

7 DAY MEAL PLAN

GLUTEN FREE

GRACE HAMILTON

Welcome

This meal plan will make it easy for you to plan a weeks worth of healthy gluten free meals and snacks. There's a shopping list, plan and recipes along with nutrition panels for each meal. If you are new to gluten free eating, check out my gluten free guide and recipe book, also available on my website.

About Me:

Hi! I'm Grace Hamilton, a Masters qualified Nutritionist, Naturopath and food loving Vegan. I live in Sydney Australia and see clients both online and at my clinic. I have a special interest in chronic health issues such as cardiovascular disease and autoimmune disorders. I love to provide my clients with meal plans and recipes as part of their treatment plans to make life easier for them and give them a bit of extra guidance. Certain things get requested a LOT so I decided to put together a collection of my most popular recipes. I hope you enjoy! Do check out my website and socials and give me a follow if you haven't already.



<https://www.gracehamiltonnaturalhealth.com/>



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Gluten Free

7 days

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Matcha Chia Pudding	Matcha Chia Pudding	Matcha Chia Pudding	Peach Buckwheat Pudding	Peach Buckwheat Pudding	Sweet Potato Breakfast Bowl	Coconut Apricot Grain-Free Granola
Snack 1	Macadamia Nuts	Sunflower Seed Butter Stuffed Dates	Tamari Almonds	Banana Sushi	Banana Sushi	Roasted Edamame	Roasted Edamame
Lunch	Quinoa Radish Bowl	Mexican Spiced Tofu and Cauliflower Rice	Chickpeas with Sweet & Spicy Peanut Sauce	Tomato & Eggplant Pasta Casserole	Aloo Palak	Lentil Tahini Burgers with Sauerkraut	Vegan Corn Chowder
Snack 2	Peanut Butter Brownie Batter	Peanut Butter Brownie Batter	Peanut Butter Brownie Batter	Apple Nachos	Apple Nachos	Cheezy Walnuts	Cheezy Walnuts
Dinner	Mexican Spiced Tofu and Cauliflower Rice	Chickpeas with Sweet & Spicy Peanut Sauce	Tomato & Eggplant Pasta Casserole	Aloo Palak	Lentil Tahini Burgers with Sauerkraut	Vegan Corn Chowder	Lemon Kale Salad with Chickpeas & Avocado Sweet Potato Flatbread
					Sweet Potato Fries		
Snack 3	Vanilla Rice Pudding	Vanilla Rice Pudding	Vanilla Rice Pudding	Cucumber Hummus Bites	Cucumber Hummus Bites	Nori & Seed Crackers	Nori & Seed Crackers
						Green Pea Hummus	Green Pea Hummus



Gluten Free

7 days

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Calories 1838	Calories 2050	Calories 2108	Calories 1963	Calories 1913	Calories 1511	Calories 1914
Fat 116g	Fat 119g	Fat 106g	Fat 81g	Fat 90g	Fat 89g	Fat 126g
Saturated 34g	Saturated 37g	Saturated 33g	Saturated 18g	Saturated 27g	Saturated 20g	Saturated 40g
Monounsaturated 49g	Monounsaturated 43g	Monounsaturated 35g	Monounsaturated 32g	Monounsaturated 30g	Monounsaturated 30g	Monounsaturated 44g
Carbs 165g	Carbs 209g	Carbs 247g	Carbs 283g	Carbs 248g	Carbs 142g	Carbs 167g
Fiber 39g	Fiber 37g	Fiber 40g	Fiber 52g	Fiber 53g	Fiber 44g	Fiber 53g
Sugar 48g	Sugar 82g	Sugar 64g	Sugar 74g	Sugar 69g	Sugar 33g	Sugar 37g
Protein 53g	Protein 57g	Protein 56g	Protein 54g	Protein 57g	Protein 59g	Protein 59g
Sodium 759mg	Sodium 864mg	Sodium 1933mg	Sodium 1473mg	Sodium 1014mg	Sodium 2426mg	Sodium 2488mg
Calcium 1328mg	Calcium 1352mg	Calcium 1114mg	Calcium 635mg	Calcium 679mg	Calcium 600mg	Calcium 533mg
Iron 13mg	Iron 13mg	Iron 15mg	Iron 20mg	Iron 20mg	Iron 17mg	Iron 17mg



Gluten Free

98 items

Fruits

- 4 Apple
- 3 Avocado
- 4 Banana
- 2/3 cup Blueberries
- 1 Lemon
- 1 1/2 tbsps Lemon Juice
- 1 Lime
- 1 1/4 tbsps Lime Juice
- 2 Peach

Breakfast

- 1/2 cup All Natural Peanut Butter
- 1/2 cup Almond Butter
- 1 cup Buckwheat Groats
- 1 cup Gluten Free Granola
- 2 tsps Green Tea Powder
- 1 cup Maple Syrup

Seeds, Nuts & Spices

- 1 cup Almonds
- 1 1/2 tsps Black Pepper
- 1/2 cup Chia Seeds
- 1/2 tsp Chili Powder
- 1 1/4 tsps Cinnamon
- 1 1/8 tsps Cumin
- 1/2 tsp Garam Masala
- 1 1/3 tsps Garlic Powder
- 1/4 cup Hemp Seeds
- 1 cup Macadamia Nuts
- 3/4 tsp Onion Powder
- 2 1/8 tbsps Oregano
- 1 1/3 tsps Paprika
- 1/3 cup Pumpkin Seeds
- 1/4 tsp Red Pepper Flakes
- 1 3/4 tbsps Sea Salt
- 1 Sea Salt & Black Pepper
- 1/4 cup Sesame Seeds

Vegetables

- 1/2 cup Alfalfa Sprouts
- 5 cups Baby Spinach
- 1 cup Basil Leaves
- 1 1/4 Carrot
- 1/3 head Cauliflower
- 4 cups Cauliflower Rice
- 4 stalks Celery
- 1/4 cup Cilantro
- 1 Cucumber
- 1 Eggplant
- 1 tbsp Fresh Dill
- 6 1/2 Garlic
- 1/2 head Green Lettuce
- 2 cups Kale Leaves
- 1/2 cup Radishes
- 1 tbsp Red Onion
- 4 Sweet Potato
- 1/4 tsp Thyme
- 1/3 White Onion
- 3/4 Yellow Onion
- 1 Yellow Potato

Boxed & Canned

- 1/2 cup Arborio Rice
- 1/2 cup Black Beans
- 1/2 cup Brown Rice
- 5 cups Brown Rice Penne
- 2 1/16 cups Canned Coconut Milk
- 3 2/3 cups Chickpeas
- 6 cups Crushed Tomatoes
- 2 2/3 cups Green Lentils
- 2 cups Lentils
- 1/4 cup Quinoa

Baking

- 1 cup All Purpose Gluten-Free Flour
- 1/2 cup Almond Flour

Bread, Fish, Meat & Cheese

- 1 cup Hummus
- 500 grams Tofu

Condiments & Oils

- 1 tbsp Apple Cider Vinegar
- 1 tbsp Avocado Oil
- 2 1/4 tsps Coconut Aminos
- 2 tbsps Coconut Butter
- 1/2 cup Coconut Oil
- 1/2 cup Extra Virgin Olive Oil
- 1/2 cup Sauerkraut
- 1/3 cup Sunflower Seed Butter
- 1/2 cup Tahini
- 2 tbsps Tamari

Cold

- 4 3/4 cups Unsweetened Almond Milk
- 1/4 cup Unsweetened Coconut Yogurt

Other

- 1/2 cup Dried Apricots
- 4 Nori Sheets
- 1 1/2 cups Water



- 1/2 tsp** Smoked Paprika
- 1/4 cup** Sunflower Seeds
- 1/4 tsp** Turmeric
- 1/4 cup** Walnuts
- 2 tbsps** Whole Flax Seeds

Frozen

- 1 cup** Frozen Corn
- 2 cups** Frozen Edamame
- 1 1/2 cups** Frozen Peas

- 2 1/4 tps** Cocoa Powder
- 1 1/2 tbsps** Dark Chocolate Chips
- 1/2 tsp** Nutritional Yeast
- 1/4 cup** Pitted Dates
- 1 1/2 tbsps** Tapioca Flour
- 2 cups** Unsweetened Coconut Flakes
- 2 tps** Vanilla Extract



Matcha Chia Pudding

6 ingredients · 15 minutes · 3 servings



Directions

1. Scrape the coconut cream from the top of the can into a bowl and set aside (aim for about 1 cup if you are making 3 servings). The cream should have separated from the coconut juice after being refrigerated overnight.
2. Add the remaining coconut milk from the can into a blender with almond milk, green tea powder, chia, avocado and maple syrup. Blend until smooth. Place in fridge to thicken about 10 to 15 minutes.
3. Once it has thickened up, layer chia pudding into mason jars or containers. Follow with a layer of coconut cream. Repeat layers until all ingredients are used up. Add toppings if you wish, and enjoy!

Notes

Toppings

Top with chopped fruit, hemp seeds, crushed nuts, dried fruit, shredded coconut or coconut chips.

Leftovers

Refrigerate chia pudding in an air-tight container for 3-5 days.

No Maple Syrup

Use honey or dates to sweeten instead.

Ingredients

1 1/2 cups Canned Coconut Milk (full fat, refrigerated overnight)

1 cup Unsweetened Almond Milk

2 tsps Green Tea Powder

1/4 cup Chia Seeds

1/2 Avocado

3 tbsps Maple Syrup

Nutrition

Amount per serving

Calories	407	Sugar	14g
Fat	32g	Protein	5g
Saturated	20g	Sodium	89mg
Monounsaturated	4g	Calcium	276mg
Carbs	26g	Iron	2mg
Fiber	7g		



Peach Buckwheat Pudding

7 ingredients · 2 hours 10 minutes · 2 servings



Directions

1. Place the buckwheat groats in a medium-sized bowl and cover with water. Let soak for at least 2 hours, or overnight.
2. Drain and rinse the buckwheat and add it to a food processor with the milk, chia seeds, almond butter, and cinnamon. Blend until smooth.
3. Add buckwheat pudding to a bowl and top with peaches and blueberries. Enjoy!

Notes

No Almond Milk

Use any type of dairy-free milk instead.

Buckwheat Groats

This recipe was developed and tested using Bob's Red Mill Buckwheat Groats.

No Peaches

Use any other fruit as a topping.

Ingredients

- 1 cup Buckwheat Groats (dry)
- 2/3 cup Unsweetened Almond Milk
- 2 tbsps Chia Seeds
- 2 tbsps Almond Butter
- 1/4 tsp Cinnamon
- 2 Peach (sliced)
- 1/4 cup Blueberries

Nutrition

Amount per serving

Calories	519	Sugar	15g
Fat	16g	Protein	17g
Saturated	1g	Sodium	64mg
Monounsaturated	6g	Calcium	299mg
Carbs	87g	Iron	4mg
Fiber	16g		



Sweet Potato Breakfast Bowl

5 ingredients · 35 minutes · 1 serving



Directions

1. Heat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the pan, cut side down. Cook for 25 to 30 minutes, or until cooked through.
2. Remove the sweet potato and let it cool for a few minutes. Once cool to touch, scoop out the flesh and add it to a blender along with the almond milk. Blend until smooth.
3. Pour the sweet potato into a bowl and top with blueberries, almond butter and hemp seeds. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

Nut-Free

Use coconut milk instead of almond milk. Omit the almond butter or use tahini or sunflower seed butter.

More Flavor

Add a dash of cinnamon to the sweet potato.

Additional Toppings

Top with grated coconut or yogurt and a drizzle of maple syrup.

Save Time

Use canned pumpkin or canned sweet potato instead and heat through on the stove in a small pot.

Ingredients

1 Sweet Potato (medium sized, cut in half)

2 tbsps Unsweetened Almond Milk

1/3 cup Blueberries

1 tbsp Almond Butter

1 tsp Hemp Seeds

Nutrition

Amount per serving

Calories	258	Sugar	11g
Fat	11g	Protein	7g
Saturated	1g	Sodium	93mg
Monounsaturated	5g	Calcium	155mg
Carbs	37g	Iron	2mg
Fiber	7g		



Coconut Apricot Grain-Free Granola

6 ingredients · 20 minutes · 8 servings



Directions

1. Preheat the oven to 300°F (149°C) and line a baking sheet with parchment paper.
2. In a medium-sized bowl add the coconut flakes, dried apricots, melted coconut butter, maple syrup, cinnamon and sea salt. Mix well.
3. Place the mixture on the prepared baking sheet and flatten it out with the back of a spoon. Bake for 14 minutes, stirring halfway through.
4. Let it cool on the baking sheet for 5 to 10 minutes. Serve and enjoy!

Notes

Leftovers

Store in an airtight container for up to seven days.

Serving Size

One serving size is equal to approximately 1/3 cup granola.

More Flavor

Add more spices such as ginger, nutmeg or cloves.

No Coconut Butter

Use melted coconut oil instead, or a mix of both butter and oil.

No Maple Syrup

Omit or use agave instead.

Ingredients

2 cups Unsweetened Coconut Flakes

1/2 cup Dried Apricots (chopped)

2 tbsps Coconut Butter (melted)

2 tbsps Maple Syrup

1 tsp Cinnamon

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	193	Sugar	9g
Fat	16g	Protein	2g
Saturated	14g	Sodium	46mg
Monounsaturated	0g	Calcium	13mg
Carbs	15g	Iron	1mg
Fiber	4g		



Macadamia Nuts

1 ingredient · 2 minutes · 3 servings



Directions

1. Divide between bowls and enjoy!

Ingredients

1 cup Macadamia Nuts

Nutrition

Amount per serving

Calories	321	Sugar	2g
Fat	34g	Protein	4g
Saturated	5g	Sodium	2mg
Monounsaturated	26g	Calcium	38mg
Carbs	6g	Iron	2mg
Fiber	4g		



Sunflower Seed Butter Stuffed Dates

2 ingredients · 5 minutes · 1 serving



Directions

1. Use a knife to make a slit in each date and open the date slightly.
2. Spoon an even amount of sunflower seed butter into the center of each date. Enjoy!

Notes

Serving Size

One serving is equal to approximately four to five stuffed dates.

Additional Toppings

Sprinkle with coconut flakes, cacao nibs, or hemp seeds.

Ingredients

1/4 cup Pitted Dates

2 tbsps Sunflower Seed Butter

Nutrition

Amount per serving

Calories	301	Sugar	27g
Fat	18g	Protein	6g
Saturated	2g	Sodium	2mg
Monounsaturated	12g	Calcium	35mg
Carbs	35g	Iron	2mg
Fiber	5g		



Tamari Almonds

2 ingredients · 20 minutes · 4 servings



Directions

1. Add the almonds and tamari to a small mixing bowl. Stir to coat the almonds in the tamari and set aside.
2. Preheat the oven to 350°F (176°C) and line a baking sheet with parchment paper.
3. When the oven is ready, transfer the almonds and tamari to the baking sheet and spread the almonds into an even layer. Roast in the oven for 8 to 10 minutes, stirring well halfway through.
4. Remove from the oven and let the almonds cool completely. Enjoy!

Notes

Leftovers

Keep in an airtight container for up to a week.

Serving Size

One serving is about 1/4 cup almonds.

More Flavor

Add a pinch of cayenne pepper.

No Almonds

Use another nut.

Ingredients

1 cup Almonds

2 tbsps Tamari

Nutrition

Amount per serving

Calories	212	Sugar	2g
Fat	18g	Protein	9g
Saturated	1g	Sodium	503mg
Monounsaturated	11g	Calcium	98mg
Carbs	8g	Iron	2mg
Fiber	5g		



Banana Sushi

3 ingredients · 5 minutes · 4 servings



Directions

1. Spread almond butter onto banana.
2. Sprinkle hemp seeds over top.
3. Slice and enjoy!

Notes

No Hemp Seeds

Use sunflower seeds instead.

Ingredients

- 4 Banana (peeled)
- 1/4 cup Almond Butter
- 1/4 cup Hemp Seeds

Nutrition

Amount per serving

Calories	256	Sugar	15g
Fat	14g	Protein	8g
Saturated	1g	Sodium	3mg
Monounsaturated	6g	Calcium	67mg
Carbs	31g	Iron	2mg
Fiber	5g		



Roasted Edamame

3 ingredients · 45 minutes · 2 servings



Directions

1. Preheat oven to 375°F (191°C). Line a baking sheet with parchment paper.
2. Place frozen edamame in a large mixing bowl and add olive oil and sea salt. Toss well to coat. Spread across the baking sheet and place in the oven for 40 minutes. Stir at the halfway point.
3. Remove from oven when edamame is golden brown and let cool. Enjoy!

Notes

Less Time

Thaw your edamame ahead of time to reduce roasting time to approximately 30 minutes.

Ingredients

- 2 cups Frozen Edamame
- 1 tbsp Extra Virgin Olive Oil
- 1/4 tsp Sea Salt

Nutrition

Amount per serving

Calories	247	Sugar	3g
Fat	15g	Protein	18g
Saturated	2g	Sodium	304mg
Monounsaturated	7g	Calcium	98mg
Carbs	14g	Iron	4mg
Fiber	8g		



Quinoa Radish Bowl

9 ingredients · 22 minutes · 1 serving



Directions

1. Cook the quinoa according to the directions on the package, and set aside to cool.
2. Once the quinoa has cooled, divide it between bowls along with the black beans, carrots, radishes, and alfalfa sprouts.
3. Whisk together the lemon juice, dill, and garlic. Drizzle over top of the quinoa bowls and season with salt and pepper to taste. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

Serving Size

One serving equals approximately three cups.

Additional Toppings

Add sauerkraut, kimchi, balsamic vinegar, pickled veggies, or your favorite dressing.

Ingredients

- 1/4 cup Quinoa (uncooked)
- 1/2 cup Black Beans (cooked)
- 1/4 Carrot (medium, shredded)
- 1/2 cup Radishes (sliced)
- 1/2 cup Alfalfa Sprouts
- 1 tbsp Lemon Juice
- 1 tbsp Fresh Dill (chopped)
- 1/4 Garlic (cloves, minced)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	294	Sugar	3g
Fat	3g	Protein	15g
Saturated	0g	Sodium	38mg
Monounsaturated	1g	Calcium	71mg
Carbs	53g	Iron	4mg
Fiber	12g		



Peanut Butter Brownie Batter

6 ingredients · 10 minutes · 3 servings



Directions

1. Add all ingredients to a bowl and mix with a spatula until well combined. Divide between jars and enjoy!

Notes

Leftovers

Refrigerate in an airtight container up to 1 week.

Serving Size

Each serving equals approximately 3 tablespoons of batter.

More Protein

Omit cocoa powder and replace 1/3 of the almond flour with chocolate protein powder.

Ingredients

3 tbsps All Natural Peanut Butter

2 1/4 tsps Maple Syrup

2 1/4 tsps Water

1/2 cup Almond Flour

2 1/4 tsps Cocoa Powder

1 1/2 tbsps Dark Chocolate Chips

Nutrition

Amount per serving

Calories	277	Sugar	9g
Fat	21g	Protein	9g
Saturated	5g	Sodium	4mg
Monounsaturated	4g	Calcium	60mg
Carbs	16g	Iron	1mg
Fiber	4g		



Apple Nachos

3 ingredients · 5 minutes · 4 servings



Directions

1. Arrange apple slices on a serving plate. Drizzle sunflower seed butter and sprinkle granola ovetop. Enjoy!

Notes

No Granola

Use any nuts or seeds, raisins, dark chocolate chips or shredded coconut instead.

No Sunflower Seed Butter

Use any nut butter, maple butter, melted coconut butter, melted dark chocolate or caramel instead.

Ingredients

- 4 Apple (sliced)
- 1/4 cup Sunflower Seed Butter
- 1 cup Gluten Free Granola

Nutrition

Amount per serving

Calories	343	Sugar	27g
Fat	17g	Protein	7g
Saturated	2g	Sodium	10mg
Monounsaturated	10g	Calcium	44mg
Carbs	45g	Iron	2mg
Fiber	8g		



Cheezy Walnuts

4 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt ontop and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to five days.

More Flavor

Add your choice of dried herbs or spices.

Ingredients

1/4 cup Walnuts

1 1/2 tsps Avocado Oil

1/2 tsp Nutritional Yeast

1/8 tsp Sea Salt

Nutrition

Amount per serving

Calories	264	Sugar	1g
Fat	27g	Protein	5g
Saturated	3g	Sodium	300mg
Monounsaturated	8g	Calcium	30mg
Carbs	5g	Iron	1mg
Fiber	2g		



Mexican Spiced Tofu and Cauliflower Rice

14 ingredients · 40 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
2. Toss the tofu with oil, cumin, chili powder, smoked paprika, garlic powder and half the salt. Bake in the oven for 15 minutes, remove, flip the tofu and bake for 10 to 12 minutes more. Remove and set aside.
3. Meanwhile, in a non-stick skillet over medium-low heat, add the cauliflower rice and stir often. Cook for 5 minutes or until the cauliflower is cooked through.
4. In a small bowl, add the avocado and mash with a fork. Then add the red onion, garlic, 1/4 of the lime juice and the remaining salt.
5. Divide the cauliflower rice into bowls and top with tofu, guacamole, celery and cilantro. Squeeze the remaining lime juice on top of each bowl and serve with lime slices, if using. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Serve with salsa on the side and/or add cayenne to the tofu.

Additional Toppings

Extra veggies such as cucumber or mixed greens.

Ingredients

- 500 grams** Tofu (1lb. Extra firm, drained and cubed)
- 1 1/2 tps** Avocado Oil
- 1/2 tsp** Cumin
- 1/2 tsp** Chili Powder
- 1/2 tsp** Smoked Paprika
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Sea Salt (divided)
- 4 cups** Cauliflower Rice
- 2** Avocado
- 1 tbsp** Red Onion (diced very small)
- 1** Garlic (clove, minced)
- 1** Lime (juiced, divided, plus additional slices for garnish)
- 3 stalks** Celery (roughly chopped)
- 1/4 cup** Cilantro (Coriander, for garnish, roughly chopped)

Nutrition

Amount per serving

Calories	313	Sugar	4g
Fat	23g	Protein	17g
Saturated	4g	Sodium	363mg
Monounsaturated	13g	Calcium	404mg
Carbs	17g	Iron	4mg



Chickpeas with Sweet & Spicy Peanut Sauce

12 ingredients · 35 minutes · 2 servings



Directions

1. Cook the brown rice according to package directions.
2. Meanwhile, in a small pot over medium-low heat add the peanut butter, coconut milk, lime juice, coconut aminos, maple syrup, red pepper flakes, garlic and half of the water. Whisk until combined. Continue to heat until just warmed through, stirring often to prevent burning. Season with salt or additional lime juice if needed.
3. Heat a large skillet or pan with a lid over medium-high heat. Add the spinach, chickpeas and onion to the pan along with the remaining water and cover with the lid. Steam for about 5 minutes or until the onions have softened and most of the water has evaporated.
4. Remove from the heat and add the warm peanut sauce to the pan with the chickpeas and stir to combine.
5. To serve, divide the rice between plates and top with the peanut chickpea mixture. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add fresh ginger to the peanut sauce.

Additional Toppings

Serve with lime wedges, hot sauce and/or freshly chopped cilantro.

No Coconut Aminos

Use tamari or other soy sauce instead.

Ingredients

- 1/2 cup Brown Rice
- 1/4 cup All Natural Peanut Butter
- 2 tbsps Canned Coconut Milk
- 1 tbsp Lime Juice
- 2 1/4 tsps Coconut Aminos
- 1 1/2 tsps Maple Syrup
- 1/4 tsp Red Pepper Flakes
- 1 Garlic (clove, minced)
- 1/4 cup Water (divided)
- 2 cups Baby Spinach (chopped)
- 3/4 cup Chickpeas (cooked, rinsed)
- 1/4 Yellow Onion (chopped)

Nutrition

Amount per serving

Calories	526	Sugar	12g
Fat	22g	Protein	17g
Saturated	6g	Sodium	143mg
Monounsaturated	9g	Calcium	98mg
Carbs	68g	Iron	4mg
Fiber	9g		



Tomato & Eggplant Pasta Casserole

12 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 450°F (232°C).
2. In a large bowl, mix together the crushed tomatoes, lentils, water, olive oil, basil, oregano, garlic powder, onion powder, salt, pepper and dry penne. Stir well to mix, then transfer into the casserole dish. Line the top with a layer of eggplant rounds. Bake in the oven for 40 to 45 minutes. The eggplant should be roasted and golden brown (if it starts to burn, set a piece of foil on top).
3. Remove from oven and let cool for 5 minutes before serving. Enjoy!

Notes

Serve it With

Arugula tossed in olive oil and lemon juice.

Likes it Spicy

Garnish with red chili flakes.

Cheese Lover

Serve with parmesan style cheese.

No Eggplant

Use tomatoes or zucchini sliced into rounds to cover the top instead.

Ingredients

- 6 cups** Crushed Tomatoes
- 2 cups** Lentils (cooked, drained and rinsed)
- 1/2 cup** Water
- 1/4 cup** Extra Virgin Olive Oil
- 1 cup** Basil Leaves (chopped)
- 2 tbsps** Oregano
- 1/2 tsp** Garlic Powder
- 1/2 tsp** Onion Powder
- 2 tsps** Sea Salt
- 1 tsp** Black Pepper
- 5 cups** Brown Rice Penne (dry)
- 1** Eggplant (large, sliced into 1/2 inch thick rounds)

Nutrition

Amount per serving

Calories	460	Sugar	11g
Fat	10g	Protein	13g
Saturated	1g	Sodium	931mg
Monounsaturated	6g	Calcium	103mg
Carbs	82g	Iron	6mg
Fiber	14g		



Aloo Palak

11 ingredients · 20 minutes · 2 servings



Directions

1. Boil the potatoes in salted water for five to seven minutes or until tender. Drain and set aside.
2. Heat the oil in a large pan. Add the onion and cook for about five minutes until the onions have softened. Add the garlic, cumin, garam masala, turmeric, and salt and cook for another minute until very fragrant.
3. Add the spinach and stir until wilted then add the coconut milk. Allow the coconut milk to come to a simmer then add the potatoes and stir to combine with the spinach. Add the lime juice.
4. Season with additional salt if needed. Divide evenly between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to four days.

More Flavor

Add fresh ginger, red pepper flakes, chopped jalapeno, or serrano pepper.

No Lime Juice

Use lemon juice instead.

Ingredients

- 1 Yellow Potato (large, peeled, cut into small cubes)
- 1 **tbsp** Coconut Oil
- 1/2 Yellow Onion (medium, chopped)
- 1 1/2 Garlic (clove, minced)
- 1/2 **tsp** Cumin
- 1/2 **tsp** Garam Masala
- 1/4 **tsp** Turmeric
- 1/8 **tsp** Sea Salt
- 3 **cups** Baby Spinach
- 1/4 **cup** Canned Coconut Milk
- 3/4 **tsp** Lime Juice

Nutrition

Amount per serving

Calories	227	Sugar	4g
Fat	13g	Protein	4g
Saturated	11g	Sodium	201mg
Monounsaturated	1g	Calcium	79mg
Carbs	26g	Iron	4mg
Fiber	5g		



Lentil Tahini Burgers with Sauerkraut

7 ingredients · 30 minutes · 4 servings



Directions

1. Preheat the oven to 350°F (177°C) and line a baking sheet with parchment paper.
2. In a food processor or blender, combine the lentils, tahini, salt and apple cider vinegar.
3. Form the mixture into patties using about 1/4 cup of the mixture for each patty. Bake for 20 to 25 minutes or until warmed through and firm.
4. Remove the burgers from the oven. Serve on a bed of lettuce and top with coconut yogurt and sauerkraut. Enjoy!

Notes

Leftovers

Refrigerate the burgers in an airtight container for up to 7 days. Freeze for up to two months. Add the toppings just before serving.

Serving Size

One serving is equal to one 5- to 6-inch burger patty.

More Flavor

Add cumin and fresh herbs to the lentil tahini mixture.

Additional Toppings

Caramelized onions, feta, sautéed mushrooms and/or avocado.

No Lettuce

Use whole grain bread, brown rice tortilla wraps, collard greens, swiss chard or omit completely.

Ingredients

2 2/3 cups Green Lentils (cooked, drained and rinsed)

1/4 cup Tahini

1/2 tsp Sea Salt

1 tbsp Apple Cider Vinegar

1/2 head Green Lettuce (separated into leaves and washed)

1/4 cup Unsweetened Coconut Yogurt

1/2 cup Sauerkraut

Nutrition

Amount per serving

Calories	254	Sugar	3g
Fat	9g	Protein	15g
Saturated	2g	Sodium	436mg
Monounsaturated	3g	Calcium	127mg
Carbs	31g	Iron	6mg
Fiber	13g		



Sweet Potato Fries

3 ingredients · 35 minutes · 4 servings



Directions

1. Preheat oven to 425°F (218°C) and line baking sheet(s) with heavy-duty foil. Grease with 1/3 of the coconut oil or a cooking spray.
2. Rinse and pat your sweet potato strips dry. Toss them in a bag or bowl with tapioca flour until well coated.
3. Add the remaining coconut oil to the sweet potato strips and gently toss. Arrange the strips onto your baking sheet(s), being careful not to crowd the pan and bake for 25 to 30 minutes, flipping halfway through.
4. Season with salt if desired, and let cool slightly before serving. Enjoy!

Notes

No Tapioca Flour

Use arrowroot powder, brown rice starch or cornstarch instead.

Spice it Up

Add your choice of seasonings after tossing the sweet potato strips with coconut oil. You can use chipotle powder, cumin, paprika, garlic powder and/or onion powder. Do not season with salt until after roasting.

Crispy Fries

For crispier fries, soak the strips in water for at least 1 hour, or overnight. Drain and pat dry before baking.

Serve Them With

Mayo, Guacamole, burgers, patties and salads.

Leftovers

Refrigerate in an airtight container up to 4-5 days, or freeze. To re-crisp the fries, reheat with a bit of oil in a skillet on your stovetop.

Ingredients

- 3 tbsps Coconut Oil (melted)
- 2 Sweet Potato (large, sliced into 1/4 inch strips)
- 1 1/2 tbsps Tapioca Flour

Nutrition

Amount per serving

Calories	156	Sugar	3g
Fat	10g	Protein	1g
Saturated	8g	Sodium	36mg
Monounsaturated	1g	Calcium	20mg
Carbs	16g	Iron	0mg
Fiber	2g		



Vegan Corn Chowder

16 ingredients · 40 minutes · 2 servings



Directions

1. On the stove, bring a large pot of water to a boil. Drop in half your cauliflower florets and let cook for 5 to 6 minutes (or until tender when pierced with a fork). (Note: You can also steam the cauliflower until tender.)
2. Meanwhile, melt coconut oil in a separate large pot over medium-high heat. Add the remaining half of the cauliflower, onion, garlic, carrot, celery, salt, paprika, onion powder, garlic powder, cumin, thyme and oregano. Cook until veggies are softened, about 10 to 15 minutes.
3. Add boiled (or steamed) cauliflower to a blender with half the amount of corn and all of the coconut milk and water. Blend into a thick puree.
4. Add cauliflower mixture and remaining half of the corn to the sautéed vegetables. Bring to a gentle boil and cook until veggies are soft, about 10 to 20 minutes.
5. Add additional salt and spices to taste. Divide into bowls and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Freeze for up to three months.

Serving Size

One serving is roughly 1 1/2 cups of soup.

Additional Toppings

Add quinoa, edamame or chickpeas for more protein. Stir in kale, spinach and/or nutritional yeast. Top with chopped green onions, avocado, croutons, or a slice of toast.

No Coconut Milk

Use almond milk instead.

Less Work

Saute all ingredients except coconut milk and water in a large pot until veggies are tender. Add coconut milk and water and bring to a gentle boil. Before serving, use a handheld blender to puree about half of your chowder.

Ingredients

- 1/3 head Cauliflower (chopped into florets and divided)
- 1 tbsp Coconut Oil
- 1/3 White Onion (diced)
- 1 2/3 Garlic (cloves, minced)
- 1 Carrot (chopped)
- 1 stalk Celery
- 1 tsp Sea Salt
- 1/3 tsp Paprika
- 1/3 tsp Onion Powder
- 1/3 tsp Garlic Powder
- 1/8 tsp Cumin
- 1/4 tsp Thyme
- 1/3 tsp Oregano
- 1 cup Frozen Corn (divided)
- 3 1/2 tbsps Canned Coconut Milk
- 2/3 cup Water

Nutrition

Amount per serving

Calories	231	Sugar	7g
Fat	13g	Protein	5g
Saturated	10g	Sodium	1258mg
Monounsaturated	1g	Calcium	67mg

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Lemon Kale Salad with Chickpeas & Avocado

8 ingredients · 20 minutes · 1 serving



Directions

1. Add the kale leaves to a large bowl.
2. In a small bowl, whisk the extra virgin olive oil, lemon juice and sea salt together. Add the dressing to the kale and massage with your hands to ensure it is evenly coated.
3. Add the chickpeas and avocado to the kale and toss well. Garnish with smoked paprika and pumpkin seeds. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to two days. For longer lasting leftovers, add the avocado just before serving.

More Flavor

Roast the chickpeas with additional seasonings to enhance the flavor and add a crunch.

Additional Toppings

Add sliced onion, peppers or roasted vegetables such as sweet potato.

Ingredients

2 cups Kale Leaves (stem removed, thinly sliced)

1 tbsp Extra Virgin Olive Oil

1 1/2 tsps Lemon Juice

1/8 tsp Sea Salt

1 cup Chickpeas (cooked)

1/2 Avocado (cubed)

1/16 tsp Smoked Paprika

1 tbsp Pumpkin Seeds

Nutrition

Amount per serving

Calories	570	Sugar	8g
Fat	36g	Protein	18g
Saturated	5g	Sodium	336mg
Monounsaturated	22g	Calcium	195mg
Carbs	52g	Iron	7mg
Fiber	20g		



Sweet Potato Flatbread

4 ingredients · 30 minutes · 6 servings



Directions

1. Bring a pot of water to a boil. Place sweet potato in a steamer over boiling water and cover for 7 minutes (or until tender). Mash and measure out 1 cup per 6 servings. (Set any leftovers aside to use in another meal.)
2. In a mixing bowl, use a spatula to combine the sweet potato, salt and the flour. If the dough feels wet, add an extra tablespoon of flour at a time until it is soft and workable. Note, the moisture level of sweet potatoes may vary and require more or less flour.
3. Dust your hands and working surface with flour. Roll the dough into 2-inch balls. Then, roll each ball flat to about 1/8- to 1/4-inch thick.
4. Heat half the coconut oil in large skillet over medium-low heat and cook each flatbread for about 2 to 3 minutes per side. Add more oil as needed between flatbreads.
5. Transfer to a basket covered with a dish towel until ready to serve. Enjoy!

Notes

Flour

This recipe was tested using Bob's Red Mill All Purpose Gluten-Free Flour. If using another type of flour, results may vary.

Serve it With

Hummus, curry, stew, soup, lentils, black beans or caramelized apples.

Save Time

Steam a large batch of mashed sweet potatoes earlier in the week and set aside a portion for this recipe.

Storage

Refrigerate in an airtight container up to 4 days or freeze for up to 6 months.

Serving Size

One serving is equal to one flatbread.

Ingredients

1 Sweet Potato (large, peeled and sliced)

1/2 tsp Sea Salt

1 cup All Purpose Gluten-Free Flour (plus extra for dusting)

2 tbsps Coconut Oil (divided)

Nutrition

Amount per serving

Calories	152	Sugar	1g
Fat	5g	Protein	2g
Saturated	4g	Sodium	209mg
Monounsaturated	0g	Calcium	7mg
Carbs	26g	Iron	0mg
Fiber	5g		



Vanilla Rice Pudding

5 ingredients · 45 minutes · 3 servings



Directions

1. In a large pot combine the almond milk, maple syrup, vanilla and sea salt and stir together. Over medium heat, bring the almond milk mixture to a gentle boil. Stir in the rice and reduce heat to low.
2. Allow the rice to gently simmer and stir often. Every 3 to 5 minutes is best to prevent sticking and to help the pudding thicken. Continue for 20 to 25 minutes or until the rice is tender, the liquid has absorbed and the pudding has thickened.
3. Remove from the heat and let the rice pudding cool in the pot for 10 minutes. It will continue to thicken as it cools. Divide the warm pudding evenly between bowls. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days. Reheat with additional almond milk.

Serving Size

One serving is approximately 2/3 cup of pudding.

Nut-Free

Use a nut-free milk instead, like coconut, oat or dairy.

Additional Toppings

Garnish with cinnamon, fresh or mashed berries or raisins.

Cooking Temperature

Adjust heat as necessary to maintain a gentle simmer throughout cooking.

Consistency

If the pudding is too thick, thin with additional almond milk until desired consistency is reached.

Ingredients

3 cups Unsweetened Almond Milk

1/4 cup Maple Syrup

2 tsps Vanilla Extract

1/8 tsp Sea Salt

1/2 cup Arborio Rice

Nutrition

Amount per serving

Calories	226	Sugar	16g
Fat	3g	Protein	3g
Saturated	0g	Sodium	263mg
Monounsaturated	1g	Calcium	479mg
Carbs	47g	Iron	0mg
Fiber	1g		



Cucumber Hummus Bites

3 ingredients · 10 minutes · 4 servings



Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Ingredients

- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper

Nutrition

Amount per serving

Calories	158	Sugar	2g
Fat	11g	Protein	5g
Saturated	2g	Sodium	264mg
Monounsaturated	3g	Calcium	43mg
Carbs	12g	Iron	2mg
Fiber	4g		



Nori & Seed Crackers

7 ingredients · 1 hour · 10 servings



Directions

1. Preheat oven to 250°F (121°C) and line a baking sheet with parchment paper.
2. Mix all ingredients in a bowl until well combined. Spread the mix onto the parchment paper and gently press down into an even layer. Bake for 45 minutes, rotating the pan about every 15 minutes.
3. Let the crackers cool completely before slicing them into 1" x 3" bars. Enjoy!

Notes

Storage

Refrigerate in an airtight container up to 5 days, or freeze if longer.

Serving Size

One serving is equal to one 1" x 3" cracker.

Ingredients

4 Nori Sheets (raw or roasted, crushed)

1/4 cup Pumpkin Seeds (raw)

1/4 cup Sunflower Seeds (raw)

2 tbsps Whole Flax Seeds

2 tbsps Chia Seeds

1/4 cup Sesame Seeds

1/4 cup Maple Syrup

Nutrition

Amount per serving

Calories	100	Sugar	5g
Fat	6g	Protein	3g
Saturated	1g	Sodium	4mg
Monounsaturated	2g	Calcium	70mg
Carbs	9g	Iron	1mg
Fiber	3g		



Green Pea Hummus

8 ingredients · 10 minutes · 8 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. If mixture is too thick, add 1 tbsp warm water at a time to loosen it up.
2. Serve with veggie sticks for dipping. Store in an airtight container in the fridge up to 1 week.

Ingredients

- 2 cups Chickpeas (cooked, drained and rinsed)
- 1 1/2 cups Frozen Peas
- 1 Garlic (clove, minced)
- 1 Lemon (juiced)
- 3 tbsps Tahini
- 2 tbsps Extra Virgin Olive Oil
- 1 tsp Paprika
- 1 Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	157	Sugar	3g
Fat	8g	Protein	6g
Saturated	1g	Sodium	31mg
Monounsaturated	4g	Calcium	53mg
Carbs	17g	Iron	2mg
Fiber	5g		

