

GLUTEN FREE STARTER CHECKLIST & 7-DAY MENU

STEP 1: PANTRY STAPLES (GLUTEN-FREE ESSENTIALS)

GRAINS & CARBS:

Rice (brown rice)
Quinoa
Potatoes / sweet potatoes
Gluten-free oats
Gluten-free pasta & bread

PROTEINS:

Eggs
Chicken, turkey, fish
Tofu / tempeh
Beans & legumes
Nuts & seeds

DAIRY / ALTERNATIVES:

Almond, oat, or coconut milk
Dairy Free Cheese (Daiya) or nutritional yeast
Greek yogurt (check label)

CONDIMENTS / SAUCES:

Olive oil, avocado oil, coconut oil
Vinegars (apple cider, balsamic)
Gluten-free soy sauce / tamari
Spices & herbs

SNACKS:

Fruit
Nut butter
Popcorn
Gluten-free granola bars

STEP 2: QUICK GLUTEN-FREE SWAPS

Regular

Swap With

Bread

Gluten-free bread or rice cakes

Pasta

Gluten-free pasta, zucchini noodles, rice noodles

Flour

Almond flour, coconut flour, gluten-free all-purpose flour

Soy sauce

Tamari or liquid aminos

Cookies & snacks

Gluten-free cookies, fruit, nuts, popcorn

GLUTEN FREE SWAPS

Bread & Baked Goods

Regular bread → Gluten-free bread (Schär is my favorite) or rice cakes
Wheat tortillas → Corn tortillas or gluten-free wraps
Pizza crust → Cauliflower crust, gluten-free pizza dough
Crackers → Rice crackers, seed crackers, almond flour crackers

Pasta & Grains

Wheat pasta → Gluten-free pasta (rice, lentil, quinoa, or chickpea pasta)
Couscous → Quinoa or millet
Bulgur wheat → Rice, buckwheat, or quinoa
Ramen noodles → Rice noodles, soba (100% buckwheat) noodles, or zucchini noodles

Flour & Baking

All-purpose flour → Gluten-free flour blends (King Arthur, Bob's Red Mill 1-to-1)
Wheat flour → Almond flour, coconut flour, oat flour (certified GF)
Bread crumbs → Crushed gluten-free crackers, cornmeal, or almond flour
Soy sauce thickened with flour → Tamari or coconut aminos

Sauces & Soups

Soy sauce → Tamari or liquid aminos (Bragg)
Flour-thickened gravy → Cornstarch, arrowroot, or tapioca starch
Canned soups (often have hidden gluten) → Homemade versions with GF broth

Snacks & Sweets

Granola → Gluten-free granola (check oats are certified GF)
Graham crackers → Gluten-free graham crackers or crushed nuts as crusts
Pretzels → Gluten-free pretzels
Trail mix → Make your own with nuts, seeds, and dried fruit

Eating Out

Hamburger buns → Lettuce wrap, gluten-free bun
Fried foods (breaded in flour) → Ask for grilled versions
Breakfast pancakes/waffles → Gluten-free pancake/waffle mix, or oat flour pancakes

STEP 3: 7-DAY GLUTEN-FREE MENU

Day 1

Breakfast: Greek yogurt + berries + gluten-free granola

Lunch: Quinoa salad with veggies + grilled chicken

Dinner: Sweet potato & black bean chili

Day 2

Breakfast: Smoothie (banana, spinach, almond milk, protein powder)

Lunch: Turkey & avocado lettuce wrap

Dinner: Grilled salmon + roasted vegetables

Day 3

Breakfast: Scrambled eggs + spinach + gluten-free toast

Lunch: Chickpea salad with cucumber & tomato

Dinner: Chicken stir-fry with rice & veggies

Day 4

Breakfast: Oatmeal with almond milk + chopped nuts

Lunch: Tuna salad + gluten-free crackers

Dinner: Baked sweet potato + black beans + salsa

Day 5

Breakfast: Smoothie bowl with fruit & seeds

Lunch: Leftover chicken + roasted veggies

Dinner: Zucchini noodles with tomato sauce + grilled chicken

Day 6

Breakfast: Eggs + avocado + gluten-free toast

Lunch: Quinoa + roasted vegetables + chickpeas

Dinner: Baked fish + mashed potatoes + green beans

Day 7

Breakfast: Greek yogurt parfait

Lunch: Lettuce wraps with turkey, veggies, and hummus

Dinner: Gluten-free pasta with olive oil, garlic, and roasted veggies

STEP 4: TIPS FOR SUCCESS

Label everything: Helps prevent accidental gluten exposure

Cook at home: You control ingredients

Stay hydrated: Helps your body adjust

Listen to your body: Note symptoms and reactions

Be patient: It takes time to adjust and notice changes