



GLUTEN FREE EATING *Blueprint*

Bring down inflammation, reduce brain fog,
have more energy.

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Step 1

Understanding What Gluten Is

The first thing to understand is that gluten is the name of the protein in the following grains:

Wheat
Barley
Rye
Triticale

(Do Not Eat These)

(Since I've never actually seen triticale in any store, you don't need to worry about that one, it's just good to know just in case you do.)

Gluten Free Grains:

Rice
Quinoa
Teft
Corn
Buckwheat
Sorghum.

(Eat These)

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Step 2

Knowing Where Gluten Hides

There are different names that wheat goes by. You have to know what they are in order to avoid them. Here is a list of common ones and not so common ones:

Semolina

Spelt

Farina

Graham

Emmer

Faro

Udon

Einkorn

(Do not eat these)

A Gluten Free label is great, but what about those foods that aren't labeled gluten-free, but look like they don't contain gluten?



Wheat-Free labeling does not always mean gluten-free. Like I mentioned before, there are other grains that contain gluten. Always read the ingredient statement.

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Places Where Gluten Hides

Soy Sauce

This is made from fermented wheat, something I didn't know early in my journey. A good substitution is Coconut Aminos

Pickles

Naturally gluten free, but sometimes they're made with malt vinegar which is a beer-like liquid which sometimes contains gluten. Pickles are fine as long as you read the ingredients.

Bouillon Cubes

This is something you might not think to check, but will often contain gluten ingredients like Maltodextrin.

Frozen Vegetables with Cream Sauce

The cream sauce could contain wheat as the thickening agent, so be sure to read carefully.

French Fries

Potatoes are naturally gluten free, but most times, the restaurant is using the same oil to fry the french fries as they do to fry the breaded items. Even the store-bought brands will sometimes use wheat flour to make the fried crispy. Always do your reading or avoid all together.

Malt

If it says Malt in the ingredients, then it most likely is derived from Barley and Barley contains gluten.

Restaurant Scrambled Eggs

I learned the hard way that restaurants will normally add pancake batter to scrambled eggs to make them fluffier.

Gravy/Sauces/Marinades

If buying a jar, it's easy enough to see if it's thickened with wheat or cornstarch, but in a restaurant, I never take the chance. I know chefs who have admitted to using wheat flour because it was closer at hand than the cornstarch.

This list may seem overwhelming at first, but think about how much variety is in your weekly grocery cart. We tend to buy the same things over and over again. Once you get familiar with the brands you like that are safe, grocery shopping will be easy. You'll know what foods are safe, and if you happen to try something new, just read the ingredients and Google anything you're unsure of.



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Step 3

Identify Your Comfort Foods

Adopting a gluten free lifestyle shouldn't feel like a punishment. If it does, then you're doing it wrong. Find your good tasting, easily accessible comfort goods in the gluten free version. For me, its waffles and pizza (not together). Vans Gluten Free Blueberry waffles are a family favorite - even for those who eat gluten. Pizza is a bit less general. That's a very specific taste, but the good news is today there are plenty of gluten free varieties to choose from. Against The Grain, Daiya, and UDI's brands are among my favorites.



When you're trying a new gluten free food, rather than comparing it to the gluten-full variety, taste it as if you're tasting a new food. Try to appreciate the new taste.

Alcohol is a comfort food (at least I think so). All wine is gluten free! Beer, not so much. Beer is made from fermented wheat. There are gluten-free beers out there and if you find one you actually enjoy drinking, consider yourself lucky.

Hard alcohol is a bit tricky. There are plenty of gluten-free vodkas out there and rum is naturally gluten free, but other than that, I don't feel safe drinking any hard alcohol that's not labeled gluten free.

Identifying your comfort foods early in your gluten-free transition, will set you up for success when you're in need of something quick and easy.

It's when we're starving and have no time, that we make compromises and tend to reach for the gluten because its easily accessible.

I've learned this the hard way. Now, I keep gluten free snacks in my car, my purse, even in my nightstand.

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Step 4

Write Out Your Daily Eating Plan

This may seem like it's not worth the time, but trust me, if you take a few minutes to think about what you normally eat in a day, it will take loads of stress off you when you're at the grocery store. This doesn't have to be complicated.



Refer to the Minding Your Soul “Empowered Healing Blueprint” for further guidance on how to choose a healing food routine that works for you.

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Step 5

Pace Yourself

Transitioning to a gluten-free lifestyle takes a little time. I recommend taking at least a few weeks to make the complete transition. Each week when you grocery shop, try new foods to incorporate in your day.

As you go through your week, be mindful of the ingredients you're using and what you need to replace.

Make a list throughout the week of the foods you want to replace or new foods you want to experiment with. Keep the list in your phone, add to it during the week as you think of new things, then when you're at the grocery store, you have your list right in your phone.

This is an evolution, not a race, so go slow and enjoy the process.