

I've chosen to not include recipes for this section, and instead linked to readily available gluten free options or brands. You can stick to the menu below or do your own thing. These links may contain affiliate links, and I appreciate your support if you choose to buy these products through them.

CHEAT DAY MENU

Breakfast

Pancakes with maple syrup

Sausage or bacon

Lunch

Tyson Gluten Free Chicken Strips

Ore Ida French Fries

Dinner

[Pizza made with Pamela's GF pizza dough](#)

Garlic bread

[Classico Cabernet Marinara](#) for dipping sauce

Snack/Dessert

[Goodie Girl Mint Slims](#)

(They taste just like girl scout cookies!)

[Boom Chickapop corn](#)