

# A Month Of 30-Minute Gluten Free Healthy Dinners





## WEEK ONE

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



click of the name of each meal to view the recipe

### Sunday:

#### Simple Roast Chicken with Carrot Top-Kale Pesto

**Do ahead:** You could make the pesto ahead of time, but why bother? You can easily throw together the quick and easy pesto while the chicken is roasting. Note that this recipe takes more than 30 minutes, but it is mostly hands-off time, and it's worth putting in a few extra minutes for a nice Sunday meal, don't you think?

**Serve it with:** There are quite a few veggies that roast to perfection under the chicken, and if you want to add something green, try roasted broccoli: preheat the oven to 425. Toss broccoli florets with olive oil, salt, pepper, and granulated garlic. Spread in a single layer on a baking sheet covered with nonstick spray or a nonstick pad and roast for 10-20 minutes, until crispy on the edges.

**Stretch the meal:** Since you probably won't eat an entire roast chicken in one sitting, pull the remaining meat off the bone, roughly shred it, and make chicken salad. You can also use the bones to make chicken stock.

### Monday:

#### Vegan Cream of Tomato Soup (Meatless Monday)

**Do ahead:** You can certainly make this soup ahead of time, if you want to throw it together during your Sunday meal prep, and store it (once cooled) in the fridge in an airtight container until you're

ready to reheat it for Monday's dinner.

**Serve it with:** Grilled cheese, using grain-free sandwich bread and your favorite good quality dairy free or regular cheese.

**Stretch the meal:** Double the recipe and freeze the leftovers in airtight containers for a future dinner.

### Tuesday:

#### Asian Stir Fry with Pea Shoot Noodles

**Do ahead:** Chop the chicken and veggies and store them (separately) in airtight containers in the fridge until you're ready to cook. Also, if you don't want to use pea shoot noodles, you can use spaghetti squash (which you can bake or steam ahead of time), zucchini or sweet potato noodles (which you can cut ahead of time), or kelp noodles (which you can order online. This is the brand I use.).

**Serve it with:** Rice (Cauliflower or white), or as lettuce wraps.

**Stretch the meal:** Bring leftovers to work for lunch on Wednesday.

### Wednesday:

#### Spicy Shrimp with Chilis and Garlic

**Do ahead:** Nothing! This is a fast and easy recipe that is ready in 15-20 minutes.

**Serve it with:** A simple Asian-inspired slaw (I love this one; leave out the edamame if you don't eat soy, and use almond

butter instead of peanut butter to make it compliant with paleo or Whole30 diets.)

**Stretch the meal:** Lightly sautee cooked spaghetti squash and finely sliced green or red cabbage in olive or coconut oil. Season with salt and pepper. Toss with leftover shrimp and leftover dressing from the slaw and you have a really easy future lunch or dinner. Or, you can simply toss the leftover shrimp with the leftover slaw for a lunch salad on Thursday.

### Thursday:

#### Enchilada Chili Stuffed Sweet Potatoes

**Do ahead:** Prebake the sweet potatoes (Instruction #1 in the recipe) during your weekly meal prep on Sunday.

**Serve it with:** This is a pretty solid meal in and of itself, but a small side salad would be a great opportunity to get in a serving of greens.

**Stretch the meal:** Make extra filling and set it aside to make enchiladas out of for another meal, using grain free tortillas.

### Friday:

#### Lemon Dijon Tuna Burger

**Do ahead:** Make and shape the burgers, and store them in an airtight container in the fridge until you're ready to cook them. Make sure you put a piece of wax or parchment paper between patties if you're stacking them in the container.

**Serve it with:** Grain free sandwich bread makes a great bun stand-in. Alternately, use cabbage or lettuce as a "bun" or simply eat the patties alone, topped with fresh arugula and olive tapenade. And don't forget the sweet potato fries!

**Stretch the meal:** Double the recipe and freeze the extra patties, raw, for a future meal.

### Saturday:

#### Thin Crust Pizza

**Do ahead:** Make and prebake the crust (Instructions 1-6 in the recipe), then let it cool completely, tightly wrap it in a couple layers of plastic wrap, and store in the fridge or freezer. Bring back to room temperature to top and finish baking. You can also make the pesto ahead of time and store it in an airtight container in the fridge. Be aware that it will oxidize, leaving a brown layer on the top (which you can just stir right back in), but it will not affect the taste.

**Serve it with:** The great thing about this pizza is that it is a meal in and of itself! But it doesn't hurt to have a tasty beverage to sip while you're eating. My favorite is an Arnold Palmer (with or without bourbon).

**Stretch the meal:** You can easily make and pre-bake two crusts, and store one (very tightly wrapped!) in the freezer until your next pizza night. You can use extra pesto in many ways, like tossing it with noodles of choice or spaghetti squash, topping burgers, or using it as the binder in egg or chicken salad. Plus, who doesn't love cold pizza for breakfast?

## WEEK TWO

SUNDAY



MONDAY



TUESDAY



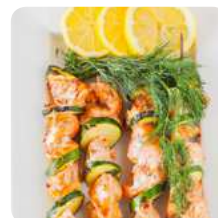
WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



click of the name of each meal to view the recipe

### Sunday:

#### Flank Steak with Chimmichurri

**Do ahead:** Marinate the steak, and make the chimichurri. Store both in the refrigerator, according to recipe instructions.

**Serve it with:** Garlic mashed cauliflower (or sub white or sweet potatoes) and brussels sprouts (this recipe uses the rest of your pomegranate seeds).

**Stretch the meal:** Make a steak salad for lunch on Monday, and use the leftover chimichurri for salad dressing, or to top scrambled eggs for breakfast.

### Monday:

#### Veggie-Packed Paleo Quiche (Meatless Monday)

**Do ahead:** You can make and pre-bake the crust ahead of time, and store at room temperature in an airtight container for up to 24 hours until you add the filling and bake.

**Serve it with:** A simple green salad, if you want, but the great thing about this dish is that it is a meal in and of itself!

**Stretch the meal:** Leftovers work great for breakfast for the next couple of days, or you can freeze individually-wrapped slices for future meals.

### Tuesday:

#### Kale and Sun Dried Tomato Stuffed Chicken

**Do ahead:** Make the chicken rolls and place them in the baking dish. Cover tightly with plastic wrap and refrigerate until you're ready to cook them.

**Serve it with:** These would be delicious served over sauteed spinach and onions, but you could also try zoodles (zucchini noodles), lightly steamed and tossed with your favorite red sauce as a base for the chicken.

**Stretch the meal:** Extra filling can be scrambled with eggs or eaten on grain free toast for breakfast Wednesday morning.

### Wednesday:

#### Portobello Mushroom and Kale Turkey Burgers

**Do ahead:** Make and shape the burgers and store them in an airtight container until you're ready to cook them.

**Serve it with:** Cabbage and kale slaw (the recipe is in the post, following the burger recipe)

**Stretch the meal:** Cook only the burgers that you think you'll eat, and freeze the rest (raw) in a single layer in an airtight container for up to three months for a future meal.

### Thursday:

#### Crockpot Beef Stew

**Do ahead:** Prep all of the ingredients and put them in the crockpot to cook, according to the recipe instructions.

Given the long cooking time, the alcohol in the red wine should cook off, but if you want to keep this strictly paleo, skip the wine (the stew will be slightly less flavorful though) and replace the gluten free all purpose flour used to thicken the sauce with a couple tablespoons of arrowroot or tapioca flour. Just stir it in, one tablespoon at a time, when the recipe calls for the GF all purpose flour, until the sauce reaches your desired consistency.

**Serve it with:** This is a one-pot meal that needs no accompaniment, but you could eat it with some grain free bread to sop up the broth if you want to.

**Stretch the meal:** This is the kind of meal that makes great leftovers, and should reheat well for lunch the next couple of days.

### Friday:

#### Lemon-Dill Salmon Kabobs

**Do ahead:** You can prep and assemble the skewers and store them in the fridge for a few days (tightly wrapped in plastic, of course), until you are ready to cook them.

**Serve it with:** Something fresh and flavorful, like a grapefruit-avocado salad.

**Stretch the meal:** Flake leftover salmon and mash leftover avocado (from the salad). Gently fold them together and season with salt, pepper and lemon or lime juice for a salmon-y twist on tuna salad.

### Saturday:

#### Crockpot Chicken Fajitas

**Do ahead:** Do ahead: Prepare the fajita ingredients and put them in the slow cooker to cook according to recipe instructions.

**Serve it with:** Tortillas, salsa, guacamole, and (if you're not on a paleo or Whole30 diet) refried beans.

**Stretch the meal:** Chop up leftovers into bite-sized pieces and use them to make homemade Chipotle-style burrito bowls with a base of rice, cauliflower rice, or lettuce and topped with a generous scoop of guacamole.



## WEEK THREE

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



click of the name of each meal to view the recipe

### Sunday:

#### Braised Turmeric Chicken with Apricots and Olives

**Do ahead:** Marinate the chicken according to step #1 in the instructions.

**Serve it with:** Zucchini, sliced and sauteed with olive oil and garlic, and homemade polenta (if you eat grains) or crispy oven-roasted potatoes (if you don't).

**Stretch the meal:** Slice the leftover chicken and lay it over a bed of baby spinach or arugula. Chop some leftover apricots, olives and onions to round out the dish and use the reduction from the bottom of the pan, mixed with a little balsamic vinegar and olive oil, for dressing.

### Monday:

#### Curried Coconut Quinoa and Greens with Roasted Cauliflower (Meatless Monday)

**Do ahead:** You can make the quinoa and cauliflower ahead of time and toss it all together with the greens right before you're ready to eat.

**Serve it with:** This dish is meant to be a one-bowl, self-contained meal, but if you feel like it's not enough to fill you up, try topping each dish with a fried egg.

**Stretch the meal:** Make extra quinoa and eat it as a side dish or the base of a "buddha bowl" (everything bowl) for lunch later in the week.

### Tuesday:

#### Pan-Seared Salmon with Capers and Baby Artichokes

**Do ahead:** Nothing! It's a quick and easy meal that can be made in about a half hour.

**Serve it with:** The baby artichokes in the recipe make a great side, or you can replace them with Brussels sprouts if it's easier to find them (it will be, since they're in season). If you want a starch on the side, jasmine rice with toasted pine nuts would compliment this dish nicely.

**Stretch the meal:** When you're roasting the baby artichokes (or brussels sprouts), throw in some other peeled vegetables that have been cut to roughly the same size as the artichokes and tossed with olive oil and a sprinkle of salt. Root vegetables like carrots, beets and turnips would work well, and once roasted, can be stored in the fridge for a side dish for a future meal. They also make a great breakfast.

### Wednesday:

#### Sweet Potato Turkey Chili

**Do ahead:** You could make the entire dish ahead of time, if you want, and reheat it when you're ready to serve.

**Serve it with:** This is another hearty stand-alone meal, but chili is a great vehicle to sneak in a few extra veggies. Try adding some green peas or chopped spinach (fresh or frozen) to the bottom of the bowl before you ladle the chili over it. Top with chopped fresh cilantro and a squeeze of lime.

**Stretch the meal:** Chili freezes really well, so feel free to double the batch and store the leftovers in airtight containers in the freezer for up to three months.

### Thursday:

#### Turkey, Apple and Sage Meatballs

**Do ahead:** Make the "batter" and shape the meatballs. Store them in the fridge in an airtight container in the refrigerator.

**Serve it with:** Gluten free spaghetti, zucchini noodles or spaghetti squash as a base, and red sauce or pesto to dress the dish. If you prefer to use spaghetti squash, simple cooking instructions are included in the recipe notes.

**Stretch the meal:** Make meatball sandwiches using extra meatballs and sauce

### Friday:

#### Cinnamon Swirl Pancakes (Breakfast for Dinner)

**Do ahead:** Nothing! The batter comes together really quickly.

**Serve it with:** Good quality maple syrup and bacon, if you want.

**Stretch the meal:** Save extra batter, or even cooked pancakes (without syrup), covered in the fridge, for breakfast on Saturday.

### Saturday:

#### Lemongrass Beef and Spaghetti Squash Noodle Bowls

**Do ahead:** Cook the spaghetti squash, marinate the beef, and prepare the peanut sauce. Store it all in the fridge until you're ready to finish cooking and assemble the meal.

Note that jarred chopped lemongrass can be substituted for fresh (the jarred stuff can be found in the Asian foods section of most supermarkets). You can sub coconut sugar for the brown sugar the recipe calls for and sub almond butter or sunbutter for peanut butter to make this paleo-friendly.

**Serve it with:** Nothing. This dish stands on its own pretty well, don't you think?

**Stretch the meal:** Just assemble another bowl for lunch on Sunday or Monday. These flavors only improve after sitting overnight.

## WEEK FOUR

SUNDAY



MONDAY



TUESDAY



WEDNESDAY



THURSDAY



FRIDAY



SATURDAY



click of the name of each meal to view the recipe

### Sunday:

#### Fish Taco Bowls

**Do ahead:** Make the rice (or cauliflower rice, if you would like to keep this paleo-friendly or Whole30 compliant). Additionally, if you're skipping the black beans, consider replacing them with some peppers and onions, sliced and sauteed with oil, salt, pepper, garlic, chili powder, cumin and red pepper flakes.

**Serve it with:** The above-mentioned peppers and onions.

**Stretch the meal:** Extra rice can be used for "bowl" meals for lunches during the week, and leftover peppers and onions can be eaten alongside scrambled eggs for breakfast with hot sauce.

### Monday:

#### Grilled Vegetable Omelette with Pesto (Meatless Monday)

**Do ahead:** Grill the vegetables (this time of year, use a grill pan over your stove if you don't want to fire up the grill in the cold - or you can roast the veggies instead, using this method), prepare the pesto sauce (here and here are two dairy free versions) and, if you'd like to use dairy-free feta, prepare it using this method.

**Serve it with:** A mixed green salad and some toast.

**Stretch the meal:** Leftover grilled or roasted vegetables have a ton of uses. My favorites are in a lunch salad or as a kind of breakfast hash, with an egg on top.

### Tuesday:

#### Crockpot Pork Chops with Apples and Onions

**Do ahead:** Just prepare the ingredients per the recipe and put them in the crockpot to cook.

**Serve it with:** Baked sweet potatoes and steamed green beans dressed with a little butter/coconut oil and sea salt.

**Stretch the meal:** If you have extra pork left over, slice it thinly and toss it with cold zucchini or rice noodles, shredded carrots, bean sprouts and sesame-ginger dressing for lunch on Wednesday.

### Wednesday:

#### Turkey Sweet Potato Skillet

**Do ahead:** Chop all of the veggies and store them, separately, in airtight containers in the refrigerator.

**Serve it with:** You could add a vegetable on the side, or throw some chopped greens into the skillet to keep it an easy one-pan meal.

**Stretch the meal:** Leftovers would make a great breakfast, or you can re-heat it in a pan with green peas, carrots, and zucchini (or whatever combination of veggies you have handy) and a scrambled egg to make sort of a spin on fried rice.

### Thursday:

#### Easy Thai Fish Curry

**Do ahead:** Cut up the vegetables and fish and store (separately) in airtight containers in the fridge.

**Serve it with:** Rice, rice noodles, zoodles or quinoa underneath, or make some spring rolls (a bit more of a project, but if you're in the mood, it could be fun; you can replace the rice noodles with shredded carrot or zucchini, or bean sprouts, if you prefer) to round out the meal.

**Stretch the meal:** Leftover curry reheats nicely for the next couple of days, and travels well for lunch at work. Just make sure the container you carry it in is completely secure so you don't leak coconut curry sauce all over your bag!

### Friday:

#### Cranberry Chicken Stuffed Squash

**Do ahead:** Roast the squash and prepare the filling.

**Serve it with:** You can add a green veggie on the side if you want, but if you prefer to eat this as a stand-alone meal, it should be plenty.

**Stretch the meal:** Toss extra (cooked) filling with cooked wild rice and season with salt, pepper, garlic and parsley to taste.

Mash uneaten roasted squash and stir in butter or coconut oil, cinnamon and stevia or coconut sugar to taste and serve it as a sweet snack or hearty dessert.

### Saturday:

#### Chicken Fingers

**Do ahead:** Nothing.

**Serve it with:** Sweet potato fries, plus the dipping sauce that is included in the recipe.

**Stretch the meal:** Extra chicken fingers reheat nicely in the oven, and the dipping sauce can be thinned to make a salad dressing or sauce/glaze for chicken or pork.

If you're looking for more dinner ideas, visit [www.acleanbake.com](http://www.acleanbake.com) for new delicious, wholesome recipes every Tuesday and Thursday!

I hope you enjoyed these meals,

Nora

