



## 7 Day Gluten Free Diet Plan

You may be newly diagnosed with celiac disease, or you may have been diagnosed with celiac disease for a while, but struggle with having to make safe food decisions each and every meal. Either way, you're looking to start a new, albeit, overwhelming journey into a gluten free lifestyle. If you're celiac, you will need to do more than just eat gluten free, you will need to [gluten proof your house](#), as any small traces could damage the villi in your small intestine.

We've scoured the internet and put together a seven day diet plan featuring some amazing gluten free recipes from some of the top gluten free gurus to help ease you into your new lifestyle!

### Monday

#### Breakfast: Gluten Free Mini Spinach Quiches

Monday's are always crazy. You hit the snooze button one too many times and next thing you know you're running late. Breakfast may be the last thing on your mind, and stopping to pick up something quick on the way to work is tempting, but definitely not great if you're trying to avoid gluten! One easy solution for hectic weekday breakfasts is preparing egg based dishes on Sunday you can grab & go on your way out the door, and munch on your commute.

There are tons of gluten free recipes out there for quiche, however, we find these mini quiches by [Gimme Some Oven](#) perfect for a quick on-the-go breakfast.

[Click here for full recipe!](#)



Photo cred: <https://www.gimmesomeoven.com/easy-spinach-artichoke-quiche-cups-recipe/>



Photo cred: <https://cookieandkate.com/2017/mexican-green-salad-recipe/>

## Lunch: Gluten Free Mexican Green Salad with Jalapeño-Cilantro Dressing

Packing a salad for lunch is an easy and healthy way to stay gluten free. The only thing you need to watch out for is the salad dressings. Some of them use gluten containing foods in the recipe, so read the label! The best way to make sure your dressing is gluten free is to make some yourself at home, or just stick with olive oil and balsamic vinegar.

[Cookie and Kate](#) has an amazing gluten free Mexican Salad with a home-made gluten free dressing recipe that will bring some spice into your dreary Monday afternoon! You can prep this the night before to make it easy to grab right out of the fridge in the morning.

[Click here for full recipe!](#)

## Dinner: Gluten Free Vegetable Spaghetti Bowl

Again, it's Monday. The last thing you want to do after a crazy day adjusting to the new work week is come home and make something complicated for dinner. That's why we chose this easy gluten free and pasta recipe from [Wholesome Patisserie](#) to finish off the day. Just make sure you add gluten free spaghetti to your shopping list and you're off to the rodeo!

[Click here for full recipe!](#)



Photo cred: <http://wholesomepatisserie.com/mains/gluten-free-vegetable-spaghetti-bowl/>

# Tuesday



Photo cred: <https://www.bettycrocker.com/recipes/gluten-free-impossibly-easy-breakfast-bake/db0c501c-3e22-48ed-a88c-320b08e24c3d>

## Breakfast: Gluten Free Impossibly Easy Breakfast Bake

This is another breakfast that's super easy to prep on the weekend, so you can add some variety to your grab and go weekday meals. This recipe from [Betty Crocker](#) only takes 55 minutes to make and will make enough servings to keep you going all week! By Friday you will likely have some leftovers, you can freeze these and save them for the following week. Just pop in the oven to reheat.

[Click here for full recipe!](#)



Photo cred: <https://www.glutenfreeliving.com/recipes/salads/mint-chickpea-salad/>

## Lunch: Gluten Free Mint and Chickpea Salad

This recipe from [Gluten Free Living](#). It's hearty and will keep you full right up until dinner. A bonus is the refreshing mint, which help combat things like bloating. Healthy, easy and delicious!

[Click here for full recipe!](#)

## Dinner: Gluten Free Chicken Teriyaki Lettuce Wraps

Let's be serious, it's still too early in the week to really be motivated to put on a huge production for dinner. That's why these Gluten Free Chicken Teriyaki Lettuce wraps from [Breezy Bakes](#) are perfect for a tired Tuesday evening. They only take 25 minutes and they're little bombs of flavour just waiting to explode!

[Click here for full recipe!](#)



Photo cred: <https://www.breezybakes.com/gluten-free-chicken-teriyaki-lettuce-wraps/>

## Wednesday



Photo cred: <http://ohsheglows.com/2016/05/18/all-day-glow-green-smoothie/>

## Breakfast: Gluten Free Glowing Green Smoothie

Another great way to make sure you get the nutrients you need to start the day in a quick, easy to make way, is throwing together the ingredients for [Oh She Glows](#) Gluten Free Glowing Green Smoothie. This smoothie is packed with fruits and vegetables and will level out your blood sugar levels, making sure you have a super productive hump day!

[Click here for full recipe!](#)



## Lunch: Gluten-Free Mediterranean Chicken Quinoa Bowl

Again, it's Monday. The last thing you want to do after a crazy day adjusting to the new work week is come home and make something complicated for dinner. That's why we chose this easy gluten free and pasta recipe from [Wholesome Patisserie](#) to finish off the day. Just make sure you add gluten free spaghetti to your shopping list and you're off to the rodeo!

[Click here for full recipe!](#)

Photo cred: <http://www.eatingwell.com/recipe/255217/mediterranean-chicken-quinoa-bowl/>



<https://www.womansday.com/food-recipes/food-drinks/recipes/a58512/roasted-blackened-salmon-snap-pea-salad-recipe/>

## Dinner: Gluten Free Blackened Salmon with Snap Pea Salad

Salmon is delicious, nutritious, and an easy dish to whip up on a week night. [Woman's Day's](#) Gluten Free Blackened Salmon with Snap Pea Salad is a great way to stock up on your healthy fats and is chalk full of flavour to boot!

[Click here for full recipe!](#)

# Thursday

## Breakfast: Gluten Free Coffee Smoothie

We're in the final stretch folks! If you're not feeling up to making this smoothie by Thursday morning, you can always substitute for one of the mini quiches or a square of a breakfast casserole that you still have in the fridge. However, this Gluten Free Coffee Smoothie from [Yummly](#) gives you a kick of caffeine, only takes 15 minutes to make, and is a good source of dietary prebiotics.



Photo cred: <https://www.yummly.com/recipe/Coffee-Smoothie-899589/>

[Click here for full recipe!](#)



Photo Cred: <http://www.sheknows.com/food-and-recipes/articles/1034807/gluten-free-zucchini-pizza-crust-recipe>

## Lunch: Gluten Free Zucchini Pizza

This one is for the pizza fans who thought they would never be able to eat another pie again! This super easy to make, zucchini based pizza by [She Knows](#) is 100% gluten free and 100% TO DIE FOR. Everyone at work will be begging you for a slice!

[Click here for full recipe!](#)

## Dinner: Gluten Free Crock Pot Chili

This Gluten Free Chili from [Joyful Healthy Eats](https://www.joyfulhealthyeats.com) is a super flavourful dish that can be prepared the night before and kept in the fridge. Just throw the ingredients in your crock pot in the morning and cook on the lowest possible setting. By the time you get home dinner should be ready and waiting!

[Click here for full recipe!](#)



Photo Cred: <https://www.joyfulhealthyeats.com/the-best-crock-pot-chili/>

## Friday



Photo Cred: <https://www.recipestonourish.com/easy-healthy-yogurt-bowl/>

## Breakfast: Gluten Free Yogurt Bowl

Ummm...more like Fri-YAY! On a Friday morning, something sweet, crunchy and full of protein is in order! This Gluten Free Yogurt bowl from [Recipes to Nourish](https://www.recipestonourish.com) is the perfect start to the end of your week.

[Click here for full recipe!](#)

## Lunch: Gluten Free Sunflower Cream Salad with Sweet Taters + Dill Chicks

This decadent gluten free sunflower salad from [Healthful Pursuit](https://www.recipestonourish.com) will help keep the joy of Friday alive. In this creative recipe, croutons are replaced with roasted chickpeas and the salad is made from blended sunflower seeds and yams.

[Click here for full recipe!](#)



Photo Cred: <https://www.recipestonourish.com/easy-healthy-yogurt-bowl/>



Photo Cred: <http://www.foodnetwork.ca/recipe/sprouted-corn-quesadillas/15241/>

## Dinner: Gluten Free Sprouted Corn Quesadillas

Keep the party going Friday night with the [Food Network's](#) gluten free Sprouted Corn Quesadillas. These are fun finger foods that you can either just make yourself or put together to entertain guests. It's Friday after all, even your friends who regularly eat gluten won't miss it in this tasty dish!

[Click here for full recipe!](#)

## Saturday

### Breakfast: 7 Ingredient Vegan Gluten Free Waffles

Okay it's finally Saturday and we have a little bit more time to be creative in the kitchen! [Minimalist Baker](#) has the perfect recipe for those waffles you've been craving, and surprise, THEY'RE GLUTEN FREE!

[Click here for full recipe!](#)



Photo Cred: <https://minimalistbaker.com/7-ingredient-vegan-gluten-free-waffles/>



Photo Cred: <http://www.isleofflora.com/recipe/salmon-sushi-roll/>

## Lunch: Easy Gluten Free Salmon Sushi Roll

Since we had a decadent breakfast and we've got something equally filling for dinner, we'll keep our Saturday lunch light with [Isle of Flora's](#) Easy Gluten Free Salmon Sushi roll. Just make sure when you're making this recipe that your mayonnaise is [Certified Gluten Free!](#)

[Click here for full recipe!](#)

## Dinner: All- American Gluten Free Burgers

The weather is getting warmer so we're finishing off this Saturday with a BBQ! Check out [Gluten Free & More's](#) recipe for this amazing twist on a classic cheese burger!



[Click here for full recipe!](#)

## Sunday



Photo Cred: <https://www.theglutenfree.com/gluten-free-eggs-benedict-2/>

## Brunch: Gluten Free Eggs Benedict with Hollandaise

It's Sunday and we're getting up late. It's too late for breakfast and too early for brunch so we need something savory and satisfying! Enter [The Gluten Free.com's](#) gluten free Eggs Benedict with hollandaise! This is a brunch classic and perfect for a lazy Sunday morning.

[Click here for full recipe!](#)



Photo Cred: <https://www.thespruceeats.com/homemade-gluten-free-hummus-1450872>

## Lunch: Snacks & Food Prep

Since we just indulged in an amazing brunch, we will snack on something light while preparing for the upcoming week. A great gluten free snack is some cut up raw veggies in hummus. You can make your own at home with this recipe from [The Spruce Eats](#). Spend the rest of the day focusing on prepping foods that we need for the upcoming week. This is the perfect time to put together your [quiche](#) or [breakfast bake](#), or prep anything else you might want to make in advance for your lunches. Have fun with it, this is a great time to get creative and try to make all your co-workers jealous of your amazing meals!

[Click here for full recipe!](#)

## Dinner: Chicken Fingers and Sweet Fries

We've been busy food prepping all day so we're going to put something easy and fun together for dinner! Who doesn't love chicken fingers and fries? [Gluten Free on a Shoestring](#) has a great recipe for celiac safe chicken fingers. These go great with [Gluten Free School's](#) sweet potato fries!

[Click here for Fingers!](#)

[Click here for Sweet Fries!](#)

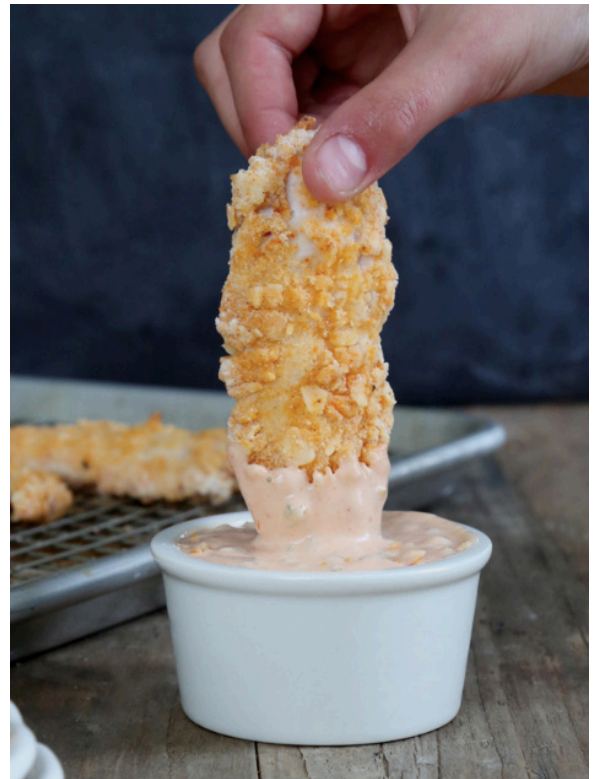


Photo Cred: <https://glutenfreeonashoestring.com/gluten-free-crispy-butter-milk-coconut-chicken-fingers/>

See? Being gluten free doesn't mean you need to live a bland life. Spice up your days with these amazing recipes from these talented chefs! Once you get the hang of it, try experimenting on your own!