

Jennifer's WayTM

The 2-Week Challenge!

Introduction

I'm not going to lie, it's not easy going off gluten. You start to think what CAN I eat? Especially when you realize that almost everything, especially the things you love contain gluten. Cookies, cakes, pasta, pizza, cereals and so on. You might feel agitated or grumpy at first, but I promise it goes away. Especially if you do have a gluten sensitivity. My belief is **everyone** should avoid gluten. But when you have an allergy, sensitivity or full on celiac disease, you will see the difference it makes in how you feel when you remove gluten. Although it may be tough at first, when you start to feel better this 2 Week Challenge will become the beginning of a new way of life!

*IMPORTANT TIP: Please don't cheat. To feel the full effect of this test you must get the gluten out of your system. Yes, even one cookie counts as cheating!

When it comes to preparing your kitchen for these two weeks simply get rid of temptations! If you do not live alone and the whole family is not going on this journey with you, clear a shelf for yourself. A shelf filled with things you can eat (listed in the following pages are my personal suggestions). Tell your family and friends what you are doing and ask for their help & support.

*SOMETHING TO KNOW: If you are a Celiac, it is very important that your kitchen get a deep cleaning to eliminate cross contamination, as even 1/8 tsp of gluten can make a Celiac sick. Cross contamination can cause serious problems. If you feel that you may have celiac disease, don't wait! Go to your doctor and demand a blood test for the disease and/or endoscopy but do not change your diet before the medical testing. In some cases going off the gluten can make tests come back false negative. The test needs to read how the body is processing the gluten for accurate results. Always listen to your body. If you get a false negative on a test, take it again with a different doctor. Celiac can be tricky to detect and leaving it untreated is not an option.

Symptoms of a Gluten Problem

Take the test!

	RARELY	SOMETIMES	OFTEN
Mouth Sores (canker)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cracking in Corners of Lips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tooth Enamel in Corners of Lips	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent Indigestion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Frequent Gas	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Light Colored Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Floating Stool	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bloating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Diarrhea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Constipation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Brain Fog	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Muscle Weakness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exhaustion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bone and Joint Pain	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Infertility Problems (miscarriage, irregular periods)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inflammation (under eyes, hands, feet, breasts)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Vitamin Deficiencies (Vit D, Vit B, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Skin Rashes (Dermatitis Herpetiformis, eczema, psoriasis, boils)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dry Nails, Hair, Eyes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
*In Children -			
Failure to thrive or grow	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Learning difficulties	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Temper tantrums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Foods to Avoid

Baked Goods

Cookies, cakes, cupcakes, graham crackers, donuts, muffins, pastries, pie crusts, scones, croissants, brownies, and anything made with all purpose flour, wheat flour or cake flour.

Breakfast Cereals

Farina, Cream of Wheat, all cold cereals, oatmeal (unless certified organic).

Proteins

Deli meats & sausages (Applegate Farms are Gluten Free!), prepared meatloaf, prepared meatballs, imitation seafood (crab meat), any meat or fish that is pre marinated, breaded, floured or coated.

Dairy

Processed cheese, blue cheese, fruit yogurt, some ice cream.

Breads

Rye, semolina, wheat, kamut, spelt, bulgar, durum wheat, tri ticalé (a hybrid of wheat & rye), matzo bread, matzo flour, pretzels, pasta, pizza, foccacia, ezikial, pita, cornbread, croutons, bread crumbs, biscuits, crackers, stuffing.

Snacks & Sides

Pretzels, most chips, cous cous, tabouli, licorice.

Condiments

Soup mixes, sauces (pre made), chicken stock (unless home made), marinades, roux, soy sauce, teriyaki, vegetable gum, emulsifiers, stabilizers, malt vinegar, some mustards.

Beverages

Beer, vodka (unless potato vodka), any alcohol made out of a grain.

Suggested Foods to Try

I know this challenge may feel daunting but it doesn't have to be. First and foremost don't think of everything you can't eat, think of all the things you CAN. Here are a few suggestions.

Breakfast

If you are eating dairy, there is yogurt. Unsweetened! No added "anything". Add your own natural sweeteners. Add your own fruit, nuts, raisins.

Try cooking up some brown rice. Once cooked add some almond, hemp or rice milk, syrup, cinnamon, nuts, blueberrys. It makes a great hot morning cereal.

EGGS! They have saved my life. For a celiac a hard boiled egg is the safest option when eating out or on the go. If at home have fun with your eggs. Add tomatoes, spinach, avocado, mushrooms and/or peppers. Remember NO toast! Make some potatoes instead. I also love to make smoothies in the morning!

HERE IS MY FAVORITE SMOOTHIE:

1 cup of, rice milk, hemp milk, or almond milk
Handful of berries (whatever is fresh and organic)
1 banana

Again have fun with this - create your own!

Other combinations:

Peach, blueberries, almond milk

OJ, lemon, ginger, blueberries

Fresh apple, oj, ginger and lemon

Almond milk, dates, banana

Lunch

Try fresh salads. Just no dressing. You can't be sure what's in it. Opt for a homemade dressing like: lemon and olive oil, or balsamic vinegar, red wine vinegar and olive oil instead. You can add some fresh salmon, tuna, boiled potatoes, chickpeas or lentils.

Again have fun with it. Take this as an opportunity to try foods you might not have tried otherwise. If you have a local farmers market ask what is in season.

One of my favorite vegetables to cook is a sweet potato, for a Celiac it's safe and delicious! You can bake it, cut it up and boil in water, or for a quick fix put it in the microwave.

My favorite ways to prepare a sweet potato are:

Peeling and slicing about 1/2 inch thick

Put in a bowl with some cinnamon, salt, olive oil, and maple syrup.

I then place on a cookie sheet and bake. YUM

Dinner

Again, get adventurous!

Ok let's talk PASTA: You don't have to miss it. There are substitutes out there that are GOOD. REALLY! My favorite are TINKYADA or JOVIAL which are made of brown rice (both have regular pasta also so be sure it says "gluten free"). I have served it to people without anyone knowing the difference!! So as you see, you can still have pasta, just made differently. They even have gluten free lasagna noodles!

Things to know: For all those favorite recipes that call for bread crumbs, don't worry. Remember that your favorite meatball has gluten in it from the bread crumbs. So make them yourself with gluten free bread crumbs and there are many good gluten free bread crumbs available. Also remember chicken stock has gluten unless specified that it DOES NOT on the package. Of course you can make it yourself as well.

For your favorite dishes that require flour use a gluten free flour. I would be "careful" which one you use though. You don't want a high protein/high fiber one as it might alter the taste of the food you are cooking. My basic flour mix will be available to order and is basic enough to not over-power dishes. There are others out there as well.

Easy Meal Suggestions

Here are some delicious meal suggestions I found online (Martha Stewart has a lot of great recipes) that are easy to re-create making them gluten free! You will see and taste all the great choices you DO have. Make note: you will need to substitute pasta for either "gluten free" pasta, orzo, or replace with brown rice. And this is the perfect time to get use to reading ingredients - gluten can make it's way in too easily.

Avacado Tacos

Ingredients

3 avocados - peeled, pitted, and mashed
1/4 cup onions, diced
1/4 teaspoon garlic salt
12 (6 inch) corn tortillas
1 bunch fresh cilantro leaves, finely chopped
jalapeno pepper sauce, to taste

Directions (serves 6)

1. Preheat oven to 325 degrees F (165 °C).
2. In a medium bowl, mix avocados, onions, and garlic salt.
3. Arrange corn tortillas in a single layer on a large baking sheet, and place in the preheated oven 2 to 5 minutes, until heated through.
4. Spread tortillas with the avocado mixture. Garnish with cilantro and sprinkle with jalapeno pepper sauce

Lemony Quinoa

Ingredients

1/4 cup pine nuts
1 cup quinoa
2 cups water
sea salt to taste
1/4 cup fresh lemon juice
2 stalks celery, chopped
1/4 red onion, chopped
1/4 teaspoon cayenne pepper
1/2 teaspoon ground cumin
1 bunch fresh parsley, chopped

Directions (serves 6)

1. Toast the pine nuts briefly in a dry skillet over medium heat. This will take about 5 minutes, and stir constantly as they will burn easily. Set aside to cool.
2. In a saucepan, combine the quinoa, water and salt. Bring to a boil, then reduce heat to medium and cook until quinoa is tender and water has been absorbed, about 10 minutes. Cool slightly, then fluff with a fork.
3. Transfer the quinoa to a serving bowl and stir in the pine nuts, lemon juice, celery, onion, cayenne pepper, cumin and parsley. Adjust salt and pepper if needed before serving.

Cayenne Rubbed Chicken w/Avacado Salsa

Ingredients

Coarse salt and ground pepper
1/4 teaspoon cayenne pepper
4 boneless, skinless chicken breast halves,
(6 to 8 ounces each)
2 tablespoons olive oil
1 medium red onion, finely diced
2 tablespoons fresh lime juice
1 Hass avocado, pitted and cut into chunks

Directions (serves 4)

- 1.** In a small bowl, combine 1 teaspoon salt, 1/4 teaspoon pepper, and cayenne; rub all over chicken.
- 2.** In a large skillet, heat oil over medium. Add chicken, and cook until browned on the outside and opaque throughout, 8 to 10 minutes per side.
- 3.** Meanwhile, in a medium bowl, combine onion and lime juice; set aside. Just before serving, fold avocado chunks into onion mixture; season with salt and pepper. Serve chicken topped with salsa.

Spinach & Brie Chicken w/Tomato Orzo

Ingredients

Coarse salt and ground pepper
8 thin chicken cutlets (1 1/2 pounds total)
2 tablespoons Dijon mustard
1 package (10 ounces) frozen leaf spinach,
thawed and squeezed dry
4 ounces Brie cheese, cut into 8 slices
1 cup orzo (gluten free)
2 plum tomatoes, cored and chopped
1/4 cup chopped fresh parsley
1 tablespoon butter
1 tablespoon fresh lemon juice

Directions (serves 4)

- 1.** Set a large saucepan of salted water to boil. Heat broiler, with rack set 4 inches from heat. Place chicken on a large rimmed baking sheet lined with aluminum foil. Dividing evenly, spread one side of each cutlet with mustard; top with spinach, then cheese. Season with salt and pepper. Starting at short end, roll chicken up tightly, and arrange, seam side down, on sheet.
- 2.** Season rolled chicken with salt and pepper. Broil, without turning, until tops are lightly browned and chicken is cooked through, 8 to 10 minutes.
- 3.** Meanwhile, cook orzo in boiling water until al dente. Drain well; return to pot. Add tomatoes, parsley, butter, and lemon juice. Season with salt and pepper, and toss to combine. Serve stuffed chicken with orzo.

Chicken, Olives, Raisins & Spinach Pilaf

Ingredients

1 cup long-grain white rice (sub. brown rice)
Coarse salt and ground pepper
1 bunch flat-leaf spinach (1 pound), thick stems removed, leaves washed well and coarsely chopped
1 tablespoon olive oil
8 chicken cutlets (about 1 1/2 pounds total)
1/3 cup dry white wine (read ingredients - some can contain gluten)
1/4 cup pitted Kalamata olives, slivered

Tuna and Orange Pepper Salsa

Ingredients

2 navel oranges, peeled and sliced
1 red bell pepper, ribs & seeds removed, diced
1/2 cup diced red onion
1/4 cup torn fresh mint leaves
1 tablespoon red-wine vinegar (read ingredients - some can contain gluten)
Coarse salt and ground pepper
1 tablespoon vegetable oil, plus more for grates
4 tuna steaks (each 6 to 8 oz. and 3/4 inch

Directions (serves 4)

1. In a medium saucepan, bring 1 3/4 cups water to a boil. Add rice, season with salt, and return to a boil. Reduce to a simmer, cover, and cook just until tender, 16 to 18 minutes. Remove pan from heat; add spinach, cover, and let stand, without stirring, for 5 minutes. Using a fork, fluff rice and mix in spinach.

2. While rice is cooking, heat oil in a large skillet over medium-high. Season chicken with salt and pepper. Cook in two batches, until browned outside and opaque throughout, 1 to 2 minutes per side. Transfer to a plate (reserve skillet); cover with aluminum foil to keep warm.

3. Add wine, olives, and raisins to skillet. Cook over medium-high until wine is almost evaporated, 1 to 2 minutes. Add cup 1/2 water; cook until sauce is reduced by half, 2 to 3 minutes. Serve chicken over spinach rice, and top with sauce.

Directions (serves 4)

1. Make salsa: In a medium bowl, toss together oranges, bell pepper, onion, mint, and vinegar; season with salt and pepper. Set aside.

2. Heat grill to high; oil grates. Rub tuna with oil, coriander, salt, and pepper. Place on grill; cook, turning once, until browned in spots but still pink in the center, 4 to 6 minutes. Serve topped with salsa. Garnish with lettuce leaves, if desired.

Tilapia w/Arugula Capers & Tomatos

Ingredients

1/2 cup cherry tomatoes, halved
1/4 teaspoon red-pepper flakes
1 tilapia filet (8 ounces)
Coarse salt and ground pepper
2 small bunches arugula (about 3 cups)
1 tablespoon butter
1 tablespoon fresh lemon juice
1 tablespoon capers, rinsed and drained

White Bean & Tuna Salad

Ingredients

2 cans (15 ounces each) cannellini beans, rinsed and drained
3 tablespoons extra-virgin olive oil
2 garlic cloves, minced
Coarse salt and ground pepper
5 ounces baby spinach
1 tablespoon plus 1 teaspoon red-wine vinegar (read ingredients – some can contain gluten)
2 cans (5 ounces each) solid white tuna, drained and broken into chunks
1/4 cup green olives, pitted and roughly chopped
1/2 small red onion, thinly sliced
2 tablespoons chopped fresh parsley
1 teaspoon ground coriander
Boston lettuce (optional)

Directions (serves 1)

1. In a medium nonstick skillet, bring 1/4 cup water to a boil. Add tomatoes and red-pepper flakes; top with tilapia, and season with salt and pepper. Cover, and cook 3 minutes. Add arugula. Cover, and cook until tilapia flakes easily with a fork, about 2 minutes. With a slotted spoon, transfer tilapia and vegetables to a plate (reserve skillet).
2. Make sauce: Off heat, add butter, lemon juice, and capers to skillet; swirl until butter has melted. Season sauce with salt and pepper. Serve tilapia over arugula and tomatoes; drizzle with sauce.

Directions (serves 4)

1. In a medium saucepan, combine beans, 2 tablespoons oil, and garlic; season with salt and pepper. Cook over medium-high, stirring, until beans are warm, about 4 minutes; remove pan from heat.
2. In a large bowl, combine spinach, 1 tablespoon oil, and 1 teaspoon vinegar; season with salt and pepper and toss to coat. Divide spinach among four plates.
3. Transfer beans to bowl and stir in 1 tablespoon vinegar, tuna, olives, onion, and parsley. Season with salt and pepper.
4. Top spinach with bean and tuna mixture.

Roasted Acorn Squash w/Cinnamon Butter

Ingredients

2 acorn squash (about 1 1/2 pounds each),
unpeeled, quartered lengthwise, and seeded
1 tablespoon olive oil
Coarse salt and ground pepper
4 tablespoons butter
1/8 teaspoon ground cinnamon

Directions

1. Preheat oven to 450 degrees. On a large rimmed baking sheet, toss squash with oil; season with salt and pepper. Arrange on sheet, cut side down, and roast until easily pierced with a paring knife, 35 to 45 minutes.
2. In a small saucepan, melt butter over medium heat, stirring, until golden brown, 4 to 6 minutes. Immediately pour into a small bowl; stir in cinnamon. Place squash on a serving platter; top with cinnamon butter.

Roasted Shrimp & Spaghetti Squash

Ingredients

1 medium spaghetti squash (about 3 pounds), halved lengthwise
Coarse salt and ground pepper
1 pound large shrimp, peeled and deveined
1 tablespoon plus 1 teaspoon extra-virgin olive oil
1 tablespoon fresh lemon juice, plus lemon wedges for serving
2 tablespoons fresh parsley, roughly chopped

Directions (serves 4)

1. Preheat oven to 375 degrees. Season squash with salt and pepper. Place cut side down in a 9-by-13-inch baking dish. Add 3/4 cup water and roast until tender when pierced with a knife, about 45 minutes. Let cool.
2. Meanwhile, on a rimmed baking sheet, toss shrimp with 1 teaspoon oil; season with salt and pepper. Roast until cooked through, 8 to 10 minutes.
3. Scoop out seeds from squash and discard. With a fork, scrape flesh into a large bowl. Add shrimp and any cooking juices, lemon juice, and 1 tablespoon oil; toss to combine. Season with salt and pepper, top with parsley, and serve with lemon wedges.

Roasted Spaghetti Squash w/Herbs

Ingredients

1 spaghetti squash (about 4 pounds), halved lengthwise, seeds removed
1 tablespoon extra-virgin olive oil, plus more for brushing
1 tablespoon packed light-brown sugar
Coarse salt and freshly ground pepper
1/2 cup grated Parmesan cheese (about 2 1/2 ounces)
1/2 cup chopped fresh flat-leaf parsley
1/2 cup chopped fresh cilantro
1/4 cup blanched hazelnuts (1 ounce), toasted and coarsely chopped

Directions (serves 4)

- 1.** Preheat oven to 400 degrees. Brush cut sides of squash with oil, and sprinkle with sugar and salt and pepper to taste. Place squash, cut sides down, on a rimmed baking sheet. Roast until tender, about 45 minutes. Let cool slightly on sheet on a wire rack, about 10 minutes.
- 2.** Scrape squash with a fork to remove flesh in long strands. Place in a large bowl. Add oil, Parmesan, parsley, cilantro, hazelnuts, 1 teaspoon salt, and pepper to taste. Toss, and serve immediately.

Journal: Week One

Keep track of your progress.

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

Journal: Week Two

You've made it this far. You can do it!

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

Now How Do You Feel?

Compare this survey to your first.

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