



Gluten Free Meals

A gluten-free diet involves excluding foods that contain the protein gluten, including wheat, rye and barley. Whether you're celiac, or just want to try some delicious recipes, this cookbook is for you!



CREATED BY LEAGUE MARKETPLACE

Grocery List



29 ingredients

FRUITS

3 tbsps Lemon Juice

SEEDS, NUTS & SPICES

1 tsp Chili Powder

1/4 tsp Dried Dill

1/4 tsp Garlic Powder

1 tbsps Italian Seasoning

1 1/2 tpsps Sea Salt

0 Sea Salt & Black Pepper

1 1/2 tpsps Smoked Paprika

VEGETABLES

2 Eggplant

5 Garlic

2 stalks Green Onion

1 tbsps Parsley

1 Red Bell Pepper

2 Sweet Potato

1/2 Yellow Onion

BOXED & CANNED

1 1/2 cups Basmati Rice

1/2 cup Brown Rice

1 3/4 cups Chicken Broth

2 cups Diced Tomatoes

BREAD, FISH, MEAT & CHEESE

1lb Chicken Breast, Cooked

2 Cod Fillet

2 1/2 lbs Extra Lean Ground Beef

6 ozs Mozzarella Cheese

1 1/2 cups Ricotta Cheese

CONDIMENTS & OILS

2 tbsps Avocado Oil

1 tbsps Dijon Mustard

1 1/2 cups Tomato Sauce

COLD

1 Egg

OTHER

1 1/8 cups Water



Twice Baked Chicken Stuffed Sweet Potatoes



7 ingredients



1 hour 30 minutes



2 servings

DIRECTIONS

1. Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper. Cook the sweet potatoes for one hour or until fork tender.
2. Once cool enough to handle, cut the sweet potatoes in half and scoop out the flesh, leaving behind a little bit of flesh so the skin stays in tact.
3. In a food processor, combine the sweet potato, garlic, salt, water, lemon juice, and chicken. Process until mostly smooth.
4. Spoon the mixture back into the skins and bake for an additional 15 minutes. Garnish with green onions and enjoy!

INGREDIENTS

- 2 Sweet Potato (medium)
- 3 Garlic (cloves, minced)
- 1/4 tsp Sea Salt (to taste)
- 2 tbsps Water
- 1 tbsp Lemon Juice (to taste)
- 1 lb Chicken Breast, Cooked (shredded)
- 2 stalks Green Onion (chopped)

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Serving Size

One serving equals approximately two stuffed sweet potato halves.

More Flavor

Add your choice of herbs and spices.

Additional Toppings

Top with cheese, vegan cheese, sour cream, or plain yogurt.

NUTRITION

Amount per serving

Calories	466	Cholesterol	236mg
Fat	7g	Sodium	487mg
Carbs	29g	Vitamin A	18996IU
Fiber	4g	Vitamin C	9mg
Sugar	6g	Calcium	67mg
Protein	72g	Iron	2mg



Lemony Cod & Herbed Rice



9 ingredients



35 minutes



2 servings

DIRECTIONS

1. To a shallow bowl or zipper-lock bag, add the dijon mustard, lemon juice, dill, half of the salt, and half of the garlic powder. Mix to combine. Add the cod fillets to the marinade and ensure the fish is well coated in the sauce and marinate for at least 15 minutes.
2. Meanwhile, add the rice, water, and the remaining salt and garlic powder to a pot. Bring to a boil then reduce the heat, cover, and simmer for about 30 minutes or until the liquid is absorbed and the rice is tender. Stir in the parsley.
3. While the rice cooks, preheat the oven to 375°F (190°C).
4. Transfer the fillets and any excess marinade to a baking dish and cover with a lid or foil. Bake for 14 to 16 minutes or until the fish is flakey and cooked through. (Cooking time may vary depending on the thickness of the fillets.) To serve, divide the fish and rice between plates and enjoy!

INGREDIENTS

- 1 tbsp Dijon Mustard
- 2 tbsps Lemon Juice
- 1/4 tsp Dried Dill
- 1/4 tsp Sea Salt (divided)
- 1/4 tsp Garlic Powder (divided)
- 2 Cod Fillet
- 1/2 cup Brown Rice
- 1 cup Water
- 1 tbsp Parsley (finely chopped)

NOTES

Leftovers

Refrigerate in an airtight container for up to three days.

Additional Toppings

Serve with lemon wedges, lemon zest, and additional parsley.

No Cod Fillets

Use another white fish instead.

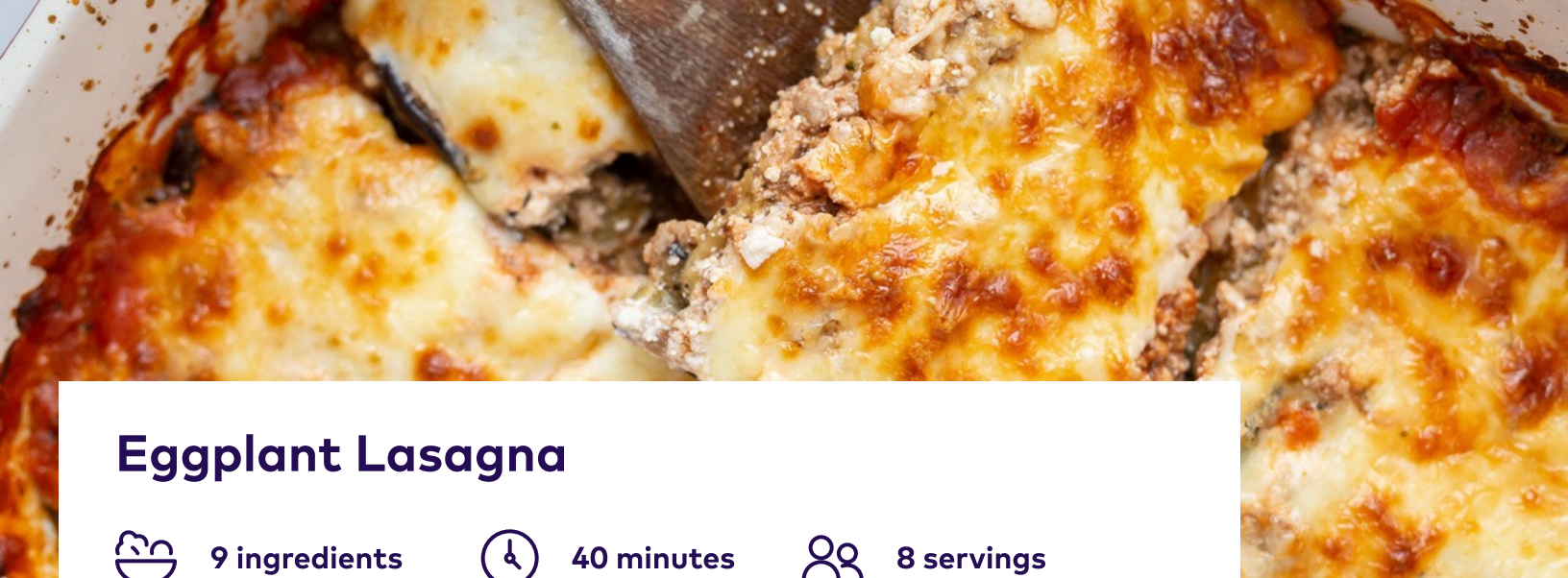
Fillet Size

One cod fillet is equal to 231 grams or 8 ounces.

NUTRITION

Amount per serving

Calories	372	Cholesterol	99mg
Fat	3g	Sodium	509mg
Carbs	37g	Vitamin A	261IU
Fiber	2g	Vitamin C	11mg
Sugar	1g	Calcium	59mg
Protein	45g	Iron	2mg



Eggplant Lasagna



9 ingredients



40 minutes



8 servings

DIRECTIONS

1. Preheat the oven to 400°F (205°C). Line a baking sheet with parchment paper.
2. Brush each of the eggplant slices with oil and season with salt and pepper. Place them on the baking sheet and cook for 15 minutes or until soft.
3. Meanwhile, heat a large skillet over medium-high heat. Cook the ground beef for 10 minutes or until cooked through, breaking it up as it browns. Drain any excess liquid and season with salt and pepper.
4. Stir in the tomato sauce and Italian seasoning. Simmer for five minutes or until warmed through. Remove from heat.
5. In a bowl, whisk the ricotta and egg together.
6. In a glass baking dish, arrange the eggplant slices in an even layer. Spread the meat mixture evenly over top, followed by the ricotta mixture. Repeat the layers until all ingredients are used up.
7. Sprinkle the mozzarella evenly ovetop and bake for 15 to 20 minutes or until the cheese is golden brown. Let cool slightly and enjoy!

NOTES

Leftovers

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

Serving Size

A 9- x 13-inch baking dish was used to make eight servings.

Dairy-Free

Use vegan cheese instead.

More Flavor

Add fresh basil and parmesan. Use marinara instead of tomato sauce.

INGREDIENTS

- 2 Eggplant (large, trimmed, sliced lengthwise 1/4- to 1/2-inch thick)
- 2 tbsps Avocado Oil (divided)
- Sea Salt & Black Pepper (divided)
- 1 1/2 lbs Extra Lean Ground Beef
- 1 1/2 cups Tomato Sauce
- 1 tbsp Italian Seasoning
- 1 1/2 cups Ricotta Cheese
- 1 Egg
- 6 ozs Mozzarella Cheese (shredded)

NUTRITION

Amount per serving

Calories	358	Cholesterol	120mg
Fat	22g	Sodium	192mg
Carbs	14g	Vitamin A	636IU
Fiber	5g	Vitamin C	6mg
Sugar	7g	Calcium	204mg
Protein	27g	Iron	3mg



One Pot Beef, Rice & Peppers



10 ingredients



40 minutes



4 servings

DIRECTIONS

1. Heat a large dutch oven over medium heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through, transfer the meat to a bowl and set aside. Drain any excess drippings from the pan.
2. Add the onion and pepper to the dutch oven and cook over medium heat for about three minutes or until softened, stirring often. Add the smoked paprika, chili powder, garlic, and salt. Cook for one minute while mixing well.
3. Add the beef back to the dutch oven along with the diced tomatoes and their juices. Add the rice and broth. Stir well and place the lid on to partially cover. Turn up the heat and bring to a boil, then reduce to a simmer, leaving the lid on partially. Simmer for 25 to 28 minutes, until the rice is cooked through and most of the liquid is absorbed.
4. Divide into bowls and enjoy!

NOTES

Leftovers

Store in an airtight container in the fridge for up to 3 days, or freeze for longer.

Serving Size

One serving is equal to approximately 1 1/3 cups.

Additional Toppings

Top with shredded cheddar cheese, cilantro or green onion.

More Spice

Add chili flakes or other spicy pepper.

No Chicken Broth

Use water, beef broth or vegetable broth.

INGREDIENTS

- 1 lb Extra Lean Ground Beef
- 1/2 Yellow Onion (chopped)
- 1 Red Bell Pepper (chopped)
- 1 1/2 tsps Smoked Paprika
- 1 tsp Chili Powder
- 2 Garlic (cloves, minced)
- 1 tsp Sea Salt
- 2 cups Diced Tomatoes
- 1 1/2 cups Basmati Rice
- 1 3/4 cups Chicken Broth

NUTRITION

Amount per serving

Calories	521	Cholesterol	76mg
Fat	12g	Sodium	1111mg
Carbs	69g	Vitamin A	2072IU
Fiber	4g	Vitamin C	50mg
Sugar	6g	Calcium	53mg
Protein	31g	Iron	4mg