

Living Well Gluten Free Planner

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Getting Started with Eating Gluten Free

Getting started with eating gluten free can be a challenge. Here is a checklist to help you get started with the process.

Kitchen

___ Go through all your cupboards and get rid of anything that has gluten in it. Make sure to include the less obvious things like vitamins in addition to the obvious choices like bread and cereal.

___ If you have been diagnosed with celiac disease then you will need to thoroughly clean all your dishes and kitchen utensils to remove gluten. If you can afford to buy new ones, in some cases you may want to. If you live with other people who use the same dishes and who eat gluten, you will need to start using a separate set of dishes and pans.

___ Even if you don't have celiac disease, doing a thorough cleaning of your kitchen and all dishes and utensils is still a good idea.

___ Buy a rice cooker if you don't already have one. While I'm not a big supporter of eating a lot of rice, you will probably eat more of it on a gluten free diet and if not, you can use it to also cook quinoa, amaranth and other grains.

___ Stock up on spices and oils that you can use to flavor your food without gluten. Include things like sea salt, black pepper, paprika, olive oil, coconut oil, cilantro, basil, and balsamic vinegar.

Bathroom

___ Go through all of your makeup, skin care products, soaps, body washes, hand soaps and look for gluten in them. Gluten is often hidden in these so if you aren't sure if they have gluten, research online to find out if they do or don't have gluten. Get rid of anything that has gluten and buy replacements.

Car

___ Clean out your car and remove anything that has gluten in it.

___ If you use a car air freshener, double check that it does not have gluten in it.

Bedroom

___ Remove anything with gluten that you have in your room. This includes food as well as any skin care products, or anything else that you may be keeping in your bedroom.

___ Clean the carpets

___ Wash all bedding and anything else that can be washed

Hidden Gluten and How to Avoid It / What to do if you get gluten by mistake

Gluten can be very difficult to avoid 100% of the time. Even if you do not buy anything with wheat, barley or spelt (the main grains that have gluten in them) in it, you can still end up eating gluten if you are not careful. The only way to completely avoid gluten is to read and scrutinize all food labels. Aside from the obvious things that do not have gluten such as fruits and vegetables and coconut milk, if something does not say gluten free and if any of the ingredients are not something you recognize as obviously not having gluten, then you are better off avoiding it.

If you do accidentally get gluten you can do some of these things to help you recover from the discomfort and illness:

- ___ Use some peppermint or digest blend essential oils
- ___ Drink some peppermint or other digestive herbal tea
- ___ Take a probiotic or drink a probiotic drink like kombucha.

Avoiding Giving in to cravings- healthy eating for the long term

This can be the hardest part of living a gluten free lifestyle for many people.

Here is a checklist of things you can do to avoid giving into cravings and to ensure healthy eating for the long term.

- ___ Only buy healthy foods. It sounds simple and it is. You won't eat what you don't have access to.
- ___ Find healthier alternatives to foods you crave. Example, for chocolate you can try drinking some coconut or almond milk with a tablespoon of raw cocoa.
- ___ Avoid eating out. Almost without exception even gluten free foods at most restaurants contain other unhealthy ingredients as well as sugar and oils that can increase cravings.
- ___ Consider acupuncture to help control cravings. This can be very effective.

Cooking Gluten Free Without Boredom

Too often when people begin eating gluten free, they complain that they get bored of eating the same foods all of the time. Here are some tips to help you solve this problem.

___ Keep your kitchen stocked with a wide variety of fresh fruits and vegetables.

___ Explore options for cooking with quinoa. Check out the blog <http://cookingwithquinoa.net>

___ Research gluten free recipes on Pinterest and blogs. There are more there than you will ever need. I have my own board at <http://pinterest.com/annalaurabrown/gluten-free>

___ Experiment with variations of recipes. Examples include trying quinoa with something you would normally eat with rice, or eating tuna with a recipe where you normally eat chicken, or eating broccoli instead of cabbage.

___ Experiment with gluten free grains such as millet, amaranth, and buckwheat.

Eating Gluten Free and Being Healthy

Too many people when they begin eating gluten free eat unhealthy because they eat too many gluten free foods, which contain high carbs, sugars and other unhealthy ingredients. The healthiest way to eat gluten free is to do it naturally by eating mostly fruits and vegetables with occasional meats, and carbs including grains.

Eating Gluten Free Without Going Broke

The real secret to eating gluten free without going broke is to follow the advice in the previous section. Do it naturally and avoid the gluten free aisle at the grocery store with an occasional exception. Make fruits and vegetables the stable of your diet.

Many of the companies who make gluten free food offer coupons and discounted offers on their website. Check these out before purchasing any gluten free food.

Attend the gluten free expo that is held in many large cities in the U.S. each year. There you can find recipe books and get a lot of ideas and sample gluten free food for free.

Consider raw cooking. Raw cooking is naturally gluten free and there are cooks, cookbooks and other places where you can learn about it.

Explore gluten free blogs and magazines. One really great one is the magazine Living Without.

Grocery Shopping



Does the idea of even going grocery shopping strike you with fear **and anxiety?** I know it does for a lot of people. However, it doesn't have to be that way. In fact, helping you learn to love or well at least like grocery shopping is one of the purposes of this eBook guide.

Here are some tips to make your grocery shopping easier:

1. Always shop with a prepared list based on a planned menu. This not only saves time and money but it makes grocery shopping a lot easier. I am not however, one of those people **who believes that you should never buy anything that isn't on your list** since sometimes you may get to the store and see **something on sale that you may want to pick up even if it isn't something you already planned to buy.**
2. Instead of ignoring the grocery store ads you get in the mail each week, take the time to look at them and circle the items you want to buy that week.
3. Familiarize yourself with all of your local grocery stores. Become aware of which stores are the best ones for which items. Some things to consider include: Which store usually has the best prices and offerings for fresh fruits and vegetables? Are frozen vegetables cheaper at any of the stores? Does one store have more gluten free items than the others? Does one store cater to more health conscious shoppers? In order to do this effectively, you will need to spend some time touring and shopping at all of your local grocery **stores. If you haven't already done this, I recommend you** schedule some time to do it and take notes with you about what you find there. In general, you want to shop only at one store each week rather than going to multiple stores for various items. I personally have 2 main stores where I buy most of my food and I decide each week which one I will shop at based on the sales for the week at each store and based on the items I need to purchase. It can also help to get a membership at **Costco or Sam's Club.**

Some of the items that I have found that are nearly always less **expensive at Costco or Sam's Club than regular grocery stores** include:

Carrot Juice (It is ridiculously cheap at Costco in particular. Less than half the cost of what it costs nearly everywhere else.)

Frozen fruit- comes in a larger bag and costs less

Cheese- although you do have to watch prices as it is possible for the

other stores to run really good specials

Nuts- **you can't find them cheaper even on amazon or online**

Fruit Snacks

Crackers especially the gluten free ones- they have large bulk packs whose price cannot be beaten

Quinoa- Quinoa **isn't cheap anywhere but it's cheaper at Costco and Sam's Club**

4. Shop the outer edges of the store rather than wondering into the middle areas. The middle areas are usually where you find most the seasonal merchandise and other things that the store is trying to promote. Usually these are not the best deals and can add a lot of money to your grocery bill. Obviously there are exceptions though and sometimes you have to go there to get certain items.
5. Become familiar with when each store has extra specials for promotions. Do they discount certain items on a certain day of the week for example? Do they have double sales on a certain day of the week? For example Sprouts, which is my favorite, **place in Utah to get fruits and vegetables honors both weeks'** sales prices on Wednesdays.

Menu Planning



This is another area that can get tricky and stressful if you don't know what you are doing. Personally I don't think that you have to have a specific menu for everyday of the week and that you can never deviate from it, but I do think at least having a menu plan can help a lot.

I like to spend an hour or two on Sunday night putting together my menu for the rest of the week. It helps to take into account any **events, parties, or times when you know you won't be home to cook** any of your meals before you begin. That way you can make sure that you allow for snacks and foods that can easily be eaten on the go.

I get a piece of paper and a pen or you can do it on the computer as well. Then I write or type out each day of the week and each meal. Then I add in a place for snacks. I do this in my kitchen so I can have easy access to look at what foods are leftover in my fridge, freezer and cupboards. I also have a copy of the sale ads for each store in front of me.

I start by writing down the meals that I can eat using what I already have and I also include notes of what ingredients I will use for each meal.

Then I decide what else I will eat for each meal based on what I want **to eat, what I haven't eaten in awhile and what I feel I need to eat in** order to have a balanced diet with good nutrition. For example, I always eat at least one green vegetable for lunch and dinner and I eat them with breakfast at least 3 times per week. I also rotate

between rice, quinoa, potatoes and other grains and starches. I also rotate between chicken, fish and other meats and vegetarian meals.

Storing food so it doesn't spoil before you can eat it

One of the biggest disadvantages of healthy eating is that it requires **you to buy and store food that will spoil if it isn't** eaten, or properly stored and prepared. Many people use this as an excuse for not buying and eating enough fresh fruits and vegetables and non-processed food. However, there are ways you can make fresh food last longer and avoid losing it to spoilage. Here are the easiest ways to make this happen.

1. Plan in advance and get the following things.
 - A. Ziploc baggies both the smaller size and the larger gallon sizes
 - B. Plastic Wrap
 - C. A variety of Tupperware containers
2. Be aware of which fruits and vegetables last longer and which ones need to be eaten right away after purchased. Examples of fruits and vegetables that will last at least a week in the fridge include: apples, cabbage, onions, potatoes, sweet potatoes, broccoli, bananas and oranges. Examples of fruits and **vegetables that usually won't last more than a few days without** being cooked or frozen include: strawberries and other berries, spinach, lettuce, zucchini, avocados and tomatoes.
3. As soon as you get home from the grocery store, take a second look at your weekly menu. Then figure out a way to either make changes to eat anything that will spoil within 3 days right away or use your Ziploc bags to freeze anything that can be frozen. For example berries, bananas, peas, broccoli, spinach, and green beans can be frozen very easily. Zucchini and squash can be frozen as well but it is a bit trickier as you do need to blanch it with hot water before you can freeze it.
4. Remove your fruits and vegetables from their plastic bags and then wash them and put them in Tupperware containers. This will make them last and stay fresh a few days longer.

5. **Freeze any meat that you aren't going to be eating within the first few days.**
6. Always keep track of what is in your fridge and make adjustments to your menu when needed to never ever waste food or have food that goes bad before you can eat it.

Less Known Grains

Wheat is not considered a healthy grain for most people, as **gluten sensitivity is a major issue. I'm not going to address this in detail in this guide, as this is not the point but just know that in order for you to eat healthier you need to be careful how much wheat you are eating even if you don't have a gluten problem. Rice is also not healthy in large amounts. So what other grains can you eat? Let's take a look at a few of these.**

Amaranth- this is a great grain that you can cook and eat like a cereal like you would with rice or oats.



Millet- this is a grain with a high amount of magnesium in it. This is great since many people are low in magnesium. Cook it like rice in a rice cooker and you can use it as a cereal or with a vegetable sauté or with chicken and fish and vegetables.



Kasha or Buckwheat- This gluten free grain is another great option to cook like rice and eat with some cooked vegetables or even with raw vegetables.



Cooking Utensils

There are certain cooking utensils that I consider to be a must have for anyone who wants to do simple healthy eating.

1. A high quality blender- personally I recommend the blendtec but you can also get a vitamix. Yes they are expensive. We prepared to invest about \$300-\$400. However, you will use this blender a lot and it will last you a long time. You also will use it for a lot more than blending smoothies. You can use it to create and mix breads, pancakes, waffles, soups and much much **more. You simply can't use a cheap blender and expect it to** blend as well. Also the food will not taste as good. If you are on a really strict budget you can start out with a nutribullet for

about \$100 and then upgrade later.

2. **A good sharp knife.** I'm not sure there is anything else I can say about it. You just need one for shopping and more.
3. Some kind of a chopper. Tupperware and Pampered Chef both have them or you can get one at a kitchen store. This makes chopping vegetables much easier.
4. A rice cooker- While it has rice in the name, it can be used for quinoa, millet and other grains as well and is a big time saver.
5. A crockpot- Great for set it and forget it meals.
6. A good wauk or skillet for sautéing vegetables and vegetable and meat dishes.
7. A Juicer- **Ideally you want one that isn't the cheapest you can find** since these usually are a pain to clean. This makes it easier for you to create your own fresh juices.

Vegetables



There are several ways that you can enjoy vegetables. In this section I will explain the various ways that you can eat them and provide some tips on how to get the most out of your vegetables and how to actually like to eat them.

Sautéed

This is my favorite way to eat vegetables. I wash them and then use my chopper or a knife to slice them up. Then I put them in my sauté pan and cook them in water until they are $\frac{1}{2}$ to $\frac{3}{4}$ cooked. I make sure to only add just enough water to cook the vegetables without burning them. Then I add in 1-2 tablespoons of coconut oil or olive oil. Then I add in whatever spices or sauces I am using. I rotate between pink himalayan sea salt, lemon and pepper, balsamic vinegar, or lemon, orange, basil or cilantro essential oils.

Steamed

The only difference between steamed vegetables and sautéed is that you use only water and maybe a pinch of salt or other spices but no oils or sauces. You can also use the microwave to steam vegetables or you can steam them in water on the stove.

Frozen

Technically **this isn't a different way to cook vegetables since any** vegetables that you buy frozen will still need to be either sautéed or **steamed. However, I'm mentioning it here since many people use** frozen vegetables and I get asked a lot if they are okay or if fresh vegetables are better. The reality is that yes fresh is usually better, however, in a practical sense frozen can be great as well. I do however, recommend that you avoid frozen vegetables that have sauces, or other additives in them and that you buy only those that contain just the vegetables. You can then either steam or sauté them or microwave them to thaw them since they are already cooked.

Canned

Canned vegetables are not necessarily bad, however, I do recommend that you use fresh, or frozen whenever possible. Canned vegetables are better than no vegetables however. The biggest problem with canned is that they usually have some kind of acid, sugar, salt, or other preservative added.

Organic or Non-Organic

In an ideal world everyone would eat only organic fruits and vegetables from either farmers markets or your own garden.

However, this isn't practical for most people. So personally I recommend that you do what you can to eat what is called the dirty dozen organically. These are 12 fruits and vegetables, which have more chemicals and pesticides on them than those, which are not part of the dirty dozen. These fruits and vegetables include:

Apples • Celery • Cherry tomatoes • Cucumbers • Grapes • Hot peppers • Nectarines (Imported)

• Peaches • Potatoes • Spinach • Strawberries • Sweet bell peppers • Kale / Collard Greens • Snap peas

Raw

While many people claim that raw foods are the best and you should eat mostly or only raw and avoid cooked foods, I am not a fan or supporter of this. I do think that most people need to eat more raw food however. Especially vegetables that can easily be eaten raw such as carrots, celery, broccoli and fresh fruits. You also want to be aware that eating too much raw can cause digestive issues. Your blood type also plays in role in whether or not you can or even should **try to be vegetarian or vegan. Some people's bodies need** meat to be healthy.

Fruits



Organic or non-organic

Just like vegetables fruit is better organic from your garden or the **farmer's market but otherwise you are better off eating fruit than not** eating it. I listed the dirty dozen as part of the vegetables above. You want to do your best to avoid buying any of those fruits in non-organic.

Fruit Salad

There are a variety of fruit salads that you can make. My personal favorites include:

Oranges, bananas and strawberries
Apples, bananas and grapes
Oranges, bananas and pineapple
Oranges, pineapple and grapes
Apples, cantaloupe, and grapes

You can also add a little bit of lemon juice and coconut flakes for flavor.

Spices and Sauces

Olive Oil



Olive oil is one of the best things you can use for cooking. It's my favorite oil for sautéing and you can also use it in place of butter with rice, quinoa, veggies, and meat dishes and even when cooking pancakes, waffles, muffins etc. It also makes a great salad dressing that is so much better for you than the stuff you buy at the store. It is much healthier than butter and most other kinds of oils. You never ever want to use canola oil or cheap unlabeled vegetable oils. This oil causes inflammation, increases allergies and is just plain bad for your health.

Coconut Oil



Coconut oil is great for a lot of things. You can use it just like olive oil in cooking and baking. You can also use it for skin care and for oil pulling. Oil pulling is a technique you can use to help keep your mouth healthier and reduce cavities. I like to use about 1 TBLSP and I add in 1-2 drops of melaleuca and On Guard (Doterra) essential

oils. I swish the mixture around in the mouth for about 5-10 minutes. It can also help soothe sunburns, bites and other skin issues.

Rice Wine Vinegar

Even though the name says wine, it is non-alcoholic. It adds a slight **vinegar taste but it's not really strong. It works great for adding flavor** to sautéed vegetables and meats and to salads. Sometimes I like to use it with olive oil.

Balsamic Vinegar

This is another great thing to add to sautéed vegetables and meats or salad. It works great with olive oil or by itself. One of my favorite recipes is olive oil with balsamic vinegar with chicken, potatoes and Brussels sprouts.

Nutritional Yeast



This is a great thing to keep in your cupboards that many people are not familiar with. It can be used as a replacement for cheese due to its orange color. It is also gluten free and works great for adding flavor to rice, quinoa and vegetable dishes. I prefer it with cooked meals, although I suppose you could put it with salads or raw foods as well. It contains a lot of B vitamins and other vitamins that too many of us tend to be lacking. It also has a nice flavor and taste to it.

I bought mine on Amazon but you could also get it at Whole Foods, or most other health food stores.

Lemon and Black Pepper

This is a great combination spice that I really like. It is very versatile and can be used with nearly everything. It has a nice balance between a lemon flavor and a black pepper flavor.

Paprika



This is another great spice that has a nice flavor. It is somewhat hot but not too much. I really like it in tomato or pepper based dishes. It is also good with egg omelets.

Cilantro



This is an herb that adds great flavor to most dishes. Sometimes I use the herb but I also like to use the essential oil. You just need to make sure that you use only 1 drop in a large pan of food as a little bit

goes a long way. You also need to double check that the quality of the essential oil is good enough to be used internally as this is not the case with all brands of essential oils. Cilantro is especially good with chicken based dishes.

Parsley



Just like cilantro parsley is extra good as a flavoring with chicken dishes. You can buy it ground up and then sprinkle on a little bit.

Smoothies

My favorite Recipes

Smoothies are great because you can make literally endless combinations of fruits and vegetables and make them taste good. However, I have some favorite combinations that I will list here. I also want to make sure that you know that like I mentioned under the kitchen utensils section having a high quality blender is a must for **smoothies. If you try to use a cheap blender, the ingredients won't** blend as well and you will not like the taste as much. For me **personally, before I got a blendtec I couldn't** stand smoothies with raw spinach or green collars but know they are two of my favorites.

To include in every smoothie

Banana (you can freeze them if you have a large quantity to avoid them going bad.)

Flax seeds or chia seeds. (These help you feel full faster and have a lot of fiber.)

At least 1 green or a green powder. (For the green powder I use the

Terra Greens from Doterra. You can find them at <http://discoveroilsnow.com>)

My favorite fruits

While you can use any fruit, I really like raspberries, strawberries, **blackberries, blueberries (although I'm allergic and can't have** blueberries but they do taste good.), oranges, apples, and pineapple.

My favorite greens

Green Collards

Kale

Spinach

Some combinations taste better than others. For example I really like spinach and strawberries or blackberries but with green collards I prefer apple, orange, or pineapple. With kale I also like strawberries, but I prefer raspberries or orange or pineapple as well.

I have also tried using smaller quantities of more than 1 green but **using all 3 at once doesn't taste as good. I prefer combining kale and spinach or green collards and kale. Green collards and spinach don't** taste as good in my opinion.

Stir Fry Recipes



Stir Fry Recipes are in my opinion the easiest and tastiest way to make healthy and simple meals that taste good. You start with a base of vegetables and you can either make only a vegetable stir-fry, or you can add in some kind of meat. You can also serve it with rice, quinoa or pasta (Barilla Gluten Free is my favorite if **you need to eat gluten free**). However, you don't have to have the rice, quinoa or pasta, as the vegetables or vegetables and meat taste great by themselves. You cook the vegetables in a little bit of water just enough to avoid burning and 1-2 tablespoons of olive oil or coconut oil.

Here are some of my favorite combinations:

Vegetables Only

Broccoli, Onions, and Carrots

Broccoli, Cauliflower and Onions

Zucchini, Yellow Squash and Eggplant

Broccoli, Red and Green Peppers, Onions and Carrots

Onions, Peppers and Green Beans

Spinach, Onions, Zucchini

Vegetables and Meat

Cabbage, Potatoes, Onions and Chicken

Shrimp and Peas

Chicken, Peas and Onions
Salmon, Cabbage and Potatoes
Salmon and Peas
Chicken, Potatoes and Brussels sprouts
Chicken, Onions, and Peppers
Chicken and Green Beans
Broccoli, Onions and Ham
Ham, Peas and Onions
Spinach and Chicken
Spinach, Onions and Ham

Quinoa



I love quinoa because of how versatile it is. You can use it with any recipe where you would use rice and even with recipes where rice will not work.

My favorite book of recipes is called: 500 Best Quinoa Recipes by Camilla V. Salisbury.

There are really 5 main kinds of recipes you can make with quinoa.

1. Salads

There are 2 kinds of salads. Both require you to cook the quinoa first. Then once you have cooked quinoa, you can either make a cold salad with quinoa and veggies such as broccoli or celery and tuna and olive oil. Or you can add a small amount of cooked quinoa to a regular green salad. I prefer the cold quinoa salad.

2. Vegetables

Quinoa tastes great with nearly all vegetables. The only exceptions in my opinion are potatoes and carrots. My favorite vegetables with quinoa are broccoli, Brussels sprouts, spinach, zucchini and peas. You create a vegetable stir-fry with some olive oil and then mix it with some cooked quinoa.

3. Vegetables and Meat

You can use the same recipes that you use for the quinoa and vegetables and then add in some chicken, fish or other meat. Personally chicken, tuna and salmon are my favorites.

4. Soups

You can add in a small amount of cooked quinoa into any soup to thicken it up and add some flavor.

5. Cereals

You can make a great quinoa cereal with just some warm cooked quinoa, honey, cinnamon and coconut milk or almond milk. You can also follow the same recipe and use some brown sugar instead. I also like butter with brown sugar and cinnamon.

Rice



You can try any of the same quinoa recipes with rice. I prefer to use brown rice or wild rice as it is much healthier.

Gluten Free 101: Living the Gluten Free Lifestyle Shopping Checklist

Recommended replacements for common items with gluten:

Bread

There are lots of kinds of gluten free breads available. Personally I prefer any kind that does not have canola oil in it. My favorite brand is the whole grain bread from New Grains Gluten Free Bakery. Their bread is sold in several stores throughout Utah and about 6 other states. You can check it out at <http://newgrains.com> However, if you live in other states or countries, this brand isn't available. In that case, I recommend finding some gluten free bread at a local farmers market. Most farmers markets have at least one vendor selling it. You can also try Udi's Gluten free but personally, I'm not a big fan of their bread. You can also try making your own but that can be quite tricky.

Crackers

I recommend Mary's Gone Crackers, Glutino and Rice Crackers.

Pancakes and Waffles

I prefer to make my own using Bob's Red Mill Gluten free pancake mix. This works really well for me. Although there are other ways to make your own gluten free mixes.

Cookies

Unlike the bread, I really like Udi's gluten free cookies. I also like a brand called Pamelas.

Sauces, and Dressings

This is the biggest category of items where gluten can be hidden and where you have to be very careful. Gluten is in a lot of sauces, dressings and soups.

Soy sauce and cream of mushroom and cream of chicken soup are 3 of the big ones. All 3 of these have wheat flour in them and therefore are not gluten free.

Some of my favorite replacements are:

Coconut amino acids- you can find some good ones on amazon

Gluten free soy sauce- although this does have soy and you may or may not want to be eating soy sauce

Chicken or Vegetable broth- canned or boxed- however, again you have to read the labels as these can also have gluten in them.

Olive, peanut and coconut oil are also great options.

I also really like balsamic and rice vinegars.

Cereals

The best options for cereals are cooked millet with some honey or brown sugar or brown rice. You can also try quinoa cereal or other gluten free grains such as amaranth or sorghum.

There are also a wide variety of gluten free cereals available or you can use Bob's Red Mill gluten free oats. However, these are less desirable since they are more expensive and not as healthy for you over the long term.

Soups

The best bet for gluten free soups is to make your own. You can use a crockpot and add in your own ingredients. There are also canned and boxed soups that are gluten free but you have to double-check the labels. My favorite brand is a brand called pacific foods. They have a variety of kinds such as tomato and red pepper, butternut squash soup and more.

Pasta

There are a variety of gluten free pastas available. My favorite kinds of rice pasta- really any brand and ancient harvest quinoa pasta.

As always you want to make sure to build your diet around a majority of vegetables, fruits, and low fat meats with some dairy if you can handle it. You want to also be aware that about 50% of people with a gluten sensitivity also have a milk allergy or sensitivity as well.

It is also a good idea to eat a mixture of raw and cooked vegetables and to eat a wide variety rather than only eating your favorite 5-10 fruits and vegetables all of the time.

Need more help?

Schedule your free wellness consultation with me at

<http://annalaurabrown.com/wellness>

