10-Days of Recipe Ideas
GSDF 10-DC

I have included some recipes that I enjoy making that are gsdf, easy to make and taste great. Each recipe has a link to the recipe itself and some notes to give you ideas. I usually have veggies and protein for breakfast and not always a traditional breakfast. For example I love to have a lentil salad full of veggies for breakfast.

I have included some lunch and dinner recipes that you may also enjoy. I like to have a variety in my meals. Sometimes I make double so that I have leftovers for the next few days.

At the end of the document I have made a list of what I normally have prepped on hand for the week and the shopping list for that. The key to being able to eat GSDF with ease is in the preparation. The more you have prepared, the easier it is. This includes making sure you have snacks on you in case you run late, get stuck in traffic or get hungry. I always have a single serving of raw almonds in my bag and sometimes an apple or avocado if I am out all day.

BREAKFAST IDEAS
● Veggie Herb Casserole
  ○ Make ahead, have leftovers

● Overnight Banana Chocolate Oatmeal
  ○ http://glutensugardairyfree.com/recipe-items/overnight-banana-chocolate-oatmeal/
  ○ Easy to grab and go
  ○ Change the flavors by using berries or fruit

● Crustless Quinoa and Kale Quiche
  ○ http://glutensugardairyfree.com/recipe-items/crustless-quinoa-and-kale-quiche/
  ○ Make ahead and have leftovers

● Smoothies are also a good grab and go breakfast

● Lentil Salad
  ○ http://glutensugardairyfree.com/recipe-items/lentil-salad/
  ○ Veggies and proteins, can be taken to go
LUNCH IDEAS

- Thai Chicken Lettuce Wraps
  - I love to add thin slices of bell pepper, purple cabbage, carrots and bean sprouts in with the chicken. Then sprinkle a mix of chopped green onion and cilantro over the top with a little bit of the Thai almond sauce.

SOUPS

- Chicken Pho Soup with veggies and herbs
  - This soup has lots of fresh herbs and veggies that you can add to it. The basic soup is easy to make and full of flavor. Then put a platter piled high with fresh herbs, veggies and chilies so that everyone can customize their soups.

- Tarragon Beet Soup
  - Beets and potato with tarragon, make a delicious soup. You can make this ahead of time and take to go.
SALADS

● Tuna Nicoise Salad
  ○ You can make all the pieces ahead of time and then assemble.

● Best Cobb Salad
  ○ All the pieces can be made ahead and assembled

● Spicy Thai Steak Salad
  ○ You can make the steak ahead of time and put in the fridge. Then when you are ready to eat, make the salad and slice the beef.

● Lemony Quinoa Tabouli
  ○ This is a fresh, tasty salad with lots of veggies. I love it as a main meal for breakfast or lunch, as well as a great side dish to some roast chicken or grilled fish.
VEGETARIAN

- Zucchini Pasta
  - You can make the noodles ahead of time and then quickly cook them up for dinner. I have also used basil infused olive oil if I did not have fresh basil

- Cauliflower Fried Rice
  - You can prep all the veggies even the cauliflower ahead of time for a tasty quick dinner.

CHICKEN

- Classic Roast Chicken
  - Make for one meal. Then shred the leftover meat to use in salads, lettuce wraps, soups and in sauces during the week. Cook it once, use it lots of times.

- Crockpot Chicken Taco Chili
  - Easy dinner. Use leftovers over salad, in lettuce wraps, corn tortillas…
SEAFOOD

- Lemon Rosemary Salmon
  - These cook in individual packets to make cleanup a snap
- Citrus Cod with Spinach
  - A one dish meal that is healthy and tasty. Cooks up fast.

DINNERS

ONE

- Quinoa Enchilada Bake
- Cilantro Lime Salad
TWO

- Lemon Rosemary Salmon
- Mixed green salad, balsamic dressing

THREE

- Honey Sesame Chicken
- Rice
  - Brown or white rice cooked according to package directions
- Green beans
FOUR

- Beef Fajitas
- Spanish Rice
- Cilantro Lime Salad

FIVE

- Moroccan Chickpea Root Veggie Stew
- Salad with Orange Chia Seed Dressing
SIX

- Stuffed Cabbage Rolls
- Mixed Green Salad with Honey Mustard Dressing

SEVEN

- Artichoke and Chicken
- Lemon Quinoa
  - Cook according to package, add juice of one lemon when done, stir, cover let set 10 minutes
- Tomato Avocado Salad

EIGHT

- Arugula Pesto Walnut Bowl
NINE

- Coq Au Vin

TEN

- Crock Pot Chicken Chili
- Pico de gallo
  - [http://www.glutensugardairyfree.com/recipe-items/pico-de-gallo/](http://www.glutensugardairyfree.com/recipe-items/pico-de-gallo/)

Master Shopping List

PROTEINS

- ___ Chicken breasts - 4 bone in
- ___ Ground beef - 2 pounds
- ___ Hard boiled eggs - dozen
- ___ Roast beef - 1 small or tri tip
- ___ Roast chicken - 1 whole
- ___ Tuna - 2 cans
FRUIT AND VEGETABLES

___ Baby spinach
___ Berries
___ Broccoli - 1-pound
___ Bunch green onions
___ Butter lettuce
___ Carrots - 8
___ Chard or kale
___ Cucumbers - 2
___ Fingerling or small potatoes - 1-pound
___ Gluten free oats
___ Head of garlic
___ Lemons - 5
___ Limes - 2
___ Melon
___ Mushrooms
___ Onions - 4
___ Papaya
___ Red bell peppers - 2
___ Salad green mix
___ Shredded purple cabbage
___ Spaghetti squash
___ Sweet potatoes - 3
___ Tomatoes - 6
___ Zucchini - 4
**TIPS**

I make my base salad, boil half the eggs, roast the beef, roast the chicken, cook the ground beef with onions and garlic, chop my veggies and blanch my broccoli in my meal prep. I put my veggies in plastic containers or zip bags with ¼ paper towel to soak up moisture. I keep each veggie separate: zucchini cut in rings, some turned into noodles in one bag, sliced bell peppers in others.

This makes meals quick. When you have your chicken cooked and diced or shredded, you can toss it on a salad, put it in a lettuce wrap, add to a stir fry or put into a sauce. Having your veggies prepped makes mealtime a breeze.