

**GLUTEN FREE CHALLENGE GUIDE-** use this guide to plan and prepare your grocery shopping and meals for your **7 glorious gluten free days!**

### **SYMPTOMS OF GLUTEN SENSITIVITY**

The most common symptoms are digestive distress of all kinds, stomach pain, gas, bloating, IBS and also joint pain, rashes and fatigue. Gluten is even capable of breaking down the blood-brain barrier which can result in a multitude of mental symptoms like brain fog and depression. Recurring exposure to gluten in sensitive individuals can ultimately progress to auto immunity after a long period of time.

Did you know that current evidence suggests that 1 in 3 people are gluten intolerant, and 8 in 10 are genetically predisposed to sensitivity. **SO WHY ARE WE STILL EATING THIS INGREDIENT IN ALMOST EVERYTHING!??!**

### **WHY SHOULD I AVOID GLUTEN?**

Today's wheat is not the wheat our ancestors ate. It has been hybridized and industrialized to the point that the body no longer recognizes wheat as an organic food, then creating inflammation against it! Even more surprisingly, modern wheat now has extra chromosomes and proteins that did not occur in ancient grains along with loads of glyphosate that is illegal in other countries in Europe to spray on food!

Some doctors claim that gluten is perfectly safe, however there is growing evidence that this is not actually the case as gluten is theorized to feed strep bacteria, chronic viruses, and other inflammatory co infections that lead to chronic symptoms.

There are several types of gluten sensitivity. Celiac disease is the most severe, where any contact with gluten can be life threatening. However, the majority of the population recognizes less inflammation in the body when gluten is omitted from their diet!

### **WILL A BLOOD TEST TELL ME IF SHOULD I AVOID GLUTEN?**

Blood testing is often inaccurate and misses milder cases of sensitivity as it only tests for a portion of gliadin. Your doctor may not know to run the correct test as immune reactions to gluten can be IgG or IgE in nature. Celiac is not diagnosed until there is visible damage to the villi, when the test is too late to be preventative.

The best way to determine if gluten affects you is to cut it out for a period of weeks and see how you feel. On a gluten free diet, symptoms can improve in just 2 weeks, virtually disappear in 3 months and with a good diet the villi of the intestinal lining can repair in about 6 months.

### **WHERE DO I FIND GLUTEN IN MY DIET?**

Gluten can be hiding in words that you didn't even realize mean GLUTEN!

Reading labels is the best habit you can pick up for your health.

Just because something says "organic" or "gluten free" or "vegan" does not mean it is not full of inflammatory ingredients like GMO wheat, endocrine disrupting dairy, and oxidative seed/vegetable oils.

**ALWAYS** read your labels!!!



## Code words for gluten

- Maltodextrin
- Farro
- Spelt
- Bulggar
- Rye
- Durham
- Semolin
- Orzo
- Malt
- Malt Vinegar
- Hydrolyzed Proteins
- Artificial/natural/smoke FLAVOR
- MSG
- Citric Acid
- Emulsifiers
- Enzymes
- Extract



## Hidden Sources of gluten

- Quaker oats
- couscous
- broth/bullion
- instant coffee + creamer
- lunch meat
- hot dogs
- soy sauce
- restaurant eggs
- chewing gum
- medications
- white vinegars
- white wines
- vitamins + supplements



## BEST gluten substitutes



You can save these images to your phone and check labels when you are in the store! You can also look for certified gluten free as a guide, but even then READ YOUR LABELS friends!!!

## 1) Weekday morning breakfast hash



# R E C I P E S

## BREAKFAST HASH

*For lunch or with a smoothie*

- 1-2 sweet potatoes, diced
- 1 apple, diced
- 1 carrot, diced
- 2 celery stalks, diced
- onion, diced
- cinnamon, sage, parsley to taste
- turkey bacon, optional

1. Combine all in a pan with 1/4 c water and sauté with the lid on until tender

I always recommend a good smoothie for breakfast, in the winter months you may prefer to start your day with other gluten free options! This savory but sweet breakfast hash is my favorite!

\*to make it more savory remove apple and carrot, substitute colorful bell pepper and mushrooms, pour desert cantina salsa over the top!

\*to make solely sweet- use only sweet potato, apple, and dates! Top with cinnamon and maple syrup before baking!

## 2) Sunday morning GF pancakes



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Top with...



Let's be honest, none of us would go gluten free if it meant we can't have pancakes! No need to fear, your perfect substitutions are here!

We love a good pancake Saturday in our house and this is the exact concoction we whip up for perfect tasting pancakes!!

Since you are going gluten free, it never hurts to bring in an egg substitute, along with a dreamy pure maple syrup, so good that you can even skip the butter ;)

### Optional toppings:

Wild blueberries

Hu chocolate chips

Baked apples and cinnamon

Just pure maple syrup!

### 3) Easy peasy spaghetti



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Your new favorite 5 minute spaghetti is here!

Boil the rice ramen (your new fave noodle btw) and then top with a clean marinara like Rao's!

**\*\*optional:** right before the noodles finish boiling add in an veggies like diced onion, mushrooms, or zucchini to give a healing touch to your dinner! Boil the veggies with the noodles for 2-3 min then drain all together. SUPER EASY!

#### 4) Gluten Free Pizza (better than Dominos I swear!)



Homemade pizza can be delicious, fluffy & full of your favorite toppings!

First make the crust! While the crust is baking, blend the miyokos cheese with a little pure cashew mylk or water in the blender to make a thick cheese sauce. After the crust is finished add sauce, cheese, and whatever toppings you might like! Bake for another 5-10 minutes! ENJOY

Topping suggestions:

- Olives
- Spinach/arugula
- Onion
- Mushroom
- Peppers
- Avocado (do not bake this)

## 5) Avocado toast



Trust me when I say this, this is the ONLY kind of GF bread you want in your belly. Not only is the taste + texture remarkable, but so are the clean ingredients. Gluten free does not always mean HEALTHY! This bread is the best I've ever found

Note: on the DeLand Bakery website it says this bread is not gluten free because it is processed on the same line as other breads. If you read the ingredients you will see that as long as you are not celiac sensitive, this bread is perfectly gluten free!

Instructions:

Toast the bread

Add sliced avocado, arugula, lemon juice, and pink salt

ENJOY! :)

Order the bread [HERE](#) (buy in bulk and freeze extra loaves)!



# A FEW OF MY FAVORITE SUBSTITUTES.

