

Your Healthy, Gluten Free & Vegan Diet Plan

An easy to follow plan of what to eat, avoid, and what a day of healthy eating should look like.

Check back often at www.foodlamor.com for more healthy, vegan, and gluten free recipes.

Whether you've followed a vegan or gluten free diet for years or you're just trying it out, as in any healthy diet there should be a conscious effort to listen to your body. Eating with a sense of appreciation and joy will make any effort to improve your diet and stick with it much easier. Having others, especially your family or those you live with, to support and join with you will make the experience and the meals so much better. Always choosing organic, non-GMO, locally grown, or high quality products will improve your health far more than simply cutting out animal and wheat products.

Foods You Should Enjoy!

Fluids

- Water! – drink a gallon of water a day for best results
- Almond or cashew milk (unsweetened)
- Coconut milk (unsweetened)
- Coconut water
- Vegetable stock
- Water kefir or coconut kefir – probiotic drink
- Vinegar – apple cider vinegar can be added to water and drank daily for increased digestive and over all health.
- Fruit juice – no sugar added (in moderation)

Gluten Free Grains

Just because you've cut out or cut down on gluten or refined and overly processed foods doesn't mean you have to give up all grains. There are so many delicious and nutritious grains that are naturally gluten free. Be sure to always choose the most whole and least refined version of these grains for the best nutritional benefits. With each of these you can prepare and eat as is or grind into flour for baking.

- Oats (be sure they are *certified* gluten free. If you have an autoimmune response to gluten, like Celiac disease. Most oats are grown and/or processed on machinery that also processes wheat.)
- Quinoa
- Amaranth
- Brown rice
- Millet
- Buckwheat
- Teff
- Tapioca

- Sorghum
- Arrowroot
- Cornmeal (organic non-GMO whole grain, not corn starch)
 - *Although corn is technically a gluten free grain, it can be very difficult to digest and in most cases has been genetically modified. This would include all corn cereal grains as well. Use very sparingly and as a last choice to the other options.*

Protein

Protein is found in lots of plant-based foods including most grains and vegetables. However, the biggest dose of beneficial protein – in addition to lots of other essential nutrients - is found in nuts, seeds, beans, and legumes.

- Nuts & Seeds
 - Nuts: almond, Brazil nut, cashew, hazelnut, macadamia, pecan, pine nut, pistachio, walnut, etc.
 - Seeds: sunflower, chia, hemp, flax, pumpkin, sesame, fennel, grape, and pomegranate seeds (also called pomegranate arils).
- Beans and legumes
 - Beans: Pinto, Lima, kidney, white, garbanzo, black, etc.
 - Legumes: peas, lentils, and peanuts
 - *Although soy is considered a legume, because almost all soy has been genetically modified it should be a last choice over any of the other options. In place of soy sauce, use Coconut Aminos for a more beneficial and healthier alternative.*

Vegetables

Vegetables should be the staple of any diet. Most of the vitamins and minerals our bodies require come from these sources. Choose organic, locally grown, and in-season produce when possible. There are so many kinds of vegetables and just as many different varieties of each that you'll really never run out of options, but here's a few...

<ul style="list-style-type: none"> • Asparagus • Avocado • Artichoke • Brussel sprouts • Broccoli • Beets • Carrots • Celery • Cabbage • Cauliflower • Dark greens – kale, mustard 	<ul style="list-style-type: none"> • Herbs – parsley, basil, oregano, dill weed, thyme, mint, etc. • Onions • Olives • Peppers • Potatoes – sweet potato, yam, red potatoes, etc. (highly starchy potatoes like Russet should be eaten moderately.) • Radishes • Squash – yellow crookneck,
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greens, collard greens, spinach, grape leaves, etc. <ul style="list-style-type: none"> • Eggplant • Fennel • Garlic 	acorn, pumpkin, spaghetti, butternut, etc. <ul style="list-style-type: none"> • Turnips • Zucchini
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Oil/fats

There was a time when fats were considered “evil”. That simply just isn’t the case. Yes, highly fattening foods should be eaten in moderation, but our bodies need fat to give us energy. The real danger is sugars. So even though most vegetable based oils are a good source of fat, if they are combined with high amounts of sugars or refined starches they start to become more of a problem for the body to metabolize properly. In other words, stay true to the original source and use oils that compliment the dish you want to make, combined with herbs and other natural flavorings instead of sugar.

- Coconut oil and coconut butter
- Olive oil
- Avocado oil
- Grape seed oil
- Sesame seed oil
 - Avoid canola or low quality vegetable oils as these are usually made of generically modified products and are highly processed.

Fruits

All fruits are free game and contain *healthy* sugar that has not been refined and has tons of vitamins. They can be added to salads, savory dishes, as snacks, and – my personal favorite – as dessert. There are so many options for fruit to be used in place of refined sugar...

- Apple – applesauce is a great sugar or oil replacement in baked goods.
- Apricot
- Banana – frozen and pureed bananas are especially good as an ice cream alternative.
- Berries – strawberry, blueberry, blackberry, raspberry, elderberry, mulberry, Muscadine etc.
- Coconut
- Citrus – lemon, lime, orange, grapefruit, etc.
- Dates (pitted Menjool dates. No sugar added)
- Grapes
- Melons – cantaloupe, honeydew, watermelon, etc.
- Pineapple
- You get the idea...

Refined Sugar Alternatives

- Pureed fruit
- 100% pure maple syrup
- Raw coconut sugar
- 100% pure Stevia liquid or powder
- Local honey – it's not vegan, but very high in essential minerals and a source of healthy unrefined sugar.
 - *Agave nectar- even though it is vegan, because it is highly refined, acts just like any other refined table sugar in the body. Use the other higher quality options as your first choice in moderation.*

*Adding vanilla extract and/or cinnamon helps to bring out the natural sweetness in dishes, allowing you to use less sugary options.

Foods You Should Avoid

- Meat
 - Any flesh derived from an animal
 - Fish isn't vegan, but is highly nutritious and very healthy. Eating wild caught fish (especially salmon) occasionally would be a good source of amino, fatty acids, protein, vitamins, and minerals.
- Dairy
 - Milk, cheese (including goat cheeses), yogurt, ice cream, etc.
- Gluten
 - If you have a sensitivity or an autoimmune response to gluten be sure to completely avoid all wheat, spelt, kamut, or rye flours or the cross contamination of wheat in any products you use.
 - If you don't have a medical need to avoid gluten then it would be beneficial to occasionally enjoy some organic whole wheat (preferably sprouted wheat and/or ancient Einkorn or Farro varieties) These gluten containing flours provide a good source of fiber and nutrients.
- Processed Food
 - Pre-packaged meals – although convenient, usually contain preservative, artificial ingredients, highly refined and processed wheat flour, refined starches, and sugar. This includes most commercial salad dressings.
 - Soft Drinks or energy drinks – Just say no!

What A Day Of Healthy Eating Should Look Like:

Start the day with a glass of water. You've gone 8 hours without fluids. Your body is dehydrated and water is the best way to jump-start your metabolism. Adding a little citrus juice and apple cider vinegar to the water will boost those benefits even more.

Breakfast

- Cooked rolled oats or quinoa with coconut milk, drizzle of maple syrup, cinnamon, and fresh fruit.

Mid-morning Snack

- Handful of almonds, some grapes, or carrot sticks
- Water

Lunch

- Salad with cucumbers, avocados, tomatoes, green onions, hemp seeds, fresh salsa or pico de gallo, and cilantro over top of warm seasoned brown rice and black beans. Make a salad dressing of olive oil, lime juice, salt and pepper, or your favorite seasoning blend.
- Water or water kefir

Mid-afternoon Snack

- A slice of homemade gluten free Flax Bread with strawberry preserves or veggie sticks and hummus.
- Water

Dinner

- Roast yams or sweet potatoes with onions, garlic, and olive oil. Toss with chopped kale and collard greens until the greens wilt. Top with pecans, sunflower seeds, and sliced pears. Drizzle a balsamic vinegar reduction over everything and serve warm.
- Water or juice

Dessert

- Frozen bananas + frozen mangos blended into soft serve ice cream.

Not eating anything after 8:00 p.m. allows your body to slow down, prepare for rest, and will give your digestive system a break while you sleep.

Look for all these recipes and more at www.foodlamor.com