

## *Gluten-Free Menu Ideas*

### *Option 1*

- Green salad with sprouts, extra virgin olive oil, basil, & squeezed lemon or lime
- Baked cod topped with avocado salsa  
Chop: 1 avocado, 1 tomato, 1/2 c. red onion, 1/2 c. capers (drained), 1/4 c. fresh cilantro, 1/2 tsp. cumin, 1/8 tsp. cayenne and 2 tbsp. lime juice
- 1/2 cup cooked quinoa

### *Option 2*

- Large mixed green salad with non starchy veggies of your choice
- Grilled chicken or fish, topped with extra virgin olive oil, lemon, and herbs of choice

### *Option 3*

- Chicken salad (made with olive oil instead of mayonnaise) wrapped in a large lettuce leaf. Feel free to add grated carrots, avocado, or other veggies of your choice.

### *Option 4*

- Organic vegetable broth
- Shrimp and vegetables: sauté fresh tail-on shrimp and chopped garlic in a non-stick pan with coconut oil, over moderate heat. Roughly chop 10 different vegetables and lightly stir-fry with freshly grated ginger, lightly drizzle sesame oil
- 1/2 cup cooked buckwheat noodles

### *Option 5*

- Baby greens salad with extra virgin olive oil & squeezed lemon or lime
- Grilled buffalo burger on a portabella mushroom
- Mixed roasted vegetables: roast combination of cauliflower, broccoli, Brussels sprouts, onions and squash in extra virgin olive oil and herbs to taste (turmeric, basil or rosemary)

### *Option 6*

- Beet greens with extra virgin olive oil & squeezed lemon or lime
- Wild salmon
- Steamed beets: steam 20-30 minutes or until soft, then peel off skin

### *Option 7*

- Steamed kale; Swiss chard & collard greens sautéed with olive oil and garlic
- Grilled chicken with garlic pesto: Mince 2 cloves of garlic and add to 1/8 cup extra virgin olive oil with some finely chopped fresh basil or 1/2 tsp of dried basil. Spread garlic-basil mixture on chicken breasts and allow to marinate while preparing the rest of dinner. Grill.
- 1/2 baked yam

### *Option 8*

- Baby greens, chopped red cabbage, celery, broccoli with extra virgin olive oil & squeezed lemon or lime
- Baked halibut topped with tomato pesto

### *Option 9*

- Roasted green beans
- Grilled turkey breast with sage
- 1/2 cup cooked wild brown rice

### *Option 10*

- Turkey Roll Ups: Chop up tomato, cucumber, and 1/4 avocado, grate a carrot, and add to the middle of a slice of nitrate-free turkey. Roll the turkey around the ingredients.
- Variation: add salsa or hummus