

Adults: Sample meal guide & gluten free recipes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Fruit smoothie (see recipe)	2 eggs 2 slices of GF toast ½ sliced tomato ¼ avocado	2 slices of GF toast 1 small tin baked beans 1 small latte	GF muesli or porridge (see recipes)	2 slices GF toast ¼ avocado 2 tbsp feta Add cracked pepper and drizzle 1 tsp of olive oil	1 serve GF pancakes (see recipe). Top with sliced fruit and yoghurt 1 small latte	2 slices GF toast 3 tbsp cottage cheese 1 sliced banana 1 tsp honey
Morning Tea	1 handful raw, unsalted nuts (30g) 1 piece of seasonal fruit	200g yoghurt 1 piece of seasonal fruit	1 piece of seasonal fruit	1 small latte 1 piece of seasonal fruit	1 cup vegetable sticks 2 tbsp hummus	3 wholegrain GF biscuits 1 slice cheese	½ cup of sliced seasonal fruit 200g yoghurt
Lunch	1 GF wrap 1 slice GF ham 2 slices cheese ¼ avocado ⅓ sliced tomato	Sushi rolls (see recipe)	Tuna, feta and walnut salad (see recipe)	Chicken pasta salad (see recipe)	Zucchini slice (see recipe)	1 GF wrap 1 small tin tuna ¼ avocado 1 slice cheese 1 cup salad vegetables	1 serve GF soup (see recipe) 1 slice GF toast
Afternoon Tea	1 piece seasonal fruit 1 wholegrain GF muesli bar (see suggested list)	1 small latte 1 piece seasonal fruit	1 piece seasonal fruit 200g yoghurt	1 handful mixed nuts and seeds (raw, unsalted) (30g)	1 piece seasonal fruit 1 small latte	½ cup mixed nuts, dried fruit and popcorn 1 piece seasonal fruit	1 sweet GF biscuit 1 piece of seasonal fruit
Dinner	Oven baked fish with sweet potato mash and salad (see recipe)	Spaghetti bolognese with GF garlic bread and side salad (see recipe)	Potato and salmon frittata with salad (see recipe)	Homemade GF pizza (see recipe)	Chicken tacos (see recipe)	Beef curry with rice (see recipe)	Sweet chilli chicken stir fry (see recipe)
Dessert		½ cup canned fruit ½ cup vanilla ice-cream		1 serve GF muesli slice (see recipe)	200g yoghurt	1 serve sticky date pudding (see recipe)	1 small GF hot chocolate

*Menu is based on average daily recommended serve sizes according to the Australian Dietary Guidelines. Adult daily energy requirements will vary depending on age, gender, activity level and presence of other medical conditions. Always check the label of packaged food to ensure that they are gluten free.

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BREAKFAST

Fruit smoothie (serves 1)

300ml milk
½ cup fruit of choice, e.g. banana, tinned apple, peaches or fresh berries
100g yoghurt
1 teaspoon honey
3-4 Ice cubes

Blend all ingredients and serve.

Nutritional Information (per serve)

Energy 1225 kJ, Protein 15g, Fat 10g, Saturated Fat 7g,
Carbohydrates 35g, Fibre 2g, Sodium 190mg

Homemade muesli:

Made by combining GF cereals of choice, i.e: Rolled rice/quinoa flakes, rice bran straws, chopped nuts, dried fruits, psyllium husks, LSA/linseed.

Store in an airtight container and serve with milk/yoghurt and fruit.

Buckwheat porridge (serves 2)

½ cup buckwheat
½ cup water
1 cup milk (substitute with gluten free soy, almond or rice milk)
1 tablespoon LSA
1 tablespoon psyllium husk
1 tablespoon chia seeds
2 tablespoons maple syrup
½ teaspoon cinnamon

*Serving suggestion – top with your choice of fruit and yoghurt, e.g. 1 sliced banana and ½ cup yoghurt for a creamy texture.

1. Combine water, ½ cup milk and buckwheat. Bring to a boil then turn heat down and let simmer for 15 minutes until liquid has absorbed.
2. Combine cooked buckwheat, remaining milk, maple syrup, and cinnamon.
3. Serve with remaining milk and your choice of fruit and yoghurt.

Nutritional Information (per serve)

Energy 1479 kJ, Protein 13g, Fat 10g, Saturated fat 2g, Carbohydrate 58g, Fibre 9g, Sodium 59mg.

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Pancakes (serves 2)

1½ cups gluten free self-raising flour

1 tablespoon caster sugar

1 egg, lightly beaten

1¼ cups milk

Butter to grease pan

1. Combine sugar and flour, make a well in the centre and add milk and lightly beaten egg.
2. Brush a non-stick fry pan with melted butter, place on a medium heat and pour ¼ cup amounts of mixture around the edge of the pan.
3. Cook until bubbles appear, then flip pikelets and cook until the pikelets are golden and transfer to a plate.
4. Top with sliced fruit and yoghurt.

Nutritional Information (per serve)

Energy 994kJ, Protein 4g, Fat 3g, Saturated fat 1g, Carbohydrate 45g,

Fibre 2g, Sodium 47mg.

LUNCH

Sushi rolls (serves 2)

1 tablespoon rice vinegar

2 cups cooked medium grain brown rice

4 nori sheets (available from supermarkets)

½ Lebanese cucumber, cut into thin strips

½ small red capsicum deseeded and cut into thin strips

⅓ cup grated carrot

½ small avocado peeled and mashed

1. Add rice vinegar to cooked rice, ensure rice is put aside and is cool before making rolls.
2. Place a nori sheet shiny side down and spread rice over the nori sheet leaving a 2cm border along one edge, spread ¼ of the avocado across centre of the rice, add ¼ capsicum and ¼ cucumber across avocado and top with ¼ of the grated carrot.
3. Roll up, brushing edge with warm water to seal.
4. Place completed rolls, seam-side down for 5 minutes to seal.
5. Cut each roll into 4-5 pieces and serve.

Nutritional Information (per serve)

Energy 1329 kJ, Protein 8g, Fat 7g, Saturated fat 1g, Carbohydrate 54g,

Fibre 9g, Sodium 46mg.

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Tuna, feta and walnut salad (serves 1)

1 small tin tuna
½ salad leaves
1 small tin legumes
⅓ avocado
2 tablespoons feta
1 tablespoon walnuts
Drizzle with olive oil

Combine all ingredients and serve.

Nutritional Information (per serve)

Energy 1609kJ, Protein 27g, Fat 21g, Saturated fat 5g,
Carbohydrate 21g, Fibre 11g, Sodium 600mg.

Chicken pasta salad (Serves 4)

80g cooked chicken
½ cup cooked gluten free pasta
1 tomato, diced (or cherry tomatoes)
½ small capsicum sliced
1 small tin legumes (e.g. 4-bean mix)
1 small tin corn
⅓ avocado
½ cup spinach leaves
Juice of half a lemon

1. Cook pasta in a medium saucepan. Drain and cool.
2. Place the pasta, chicken, tomatoes, capsicum, legumes, spinach and lemon juice in a bowl and toss to coat.

*Hint – Freeze other portions for a quick lunch or dinner.

Nutritional Information (per serve)

Energy 1730 kJ, Protein 36g, Carbohydrate 44g, Fat 10g, Saturated fat 2g,
Fibre 12g, Sodium 271mg.

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Zucchini slice (serves 4)

6 eggs

1 x 250g packet microwave long grain white rice

$\frac{3}{4}$ cup cheddar cheese, grated

2 zucchinis, grated

1 cup frozen peas

3 spring onions, chopped

1. Preheat oven to 170°C. Grease and line a baking dish.
2. Beat eggs in a large bowl. Add rice, cheese, zucchini, peas and spring onions. Mix to combine. Pour into pan ensuring the top is smoothed to ensure even cooking. Bake for 30-35 minutes, or until set.
3. Cut slice into pieces.

Nutritional Information (per serve)

Energy 1730kJ, Protein 23g, Fat 17g, Saturated fat 8g, Carbohydrate 45g, Fibre 7g, Sodium 282mg.

Lentil and vegetable soup (serves 6)

2 x 440g tins lentils

3 stalks celery, sliced

3 cloves garlic, chopped

1 x 400g tin diced tomatoes

3 tablespoons olive oil

1 tablespoon tomato paste

2 carrots, chopped

1 onion, chopped

Pepper and parmesan to serve

1. Place all ingredients into a large saucepan with 5 cups of water.
2. Cover and simmer on medium heat for 1 hour to enable soup to thicken slightly.
3. Top with pepper and parmesan to serve.

Nutritional Information (per serve)

Energy 844kJ, Protein 12g, Fat 8g, Saturated fat 1g, Carbohydrate 33g, Fibre 12g, Sodium 467mg

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DINNER

Oven baked fish, sweet potato & salad (serves 4)

1 tablespoon olive oil
500g firm white fish fillets
¼ cup gluten free plain flour
4 tablespoons milk
1 egg, lightly beaten
1 cup crushed gluten free corn chips
2 large sweet potatoes

1. Preheat oven to 200°C.
2. Combine the milk and lightly beaten egg, set aside.
3. Coat fish fillets with gluten free flour, dip into the egg/milk mixture and then coat with crushed corn chips, placing on an oven tray lined with baking paper or sprayed lightly with cooking spray.
4. Bake in preheated oven for 12-15 minutes, or until fish is cooked and golden in colour.
5. Peel potatoes and chop roughly. Place sweet potato in boiling water for 5-10 minutes to soften and drain well. Add 2 tbsp milk and ½ tbsp. olive oil to potato and mash well until smooth.
6. Serve.

Side Salad: Mix 2½ cups salad mix with 1 sliced tomato, ½ sliced cucumber and 4 tbsp of crumbled feta. Drizzle with 1 tbsp olive oil and balsamic vinegar. Toss through to combine all ingredients.

Nutritional Information (per serve)

Energy 1930 kJ, Protein 38g, Fat 17g, Saturated fat 6g,
Carbohydrate 39g, Fibre 5g, Sodium 355mg.

Spaghetti bolognese (serves 6)

250g gluten free pasta
500g lean beef mince
2 teaspoons olive oil
1 brown onion, chopped finely
1 garlic clove, crushed
1½ cups tomato passata sauce
1 grated carrot
1 grated zucchini
1 tablespoon tomato paste

1. Heat oil in frying pan, add onion and garlic and cook until onion is soft.
2. Add Mince, using a wooden spoon break up mince and continue cooking until mince is browned and cooked.
3. Add passata sauce and tomato paste and stir well, reduce heat to a simmer while pasta is cooking.
4. In a separate saucepan cook pasta in boiling water until cooked.
5. Drain pasta into a sieve and serve into bowls, top with pasta sauce. Serve with parmesan cheese.

Garlic bread: Cut 1 gluten free baguette/roll into slices. Drizzle 2 tbsp of olive oil or melted butter over bread. Spread with 1 tsp crushed garlic and sprinkle with mixed herbs. Bake for 5-10 minutes until golden and toasted.

Side Salad: Mix 2½ cups salad mix with 1 sliced tomato, ½ sliced cucumber and 4 tbsp of crumbled feta. Drizzle with 1 tbsp olive oil and balsamic vinegar.

Nutritional Information (per serve)

Energy 1818 kJ, Protein 24g, Fat 15g, Saturated fat 5g, Carbohydrate 52g,
Fibre 5g, Sodium 467mg.

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Potato and salmon frittata (serves 4)

1 tablespoon olive oil
1 x 440g can red salmon
6 eggs
2 large sweet potatoes
1 large zucchini
1 red capsicum
1 cup frozen minted peas
1 onion
1 clove of garlic
1½ cup milk
Ground black pepper

1. Preheat oven to 200°C.
2. Line an oven safe dish with baking paper.
3. Place sweet potato in boiling water for 5-7 minutes until tender. Drain water and allow to cool.
4. Combine sliced zucchini, capsicum, peas, onion, crushed garlic and sweet potato in a bowl. Stir drained salmon through the mixture.
5. Whisk the eggs, milk and pepper together. Pour the egg mixture over vegetables.
6. Bake for 30-40 minutes, until the frittata eggs have set and are golden.

Nutritional Information (per serve)

Energy 1893kJ, Protein 36g, Fat 21g, Saturated fat 6g, Carbohydrate 32g, Fibre 6g, Sodium 603mg.

Homemade gluten free pizza (serves 4)

3 gluten free pizza bases (preferably wholemeal)
4 tablespoons tomato paste
1 cup grated cheese
200g thinly sliced gluten free leg ham
½ cup sliced capsicum
½ sliced tomato
½ can sliced pineapple
5 thinly sliced mushrooms

1. Preheat oven to 180°C.
2. Spread tomato paste over each pizza base.
3. Top each pizza base with ham, pineapple, capsicum, tomato and mushrooms.
4. Sprinkle all ingredients with grated cheese.
5. Bake for 10 minutes or until cheese has melted and golden.

Nutritional Information (per serve)

Energy 2085kJ, Protein 20g, Fat 23g, Saturated fat 8g, Carbohydrate 50g, Fibre 5g, Sodium 720mg.

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Chicken tacos (serves 6)

250g chicken mince
1 tablespoon olive oil
1 medium red onion, finely chopped
2 garlic cloves, crushed
1 x 410g tin chopped tomatoes
1 x 125g tin kidney beans, drained, rinsed
1 x 125g tin corn kernels, drained, rinsed
1 teaspoon Mexican chilli powder
1 teaspoon caster sugar
12 gluten free taco shells
1 cup shredded iceberg lettuce
1 carrot, grated
2 small tomatoes, finely chopped
½ cup grated tasty cheese

1. Preheat oven to 160°C. Place oil in a frying pan and heat, add onion and garlic, and cook until onion is tender. Increase heat to medium-high and add chicken mince cooking until chicken is browned.
2. Add tinned tomatoes, beans, corn, chilli powder and sugar. Increase heat until boiling and then reduce heat simmering for 10 minutes.
3. Place taco shells in oven and bake until browned.
4. Fill taco shells with chicken mince mix, top with lettuce, carrot, tomato and cheese to serve.

Nutritional Information (per serve)

Energy 1240kJ, Protein 17g, Fat 14g, Saturate fat 4g, Carbohydrate 30g, Fibre 4g, Sodium 220mg.

Beef curry with rice (serves 4)

2 tablespoons olive oil
500g diced beef
1 brown onion, finely sliced
2 garlic cloves, crushed
¼ cup gluten free curry paste
600g pumpkin peeled and diced
1 red capsicum chopped
1 x 400g tin diced tomatoes
½ cup gluten free beef stock
2 cups brown rice (cooked)

1. Heat 2 tsp oil in a large saucepan over a medium heat. Add the beef in small sections and cook until brown. Transfer browned meat to a bowl.
2. Add remaining oil to saucepan, add onion and garlic and cook until onion has softened, stir in the curry paste until thick.
3. Add the beef and remaining ingredients to pan.
4. Cover saucepan and reduce heat to simmer for 15 minutes until the mixture has thickened and the meat is well cooked.
5. Serve with ½ cup brown rice per portion.

Nutritional Information (per serve)

Energy 1769kJ, Protein 37g, Fat 12g, Saturated fat 3g, Carbohydrate 43g, Fibre 4g, Sodium 408mg

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Chicken stir fry (serves 4)

400g chicken breasts

1 tablespoon olive oil

1 carrot, sliced

½ cup snow peas

1 red capsicum

1 yellow capsicum

1 garlic clove

6 shallots, chopped

100g cashews

2 tablespoons gluten free soy sauce

3 tablespoons gluten free sweet chilli sauce

150g rice noddles

Basil leaves to serve

1. Soak noodles in a bowl of boiling water for 2 minutes, drain well and set aside.
2. Heat oil in large saucepan or wok, over medium heat. Add crushed garlic and sauté.
3. Add diced chicken to heat and cook until brown.
4. Add all sliced vegetables to the heat and toss through with soy and sweet chilli sauce.
5. Add noodles to the pan/wok to combine.
6. Serve with fresh basil leaves.

Nutritional Information (per serve)

Energy 2250kJ, Protein 30g, Fat 16g, Saturated fat 3g, Carbohydrate 69g,

Fibre 4g, Sodium 1100mg.

SNACK & DESSERTS

Muesli apricot slice (serves 20)

½ cup gluten free muesli

½ cup gluten free self-raising flour

¼ cup rolled rice flakes

¼ cup coconut

125g dried apricots

1 cup walnuts

½ cup brown sugar, firmly packed

185g butter

2 eggs

1. Pre-heat oven to 180°C. Grease and line a baking tray.
2. Moisten rice flakes with a little water and microwave for about 10 seconds.
3. Mix muesli, sifted flour, rice flakes, coconut, chopped apricots and sugar together in a bowl.
4. Melt butter and golden syrup together over low heat, pour into muesli mixture.
5. Stir in lightly beaten eggs, mix all ingredients well. Pour into lamington tin and bake for 30 minutes or till it shrinks from the side of the tin. Cool in tin.

Nutritional Information (per serve)

Energy 780kJ, Protein 2g, Fat 14g, Saturated fat 6g, Carbohydrate 15g,

Fibre 2, Sodium 68mg.

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Sticky date pudding (serves 8)

1½ cups chopped dates
1 tablespoon coffee
1 teaspoon vanilla essence
250ml boiling water
60g butter
½ cup sugar (or sugar substitute)
2 eggs
2 cups gluten free plain flour

1. Pre-heat oven to 180°C. Grease 8 cups in large muffin tray.
2. Combine dates, coffee, vanilla essence and boiling water in a large bowl and allow to stand for 10 minutes.
3. Cream together butter and sugar. Add eggs individually, ensuring mixture is well combined each time.
4. Add flour to date mixture.
5. Beat ingredients with a wooden spoon until combined.
6. Pour into prepared muffin pans.
7. Bake for 20-25 minutes.
8. For sauce, combined all ingredients in a small saucepan over low heat, stirring until sugar is dissolved. Simmer for 5 minutes until sauce thickens.
9. To serve, spoon sauce over each pudding.

Butterscotch sauce: 1½ cups brown sugar, 1 cup butter,
300ml thickened cream

Nutritional Information (per 100g serve)

Energy 797kJ, Protein 2.7g, Fat 3.8g, Saturated fat 1.1g, Carbohydrate 36g,
Fibre <1g.

Look for wholegrain GF muesli bars that are endorsed by Coeliac Australia.