



Go Gluten Free- Deliciously-In 5 Days

Have you ever wanted to go Gluten Free but thought you might be hungry, or miss all the good stuff?

When you eliminate something from your diet that may be causing inflammation, like gluten, it can feel like a layer has been lifted from you. Whether it is from your waistline or just an overall feeling of being a little lighter, a little leaner, you can test out how it affects you.

We are just taking this one day and one meal at a time. And we're starting it the day after Halloween, November 1st, a new page on the calendar.

From November 1-5, you will have a daily meal challenge, accountability and a Facebook group to share what you did- or to see what everyone else did.

Focus on you and try something new. And if you've tried it before....try it again!

Lots of love and tons of health, Jill

| | Mon | Tue | Wed | Thu |
|-----------|---|--|---|---|
| Breakfast |  <p>Overnight Vanilla Protein Oats</p> | | | |
| Snack 1 | | | |  <p>Cinnamon Protein Energy Bites</p> |
| Lunch | |  <p>Roasted Sweet Potato & Brussels Sprouts Salad</p> | | |
| Dinner | | |  <p>Slow Cooker Spaghetti Squash & Meatballs</p> | |

Fruits

- 1/4 cup Blueberries
- 1/4 cup Raspberries

Breakfast

- 1/2 cup Almond Butter
- 1/3 cup Maple Syrup

Seeds, Nuts & Spices

- 1 tsp Black Pepper
- 1/4 tsp Cayenne Pepper
- 3 tbsps Chia Seeds
- 1 1/2 tsps Cinnamon
- 1/4 cup Ground Flax Seed
- 1 tbsp Oregano
- 1 1/8 tsps Sea Salt
- 0 Sea Salt & Black Pepper

Vegetables

- 8 cups Baby Spinach
- 4 cups Brussels Sprouts
- 1 Spaghetti Squash
- 2 Sweet Potato

Boxed & Canned

- 3 cups Crushed Tomatoes
- 2 cups Lentils

Baking

- 1/4 cup Brown Rice Flour
- 1/4 cup Oat Flour
- 1 1/3 cups Oats

Bread, Fish, Meat & Cheese

- 1 lb Extra Lean Ground Turkey

Condiments & Oils

- 3 tbsps Extra Virgin Olive Oil
- 1/4 cup Tahini

Cold

- 1 Egg
- 1 1/3 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 1/4 cup Water



Overnight Vanilla Protein Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (quick or traditional)
- 1 tbsp Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1/4 cup Vanilla Protein Powder
- 1/4 cup Raspberries
- 1/4 cup Blueberries
- 1 tbsp Almond Butter

Directions

- 1 In a large bowl or container combine the oats, chia seeds and milk. Stir to combine. Place in the fridge for 8 hours, or overnight.
- 2 After the oats have set, remove from the fridge and add the protein powder. Mix well. Add extra almond milk 1 tbsp at a time if the oats are too thick.
- 3 Divide the oats into bowls or containers and top with raspberries, blueberries and almond butter. Enjoy!

Notes

Extra Garnish: Add cacao nibs, chocolate chips, seeds or nuts.

Leftovers: Keep well in the fridge for 3 to 4 days.

No Almond Butter: Omit, or use peanut butter or sunflower seed butter instead.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. Please note that results may vary if using a different type of protein powder.



Cinnamon Protein Energy Bites

14 servings

35 minutes

Ingredients

1/3 cup Oats (quick)
1/4 cup Oat Flour
1/4 cup Vanilla Protein Powder
1/4 cup Ground Flax Seed
2 tbsps Chia Seeds
1 1/2 tsps Cinnamon
1/2 cup Almond Butter
1/4 cup Maple Syrup
1 tbsp Unsweetened Almond Milk
(optional; if needed)

Directions

- 1 In a large mixing bowl combine quick oats, oat flour, protein powder, ground flax, chia seeds and cinnamon. Fold in the almond butter and maple syrup until a thick dough forms. If it is too thick to work with, add the almond milk.
- 2 Use a tablespoon to scoop out dough and roll into balls, approximately 1-inch in diameter. Chill in the fridge for at least 20 minutes before serving. Enjoy!

Notes

Storage: Keep energy bites in the fridge for up to seven days or freezer for up to three months. Always serve chilled.

Serving Size: One serving is equal to one ball.

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead of almond butter. Use coconut milk instead of almond milk.

Protein Powder: This recipe was developed and tested using a plant-based protein powder.

No Maple Syrup: Use honey instead.

Gluten-Free: Use certified gluten-free quick oats.

No Quick Oats: For best results, these balls need a smaller oat-texture. If you substitute with rolled oats, pulse a few times in a food processor to chop them into a quick oats texture.

No Protein Powder: Use more oat flour instead.



Roasted Sweet Potato & Brussels Sprouts Salad

4 servings
30 minutes

Ingredients

2 Sweet Potato (medium. sliced into 1 inch cubes)
4 cups Brussels Sprouts (washed and halved)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1/4 cup Tahini
1 tbsp Maple Syrup
1/4 cup Water (warm)
1/4 tsp Cayenne Pepper (less if you don't like it spicy)
1/8 tsp Sea Salt
2 cups Lentils (cooked, drained and rinsed)
8 cups Baby Spinach (chopped)

Directions

- 1 Preheat the oven to 425°F (218°C). Line a large baking sheet with parchment paper.
- 2 Combine the diced sweet potato and brussels sprouts in a bowl. Add olive oil and season with sea salt and black pepper to taste. Toss well then spread across the baking sheet. Bake in the oven for 30 minutes or until both vegetables are cooked through and starting to brown.
- 3 While the vegetables roast, combine the tahini, maple syrup, water, cayenne pepper and sea salt in a jar. Seal with a lid and shake well to mix. Set aside.
- 4 Remove the roasted vegetables from the oven and place back in the mixing bowl. Add in the lentils. Mix well.
- 5 Divide spinach between bowls. Top with lentils and roasted vegetable mix. Drizzle with desired amount of dressing. Enjoy!

Notes

No Brussels Sprouts: Use broccoli instead.

No Lentils: Use your choice of protein. Chickpeas, grilled chicken or ground meat work well.



Slow Cooker Spaghetti Squash & Meatballs

4 servings

4 hours

Ingredients

- 1 lb Extra Lean Ground Turkey
- 1/4 cup Brown Rice Flour
- 1 Egg (whisked)
- 2 tbsps Extra Virgin Olive Oil (divided)
- 1 tsp Oregano (divided)
- 3 cups Crushed Tomatoes
- 1 tsp Sea Salt (divided)
- 1 tsp Black Pepper (divided)
- 1 Spaghetti Squash (medium)

Directions

- 1 In a large mixing bowl, combine the extra lean ground turkey, brown rice flour, egg, half of the olive oil and half of the oregano. Mix well. Use your clean hands to roll the turkey mixture into small meatballs, about the size of golf balls. Set on a plate.
- 2 In the bottom of your slow cooker, add the remaining olive oil and oregano. Add in the crushed tomatoes, half the sea salt and half of the black pepper. Mix well and then submerge your turkey meatballs into the sauce.
- 3 Very carefully cut your spaghetti squash in half lengthwise, and scoop out the seeds. Add the remaining salt and pepper. Place it flesh-side up in the tomato sauce. No need to submerge it in the sauce. (Note: If the spaghetti squash is too big to fit into the slow cooker, cut it into quarters.) Set your slow cooker on low for 6 hours or on high for 4 hours.
- 4 Before you are ready to eat, use tongs to lift the spaghetti squash out of the slow cooker. Use a fork to scrape out the flesh into a sieve/strainer (or onto a layer of paper towel) and let the excess fluid drain off.
- 5 Divide the spaghetti squash between plates and top with meatballs and tomato sauce. Enjoy!

Notes

No Ground Turkey: Use any type of ground meat.

Cheese Lover: Sprinkle with parmesan cheese.