



# Gluten Free Starter Guide

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# Hello my friend!

Have you just joined the gluten free party or are you a long time member?

Either way, I'm so glad you downloaded this quick gluten free starter guide and I hope that by the time you get to the end you will have implemented a ton of valuable tools and receive encouragement to help you have peace of mind about gluten and some fun too!

Do you want to look and feel better? Even if you don't have Celiac, there are many possible health benefits of removing gluten from your diet including increased energy, clearer skin, better digestion and resistance to many other diseases.

## How to use this guide:

If you're just dabbling or curious about being gluten free, feel free to skip around: [click here to go shopping](#) or [click here to go to recipes](#)

If you're all in, just keep reading and I'll walk you through everything you need to know to get started.

**\*Please note\*** the Table of Contents and Recipe Index contain clickable hyperlinks so you can skip around as you please.

## What's in this guide?

**Step 1** is a simple 3 step process to clean out the gluten, talk to your family, cohabitants and guests about how important it is for you to feel 100% confident in a gluten free kitchen and how to restock without spending more money that you want to.

I want to set you up for success from the start so we will start by making sure your kitchen is ready.

We'll also look at the other products in your home where gluten hides. You may not know it, but if there is gluten in your personal products, cleaning supplies or other things you use daily (even craft supplies), you can still be exposed to gluten and it could be causing you problems!

**Step 2** is simple meal planning and shopping to get you started even if you're not a regular cook and to give you creative ideas if you are, to enjoy mouthwatering, quick and easy meals every day. We'll take the mystery out of creating some of the most impressive meals that you might have thought were impossible to make at home and have fun with it.

Getting into the habit of cooking makes dining even easier than take out, so you'll wonder why you ever settled for boxed meals when you can indulge in vibrant and freshly prepared ingredients with such little effort.

After you complete this guide, you'll be confident in your ability to avoid gluten and that peace of mind is priceless.

Please don't forget to let me know how it goes! I want to hear from you so please send me a note with any questions, brags, concerns and feedback to: [colleen@colleen-bean.com](mailto:colleen@colleen-bean.com)

Ready to dive in?

## **The Big Clean Out:**

The first thing you need to do when going gluten free is to be confident that your kitchen is compliant. The last thing you need is to feel stressed out about cross-contamination or "accidental" glutening.

Be kind to yourself and let your family be kind to you too by establishing a 100% gluten free kitchen. If you have housemates who still want to eat gluten, let them know you aren't out to deny them – they can eat gluten everywhere else – but you need to know you're safe in your own kitchen. A little friendly bribe with some gluten free treats should seal the deal with any nervous Nellies.

Sure, this is going to take some time and effort but it will be worth it, I promise. Knowing there is one place in this world you can relax and eat safely is essential and well worth the work.

**1. Start by getting rid of any foods that have gluten in them.** Of course! Gift them to friends or donate to a food bank.

One way to start is by grabbing a marker and take one item at a time out of your fridge, cupboards and pantry and circle anything on the ingredients label that you know is gluten or don't know. Put those directly in a box or bag meant to leave the house as soon as you're done.

Put the items without any circles in a different pile, to go back when the cupboard is bare. If you have time (see step 3) wash out the cupboard/shelf etc. before putting your GF food back in.

Feels better, right?

**2. Clear out cooking utensils, dishes, pots, pans and bake ware that have been used for gluten** cooking and could harbor bits of gluten. This means pans with scratches, utensils that have grooves, slots or handle attachments and any cook wear with seams. Definitely ditch your cutting boards, whisks and rolling pins!

Use your discretion on smooth items like glass bowls, ceramic plates and cups etc. If it seems like it could have gluten in a scratch or crevice, sell it, give it away or repurpose it in some other area of your home.

Better safe than sorry with things like plastic storage containers, appliances like blenders and food processors, as well.

If you have decided not to completely ban gluten from your kitchen and are keeping tools for gluten use, please be sure that they have a separate designated storage area and are well labeled. I'm a fan of writing in permanent marker on each, "Gluten" or "GF" so there's never a mix-up. Color coded handles and labels are a good idea but not as fool proof as actual words.

**3. Empty each cupboard, shelf, freezer and fridge and wash them out well.** Set aside a couple hours or do it one cupboard at a time for a few minutes each day. Simply take everything out then use paper towels and warm soapy water to wipe top to bottom, the walls, sides and shelves. This way, you can throw out the paper towels when you're done – gluten be gone!

Once your kitchen is cleaned out you might find it to be delightfully decluttered and you'll get to replace some of those old things with new ones that you'll love even more!

## Restocking Your Kitchen

The truth is, to create great meals you don't need all the fancy gadgets. Sure, they are fun and helpful but when you're starting out they can also be overwhelming so give yourself permission to get back to basics and enjoy it.

### What essential items do you need now?

4-6 quart sauce pan	Set of glass mixing bowls – 3 sizes
Medium to large skillet	Kitchen shears
Cooking spoons, ladle and pancake turner	Large knife for cutting large things (think sawing melons in half)
Crock pot	Paring knife for cutting little things
Cutting board(s)	Proper chef tongs
Glass baking dish that can be used for (gf) cake and roasting veggies	Silicone or rubber spatula
Glass or metal measuring cups and spoons -standard sizes	Freezer safe storage containers (avoid plastic, if you can)

### Thrifty tip:

Remove labels and wash glass jars after they are empty, to use for pantry food storage or even taking leftovers or smoothies to-go.

### **Shopping For Gluten Free Food:**

Is there a lot of space in your fridge now?

In Step 2 of this guide, you'll find shopping lists, a meal plan and recipes to make this easier for you but if you're not quite there yet, here is how to get restocked super simple and quick, right now:

**There's only 1 rule: always read the ingredients!** Even if you bought it before or it's something you can't imagine might have gluten in it. Manufacturers change their recipes and processes every day and even things like raw meat are injected with various solutions. If it's in any kind of packaging, please read the label every time to be safe.

That said, let's go shopping:

**1. Start in the produce section** and choose all the fresh fruits and vegetables that appeal to you. Even if you don't have a special recipe, most veggies are delicious in fresh salads, roasted in the oven or on the grill and seasoned with a little salt and pepper. It's nearly impossible to fail with veggies.

**2. Choose fresh or frozen meat, fish and poultry in their natural state.** Avoid meats that are in sauces or flavored, if you can. It eliminates the need to decipher ingredient lists, for now.

**3. Take a quick trip down the dry goods aisle.** Good things to grab are plain:

- Rice
- Quinoa
- Lentils
- Gluten free rice noodles

**4. Canned items.** It's nice to have a little stock of canned goods for super-fast meals. **Caution:** read the ingredients though! Many items have added fillers, flavorings and undesirables in them. Steer away from chilis, soups and other saucy foods. The best things to grab are plain:

- Green beans
- Peas
- Beets
- Carrots
- Peaches (in juice)
- Pears (in juice)
- Pineapple (in juice)
- Nut or sunflower seed butter
- Beans
- Broth \*Caution\* read ingredients labels, these often have gluten and other additives. If in doubt, skip it, water works fine in most recipes anyway.

Finally, pick up any other gluten free items that you like. If I haven't said it enough, **always read the ingredients.**

## **Other Household Items:**

Let me ask you a strange question: have you ever been in the shower and got the taste of shampoo in your mouth? Well, imagine that shampoo has gluten in it, like many brands do. Do you think it might affect you?

We may not know for sure, but my personal philosophy is to have a zero tolerance for gluten so I don't have to worry about any possibility, especially if I'm helping a child who requires being gluten free.

It can be very eye opening to find out how many products contain gluten that you couldn't even guess would. Things like hair and body care products (shampoo, conditioner, soap, body wash, styling sprays and gels), glues, Play Doh, wall paper paste, paints, household cleaning products and more!

I don't want to overwhelm you but even if these aren't things you plan to eat, everything you breathe in travels down your throat and into your digestive tract. Hair care products, makeup, hand soap and lotions find their way into your mouth and kids...well, kids eat stuff they shouldn't all the time! The good news is that there are plenty of products that don't contain gluten that are just as good, maybe better.

Consider tossing any household products that may contain gluten and research new products before you buy to ensure they are gluten free so you can be totally relaxed in your home.

We get enough exposure out living in the world, let's try to tip the scales in our favor whenever we can.

## **5 Week Meal Plan, Recipes and Shopping List**

Are you still on the mend? If so, I recommend taking control of your food as much as possible, if not 100%, so that you can feel empowered and have an advantage for your body to heal quickly and completely. Consider a scraped knee, it will continue to heal but the more often you pick the scab around the edges, the longer it takes and the more bandaids you need. Similarly, if you have a lot of damage in your gut and you keep injuring it with accidental glutening, how long will it take to recover and how will you know if your symptoms are related to gluten or pathogenic?

Creating a habit of cooking at home can have so many benefits and actually save you time. When was the last time you ate in a restaurant in less than an hour? Or had take-out in less than 30 minutes? Then, was your food hot and fresh or had it been sitting under a heat lamp getting cold and crusty? Instead, you could have had great food at home in less time, for less money and know that you are having a healthy meal that will nourish you and your family while you relaxed at the table during a nice conversation without wait staff pestering you either.

**So, are you ready to start making quick, easy, mouthwatering meals every day?**

Here is a 5 week gluten free menu plan that is fully customizable to give you a simple guide for making meals at home with the foods you like. Pick and choose from the grid or follow the plan daily to create delicious meals that are quick and super easy to put together for yourself and your family. It can also be a great guide to rotate time and time again.

Don't forget to check out the tips to shorten up prep and substitutions to help you customize for your preferred diet.

**Why 5 weeks?**

Most experts agree that it takes about 40 days to create a habit. My intention is to help you create a habit of cooking at home in the easiest way, so you can fully relax and enjoy food again, without any anxiety or questions. You'll become confident in your skills and maybe even enjoy entertaining, which can certainly help with the social isolation most of us experience when we require safer meals.

Also, when cooking at home becomes a habit you might find that you have more time and money to do all the other things you love as well.

So, let's get cookin', good lookin'!

# Menu Grid:

Feel free to pick and choose or follow it day by day.

<u>Week</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>	<u>Day 7</u>
<b>1</b>	Spring rolls	Salmon w/ zucchini	Chicken Caesar salad	Turkey stew	Swiss steaks	Burrito bowls	Southwest egg scramble
<b>2</b>	Greek quinoa salad	Turkey kabobs w/ baked beans	Sushi bowls	White bean and chicken chili	Penne in meat sauce w/ garlic toast	Spaghetti squash bowls	Scrambled eggs w/ potatoes O'Brien
<b>3</b>	Creole red beans and rice	BBQ chicken w/ potato salad	Buddha bowl	Slow cooker lasagna	Pizza w/ cucumber salad	Chicken soft tacos	Baked eggs in bacon cups
<b>4</b>	Veggie kabobs	Bacon tomato kale sandwiches or wraps	Fruity salmon salads	Chicken teriyaki	Zucchini noodles w/ meat sauce	Black bean chili	Breakfast soft tacos
<b>5</b>	Fast veggie soup w/ stuffed potatoes	Baked roughy w/savory rice pancakes	Garlic and basil chicken w/ cold green rice	Slow cooker turkey thighs w/ polenta	Deep dish pizza w/ green salad	Stuffed peppers	Crustless quiche



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## **Week 1**

### ***Spring Rolls***

4-6 rice paper wrappers  
Dipping sauce of your choice (like chili sauce)  
1 Avocado, sliced  
1 Mango, sliced  
1 lb small shrimp, cooked  
Green onions, cut about half as wide as the rice paper

To assemble, place soft rice wrapper (follow package instructions) on a plate and line ingredients in center, leaving room to fold ends in and roll up

Tip: buy frozen pre-cooked shrimp for quick thaw and serve

### ***One Pan Broiled Zucchini and Salmon***

4 salmon filets  
4 zucchini, cut lengthwise  
1 garlic clove, minced  
6 oz mozzarella, sliced to fit zucchini  
Dried basil, oregano, salt and pepper, to taste

Coat a large, shallow baking pan with olive oil  
Arrange zucchini slices in bottom of pan  
Top with garlic and salmon filets  
Sprinkle with salt, pepper, dried basil and oregano  
Broil on low 6 inches from heat for 8-10 minutes, until fish is almost done  
Top with mozzarella and broil until fish flakes and cheese is melted and bubbly, about 4 minutes

Option: Put ingredients in foil packets and grill

### ***Caesar Chicken Salad***

1 pound grilled chicken breasts, cubed  
1 cup black beans, cooked  
1 cup corn kernels, cooked  
1 bell pepper, chopped finely  
½ cup feta cheese, crumbled

Dressing (whisk together):

1/3 cup plain yogurt  
2 Tbl lemon juice  
1 Tbl olive oil  
2 tsp red wine vinegar

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¼ tsp black pepper  
¼ tsp salt  
½ tsp minced garlic  
1 tsp dijon mustard

Serve on top of mixed greens

Tip: buy canned beans and canned corn with peppers already added to speed up prep time

## ***Turkey Stew***

2 lb boneless, skinless turkey pieces  
1 medium leek, sliced  
2 stalks celery, chopped  
2 tsp thyme  
1 tsp oregano  
1 tsp Italian seasoning or basil  
1 cup winter squash, peeled and cubed  
One 16 oz. can tomatoes  
1 cinnamon stick  
1 medium carrot, chopped  
3 cups vegetable broth (adjust depending on how watery you like it)

Add all ingredients to slow cooker

Cook on high 6 hours

Remove cinnamon stick just prior to serving

Optional: add 2 cups broth, then during the last hour of cooking add 2 cups rice

## ***Swiss Steaks***

1 pound small thin steaks  
½ large onion, sliced  
2 large tomatoes, diced  
1 green pepper, sliced  
Salt and pepper to taste

Brown steaks in a medium skillet with salt and pepper

Add onion, tomatoes and green peppers and cook until hot

Serve over cooked rice

## ***Burrito Bowls***

2 cups rice or quinoa, cooked  
1 can beans, drained and rinsed  
1 lb ground beef  
1 tsp chili powder

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1 tsp salt  
½ tsp cumin  
½ tsp black pepper  
1 onion, chopped  
2 garlic cloves, minced

Garnish suggestions:

Sliced green onions  
Sour cream  
Cheese  
Shredded lettuce  
Diced tomatoes  
Chopped bell pepper  
Chopped jalapeño peppers

Brown the ground beef in a large skillet  
Add spices, garlic, onion and beans and heat thoroughly, stirring often  
Assemble bowls by putting ½ cup rice in a bowl, top with ¾ cup meat and beans  
Garnish as desired

Substitution: Instead of ground beef, use grilled chicken or turkey, shrimp, pulled pork, shredded beef, or grilled salmon

### ***Southwest Egg Scramble***

2 potatoes peeled and sliced  
½ small onion, chopped  
6 eggs, beaten  
One 10 oz can diced tomatoes and chilies  
6 oz grated cheddar cheese  
Salt and Pepper to taste

Cook potatoes and onions in skillet coated with olive oil, until tender  
Add eggs, cover and cook until set  
Add rest of ingredients and cook until hot and cheese melts

## **Week 2**

### ***Greek Quinoa Salad***

2 cups cooked quinoa  
1 medium cucumber, diced  
1 medium tomato, diced  
4 green onions, sliced  
1 cup black olives, pitted  
4-6 oz feta cheese, crumbled  
¼ - ½ cup red wine vinegar  
¼ cup olive oil  
¼ tsp dried oregano  
¼ tsp dried basil  
Salt and pepper to taste

Mix all ingredients in a large bowl and chill before serving

Tip: For a heartier meal, add cooked diced chicken, turkey or canned white beans (rinsed)

### ***Turkey Kabobs***

1 lb turkey kabob meat or turkey breast, cut into bite sized chunks  
Vegetables of your choice, cut into bite sized chunks

Suggestions:

Mushrooms  
Bell peppers  
Red onion  
Summer squash  
Zucchini  
Cherry tomatoes

Assemble kabobs by alternating meat and vegetable chunks on skewers  
Grill until cooked thoroughly and no pink can be seen inside turkey chunks

Substitution: Beef or chicken kabob meat instead of turkey

### ***Sushi Bowls***

2 cups cooked rice  
4-8 sushi nori sheets, cut into bite sizes with scissors  
4 cups sliced veggies of your choice

Suggestions:

Green onions or scallions  
Carrots  
Cucumber  
Bell peppers  
Avocado  
Mushrooms

Dressing (choose what you like):

Rice vinegar or apple cider vinegar  
Powdered ginger  
Wasabi powder  
Sesame oil  
Favorite dipping sauce, like sweet and sour or hot chili

Assemble the ingredients you like in your bowl

Dress as desired (sprinkle ginger or wasabi in carefully)

Options: add cooked shrimp or salmon for a heartier meal

### ***White Bean Chili w/Chicken***

1 tsp olive oil  
1 large onion, chopped  
2 garlic cloves, minced  
1 jalapeno, minced  
2 cans chickpeas, drained and rinsed  
1 can white kidney beans, drained and rinsed  
2 tsp ground cumin  
1 tsp chili powder  
1 tsp dried oregano  
4 cups vegetable broth  
1 Tbl lime juice  
1 cup corn kernels  
Salt and pepper to taste  
1 lb boneless chicken pieces

Suggested garnishes:

Shredded cheese  
Cilantro  
Sour cream  
Avocado  
Lime wedges

Add all ingredients to slow cooker and cook on high 6 hours

Serve topped with garnishes, as desired

## *Spaghetti Squash Bowls*

2 spaghetti squashes  
1 can black beans, rinsed and drained  
1 onion, sliced  
2 bell peppers, sliced  
1 lb fajita meat, cooked thoroughly  
1 can corn kernels  
1 bunch cilantro, washed and chopped  
1 chopped jalapeño  
1 tsp cumin  
1 tsp chili powder  
1 jar salsa  
2 cups shredded cheese, optional  
1 cup sour cream, optional

Wash and stab squash several times with a fork or knife and cook in microwave or oven at 350 until soft

Cut in half and scoop out seeds

Scrape out some of the squash and set aside to create a “bowl”

Add spoonfuls of beans, fajita veggies, cooked fajita meat, corn kernels, cilantro, salsa, chopped jalapeños, sliced green onions, sprinkles of cumin and chili powder, as desired

Put the scraped out squash on top

Add shredded or sliced cheese on top of that

Broil on low for 5 minutes until cheese bubbles and browns



## **Week 3**

### ***Creole Red Beans and Rice***

3 cups vegetable broth  
2 cups jasmine (white) rice  
2 cans red kidney beans, drained  
½ cup celery, sliced  
½ cup grape tomatoes, halved  
¼ cup red onion, sliced  
1 tsp salt  
¾ tsp pepper  
1 Tbl dried parsley  
1 Tbl dried oregano

#### **Sauce:**

¾ cup olive oil  
¼ cup rice vinegar or white wine vinegar  
½ tsp dried thyme  
½ tsp dried oregano  
½ tsp creole seasoning  
Whisk together and refrigerate 20 minutes

Bring stock to a boil in saucepan  
Add rice and simmer until absorbed, about 20 minutes  
Add half of the sauce; serve the rest on the side  
In a large bowl, stir together the other the ingredients  
Serve on top of rice

Option: stir everything into the seasoned rice and serve together for a one pot meal

### ***Buddha Bowls***

2 cups cooked rice, quinoa or rice noodles  
Any veggies you like, sliced or chopped

#### **Suggested:**

Carrots  
Bell peppers  
Green onion  
Red onion  
Avocado  
Cucumbers  
Grape tomatoes  
Mushrooms  
Summer squash  
Zucchini

Assemble rice and veggies in a bowl and top with your favorite salad dressing and a dollop of hummus or ½ cup chickpeas (garbanzo beans)

Option: Lightly sauté veggies for a hot meal

## ***Slow Cooker Lasagna***

16 oz cottage cheese  
¼ cup parmesan  
1 Tbl Italian seasoning (or combination of oregano and basil)  
1 lb ground beef, browned  
1 Jar Marinara sauce  
Lasagna noodles (uncooked)

### Layer in slow cooker:

1/3 sauce  
Broken noodles to fit  
½ of cheese and meat sprinkled with Italian seasoning  
Repeat another layer of those 3 ingredients  
Top with last of sauce  
Cook 6 hours on high

## ***Pizza***

1 recipe polenta (below) or gluten free pizza crust

1 can diced Italian tomatoes  
½ cup onion, chopped  
2 garlic cloves, minced  
1 Tbl basil  
1 tsp oregano  
1 tsp salt

### Suggested toppings:

8 oz grated mozzarella cheese  
Pepperoni  
Bell peppers, diced  
Olives, sliced  
Onion, sliced

Preheat oven to 350 degrees

Put polenta or crust in a shallow baking dish or pie pan and bake for 10 mins

Mix together all other ingredients and pour over polenta/crust

Bake 10 minutes at 350 degrees

Add toppings and bake for another 10-15 minutes, until hot

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Tips: Gluten free Bisquick makes a nice "deep dish" pizza crust (follow package directions)  
Most stores have prepared polenta in tubes near the rice or in a refrigerated section

### ***Six Minute Polenta***

1 cup cornmeal  
4 cups water

Whisk together ingredients in a large microwave safe bowl, microwave on high 6 minutes, whisking smooth every 2 minutes until boiling

Coat shallow baking dish or storage container with oil and pour cornmeal mixture into pan

Refrigerate until set, about 2 hours

### ***Light Cucumber Salad***

2 cups plain yogurt  
2 Tbl fresh mint leaves, chopped  
2 garlic cloves, minced  
2 large cucumbers, sliced

Combine all ingredients in a medium bowl and refrigerate until ready to serve

### ***Chicken Soft Tacos***

1 lb chicken fajita meat  
1 tsp chili powder  
½ tsp cumin  
½ tsp salt  
½ tsp pepper  
1 onion, diced  
2 garlic cloves, minced  
8 soft corn tortillas

#### Suggested garnish:

Shredded cheese  
Sour cream  
Shredded lettuce  
Diced tomatoes  
Salsa

Cook chicken in a large skillet thoroughly, until no pink is left

Add spices, onion and garlic and cook until heated through

Assemble tacos by putting chicken mixture on tortilla and garnish as desired

Tip: Use this recipe for “Breakfast Soft Tacos” in Week 4 but substitute eggs for meat.

## ***Baked Eggs in Bacon Cups***

6 eggs  
1 package bacon (9-12 oz)  
½ onion, chopped finely  
1 bell pepper, chopped finely  
Salt and pepper to taste

Pre heat oven to 400 degrees

Line cups of a muffin tin with 1 – 2 slices of bacon, cut to fit  
Bake for 20 minutes, or until brown  
Crack one egg into each muffin hole, on top of bacon  
Sprinkle with onion, bell pepper, salt and black pepper  
Bake another 10-15 minutes, until eggs are set

## **Week 4**

### ***Pesto Veggie Kabobs***

Cut vegetables of your choice into bite sized chunks

Suggestions:

Mushrooms

Bell peppers

Red onion

Summer squash

Zucchini

Cherry tomatoes

Watermelon

Assemble kabobs by alternating vegetable chunks on skewers

Drizzle with vinaigrette to coat

Grill until vegetables are desired doneness

Tip: buy prepared pesto dressing for easy assembly

### ***Pesto Vinaigrette***

½ cup olive oil

Juice of 1 lemon

¼ cup prepared pesto (recipe below)

### ***Pesto***

2 cups packed basil leaves

2 garlic cloves

¼ cup pine nuts

2/3 cup olive oil

½ cup grated parmesan cheese

Salt and pepper to taste

Process basil, garlic and nuts until chopped, add oil until smooth then cheese to combine

### ***Fruity Salmon Salads***

Four 4 oz filets of salmon

8 cups fresh spinach, washed

1 cup grape tomatoes

1 cup cucumber, chopped

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1 cup carrots, sliced  
1 cup strawberries, sliced  
½ cup walnuts, chopped

For Dressing:

½ cup balsamic or red wine vinegar  
½ cup olive oil  
1 tsp sugar or honey

Preheat oven to 400 degrees and coat shallow baking dish with olive oil  
Rinse and place salmon filets in greased baking dish and bake for 20 minutes or until fish flakes  
Meanwhile, mix dressing ingredients in a bowl and toss in vegetables  
Serve on top of a bed of fresh spinach

### ***Chicken Teriyaki***

2 lbs boneless, skinless chicken breasts  
2 garlic cloves, minced  
½ cup onion, chopped  
½ cup honey  
½ cup gf soy sauce  
¼ cup rice vinegar  
1 ½ tsp ground ginger  
1/8 tsp. ground black pepper

Add all ingredients to slow cooker

Cook on high 6 hours, or until the chicken is cooked through and shreds easily

Serve with cooked rice or quinoa and vegetables, topped with scallions and toasted sesame seeds, if desired

### ***Zucchini Noodle Instructions:***

Cut zucchini in lengthwise slices with your vegetable peeler until you hit the seeds, turn over and do the same on the other side.

Sautee in a drizzle of olive oil with minced garlic until soft

Serve with your favorite pasta sauce – meat, marinara, Alfredo etc.

Chop up the seedy part to add to your sauce while it cooks

### ***Black Bean Chili***

One 10 oz can diced tomatoes and chilies

One 15 oz can black beans

½ onion, chopped

In a medium saucepan combine all ingredients and simmer 10 minutes or until hot

Serve with side bread of your choice

## **Week 5**

### ***Fast Veggie Soup***

One 15 oz can green beans  
One 15 oz can northern beans  
One 15 oz can corn  
½ cup chopped onion  
2 cups rice, cooked  
1 can diced stewed tomatoes  
Salt and pepper to taste  
1 tsp minced garlic, optional

In a large saucepan combine all ingredients and simmer until heated thoroughly

Tips: Consider canned vegetables with flavors like corn with peppers or Italian diced tomatoes  
Add pre-cooked, diced chicken if desired

### ***Stuffed Baked Potatoes***

4 large baking potatoes  
4 oz shredded cheddar cheese  
4 Tbl sour cream  
3 chives, chopped

Bake potatoes by your preferred method  
Scoop out insides and mix with other ingredients in a medium bowl  
Pile filling inside potato skins and cook for another 2 minutes, until hot

Tip: Bake potatoes in a slow cooker by wrapping them in foil and cooking on high 4 hours

### ***Baked Orange Roughy***

4 orange roughy filets  
2 tsp lemon juice  
1 garlic clove, minced  
Salt and pepper to taste

Preheat oven to 400 degrees and grease shallow baking dish

Arrange fish in baking dish and top with lemon juice, garlic, salt and pepper

Bake on center rack for 15 minutes or until fish flakes  
Serve with roasted broccoli, peas, herbed rice or baked potatoes

Option: Put ingredients in foil packets and grill

Tip: Bake potatoes in preheated oven 40 minutes before fish and roast broccoli with the fish for a complete meal, efficiently

### ***Savory Rice Pancakes***

1 cup rice  
1 large egg, beaten  
1/3 cup scallions, sliced  
1/4 tsp thyme  
1/4 tsp salt  
1/4 tsp pepper

Mix all ingredients in a large bowl  
Heat 1 Tbl oil in a large skillet, add spoonfuls of mixture and flatten slightly  
Brown on both sides, serve hot

### ***Garlic and Basil Chicken***

1 whole chicken cut into pieces (with skin)  
4 fresh basil leaves, coarsely chopped  
4 garlic cloves, cut in half  
Salt and pepper to taste

Preheat oven to 375 degrees

Place chicken pieces in greased baking dish, skin side up  
Place 1 clove of garlic under the skin of each chicken piece and arrange basil around chicken  
Bake 1 1/2 to 2 hours or until chicken is done

Substitutions: 2-3 tsp of dried basil for the fresh  
Cooked rotisserie chicken from the deli (check the ingredients), warmed in the oven with the basil leaves and garlic for 10-15 minutes

### ***Cold Green Rice Salad***

1 1/2 cups rice  
1 cup fresh peas  
1/4 cup parsley, chopped  
1/3 cup Italian dressing



Toss all ingredients in a large bowl and refrigerate until ready to serve

### ***Slow Cooker Turkey Thighs***

2 turkey thighs, remove skin and excess fat  
1 cup dry red wine or vegetable broth  
1 cup thinly sliced onions  
1 tsp minced garlic  
½ tsp rosemary  
½ tsp thyme  
½ tsp salt

Optional gravy:

3 Tbl cornstarch  
¼ cup water

Put all ingredients except water and cornstarch in slow cooker  
Cook on high for 4-5 hours, until turkey is done, remove turkey  
Whisk cornstarch and water together, then whisk into liquid in slow cooker to make gravy

### ***Stuffed Peppers***

1 pound ground beef, browned  
½ onion, chopped  
1 garlic clove, minced  
4 bell peppers, tops cut off and seeded  
2 cups cooked rice  
8 oz tomato sauce

Preheat oven to 350 degrees

Place bell peppers in a baking dish in the oven for 15 minutes  
Meanwhile, brown beef in a medium saucepan  
Add other ingredients and simmer until heated through  
Fill bell peppers with meat mixture to serve

### ***Crustless Quiche***

6 eggs, beaten  
½ cup onion, finely chopped  
½ cup bell pepper, finely chopped  
6 oz shredded cheddar cheese  
Potato slices to line 9 inch pie pan (or sweet potato slices)  
Salt and pepper to taste

Grease and line pie pan with potato slices and put in oven while preheating to 375 degrees  
Once preheated, pour in egg mixture and bake for 20 minutes or until set in center

### ***Super Simple Chili***

Two 15 oz cans chili ready diced tomatoes  
Two 15 oz cans kidney beans

In a medium saucepan combine tomatoes and kidney beans and heat through  
Serve with side bread of your choice

### ***Tortillas***

2 cups corn flour  
½ cup of water

Mix flour and water together to form dough, adding water until it is a workable consistency  
Roll into 12 balls, then roll out balls to flat circles  
Cook for 1 minute on a medium high skillet, flip and cook 1 minute on the other side, until cooked through

## **Batch Cooking Tips**

Batch cooking is a great way to stock your freezer with the basic meal components that you eat often. If you choose to take a day to cook and portion out meals, it can significantly reduce the time you spend cooking during the week and that's great.

On the other hand, I suggest doing batch cooking along the way – while you're already cooking a meal that you like often – and gradually build a stock in your freezer without spending extra time or losing a whole day to the kitchen, if you don't want to.

Here are a couple tips to get you started:

- Consider doubling entire recipes and freezing half in smaller containers for reheat-able meals and packable lunches
- If you are making a recipe that calls for a staple like potatoes, rice, lentils or quinoa, consider making extra and freeze to go with other meals later.
- When washing and prepping vegetables, wash everything you have at once and store appropriately for easy access later in the week.

For example, having a fruit bowl with clean fruit is a great way to grab a healthy snack without searching the pantry for something less than ideal.

Also, having clean vegetables ready in the fridge makes it so easy to grab, chop and add to anything you'd like.

# Shopping Lists



## **More Resources**

Thank you for going on this journey with me and showing up for yourself!

I hope this guide has served you well and if you would like more free gifts, tools and information about my current offerings and how to work with me, please head over to: [www.colleen-bean.com](http://www.colleen-bean.com)

## **About Me**

I am a Nutritionist and Certified Transformational Nutrition Coach who helps people on restricted diets feel normal with food again so they can fully live a life they love. My mission is to help people discover their most vibrant health and happiness so they can show up in the world how they desire.

In 2006, after years of severe health issues, many mystified doctors and a lot of hopeless feelings, I made a last ditch effort to save my life and was blessed to find myself in front of a Dr. who knew about Celiac disease. After my diagnosis, I found myself feeling totally alone and unsupported in my recovery though. Even my GI Specialist was clueless and could only tell me to “give up gluten” and referred me to a dietician for help. The dietician didn’t know what Celiac or gluten were until I showed up in her office and she started Googling it. She sent me home with printouts off website pages that I’d already seen. It was useless.

So, I put on my big girl pants and set out to heal myself. I researched, I cooked, I laughed, I cried and I started living again.

I tried to eat out, fraught with anxiety and frustration. Even chefs and managers at restaurants had no idea what I was asking for! Often I was told they didn’t even have ingredients lists for the food they were serving so I couldn’t check. So many times, I sat at a table feeling sorry for my friends’ discomfort (as well as my own!) as I sipped water while they hesitantly ate their meals in front of me.

### **Does this sound familiar?**

I was still determined to live a “normal” life and did all the tips and tricks you find in the books, blogs and support groups. Some worked, some didn’t. In the end, I found a new “normal” that works. I show up for my life fully now, with all my joy and passion. I want that for you too and I know I can help you find your own new “normal” so you can show up fully for your desires. It can be easy, I will show you how.

### **Does that sound good?**

If it does, just send me an email to schedule a free discovery session where we will talk about your personal goals, challenges and desires then draw out a map to get there. You’ll leave the session with a clear vision of where you want to be and the next step to get there. Whether you decide to work with me more or not, I hope you will take advantage of the opportunity to show up for yourself and find the right support system for you.

I’ll still be here with free resources and offerings to help you along the way.

With much love,  
Colleen

## **Contacts:**

[www.colleen-bean.com](http://www.colleen-bean.com)

[colleen@colleen-bean.com](mailto:colleen@colleen-bean.com)

[www.facebook.com/colleenbeancoaching](https://www.facebook.com/colleenbeancoaching)