



GLUTEN-FREE TRAVELING CHECKLIST

KNOW THE BASICS

- What is Gluten
- What grains contain gluten
- Different names of gluten
- Hidden sources of gluten
- Who should eliminate gluten
- Gluten in medicine
- FDA Labeling
- GF Product Certification symbols

RESEARCH BEFORE TRAVELING

- Google Destination for Gluten-Free travel tips
- Google hotel and contact concierge for gluten-free options in the hotel
- Search blogs, Pinterest, Instagram and social media for destination food options
- Contact airline and/or search airport for G.F. food options
- Prepare dining reservations and/or eating plan by day
- Call restaurants (Ask questions, food suggestions and champion name)
- Keep notes

RESOURCES TO BE PREPARED

- Plan what to pack (Foldable cooler, toaster bag, bread, meal bars, nut butters, tamari packs, instant oatmeal, granola)
- What can you buy when you get there (Amazon, grocery stores, hotel store)
- Load Smart Phone Apps (FindMe GF, Now Find Gluten-Free)
- What if you ingest gluten (probiotics, activated charcoal, Glutenease?)

REVIEW AND TELL OTHERS

- Leave a good tip
- Give a Google review (Good or Bad)
- Be a repeat customer

GRAINS TO AVOID

Wheat	Barley
Couscous	Barley
Duram	Barley Flour
Einkorn	Barley Peel
Emmer	Bulgar
Farina	Beer*
Farro	Brewer's Yeast
Freekeh	Malt*
Graham Flour	Malt Vinegar
Kamut	Malted Milk
Kernza	
Matza/Matzo	
Seitan	
Semolina	
Spelt	
Triticale	
Wheat Bran	
Wheat Germ	
Wheat Starch	
Wheat Protein	
	Oats
	Look for certified Gluten-Free Oats
	Not all Celiacs can tolerate Oats
	Rye
	Rye
	Rye Flour

GLUTEN-FREE RESOURCES

- 3 Steps to Gluten-Free Living Book www.3Stepstoglutenfreeliving.com
- Magical Moments by Dana www.Magicalmomentsbydana.com
- Support Groups
Gluten Intolerance Group www.gluten.net
Beyond Celiac www.beyondceliac.com
Celiac Disease Foundation www.celiac.org
- Find Me GLUTEN-FREE and Now Find Gluten-Free Smartphone App's
- Bob and Ruth's Gluten-Free Dining & Travel www.bobandruths.com
- Travel Planning www.glutenfreeglobetrotter.com
- Multi-Lingual Phrase Passport www.glutenfreepassport.com
- Essential Gluten-Free Dining cards www.triumphdining.com

WHAT TO BRING

- Foldable cooler
- Toaster bags (Amazon.com)
- Meal replacement bars, rehydrated foods, bread, salad dressing and tamari packs, etc.



BEANS * GREENS * GLUTEN-FREE GRAINS

BEANS

- Legumes are a class of vegetable that includes beans, peas, lentils and peanuts
- Economical source of plant based protein
- Low glycemic to help maintain blood glucose
- Good source of vitamins (B's, iron, zinc, calcium and magnesium)
- Abundant source of fiber and protein
- Help with weight management and disease protection (fill you up and isoflavones)
- Let beans cook in cooking water

GREENS

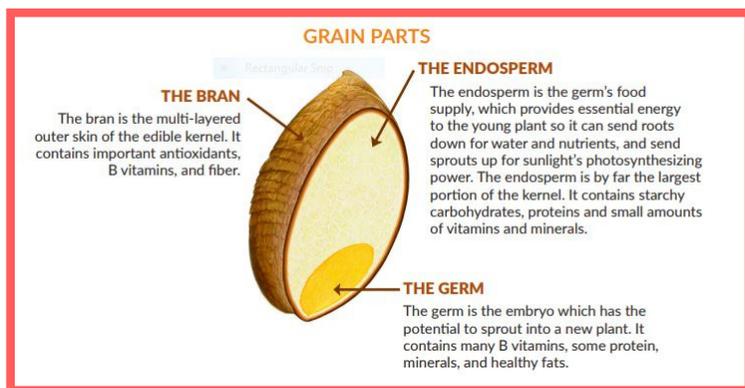
- Dark green leafy greens supply a significant amount of vitamins rich in A,C,E,K & B.
- Rich in calcium, potassium, iron and inc.
- Greens contain high contents of antioxidants which have been shown to reduce some cancer risks (stomach, breast & skin) and decrease the risk of heart disease
- They are low in calorie and carbohydrate content and are low glycemic which is good for weight control
- Fresh herbs provide nutrients as well
- Microgreens are young vegetables and contain 40x high levels of nutrients

GLUTEN-FREE GRAINS

- A whole grain is seed of the plant and contains bran, germ and endosperm in the same proportions as when in the fields
- Refined or enriched grains is a term used when a grain is not whole or missing parts
- Milling technology removes bran and germ from the endosperm which caused nutritional problems. Enriching puts nutrients back into the grain.

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Freekeh	Malt*
Graham Flour	Malt Vinegar
Kamut	Malted Milk
Kernza	
Matza/Matzoh	
Seitan	
Semolina	
Spelt	
Triticale	
Wheat Bran	
Wheat Germ	
Wheat Starch	
Wheat Protein	
	Oats
	Look for certified Gluten-Free Oats Not all Celiacs can tolerate Oats
	Rye
	Rye Rye Flour



References: "What's a Whole Grain? A Refined Grain?" What's a Whole Grain? A Refined Grain? | The Whole Grains Council, wholegrainscouncil.org/whole-grains-101/whats-whole-grain-refined-grain. "Resources." Oldways, oldwayspt.org/resources. Taub-Dix, Bonnie. "11 Health Benefits Of Beans." The Huffington Post, TheHuffingtonPost.com, 20 Aug. 2012, www.huffingtonpost.com/2012/08/16/beans-health-benefits_n_1792504.html.



RECIPES

CARROT SALAD WITH TAHINI

- 15 oz. can chickpeas, drained and dried on paper towel
- 1 tsp. sea salt
- 1/4 tsp. ground cumin
- 1 pound carrots, peeled and coarsely grated
- 1/4 cup coarsely chopped fresh dill
- 1 medium garlic clove, minced
- 1/4 c fresh lemon juice
- 3 Tbsp tahini
- 1 Tbsp maple syrup
- 2 Tbsp. olive oil

Toss Chickpeas with sea salt, cumin and 1 Tbsp of olive oil. Roast in 400 degree oven for 20 minutes until browned and crisp. Toss occasionally for even cooking

Make dressing by whisking garlic, lemon juice, tahini, syrup and remaining olive oil

Assemble salad by placing grated carrots in a large bowl and toss with dill. Mix 2/3 of dressing onto salad and sprinkle with chickpeas.

**Add toasted pumpkin seeds or pistachios for crunch.

FRESH BRUSCHETTA AND LENTIL DIP

- 1 pound package steamed lentils
- 5-6 roma tomatoes, diced
- 8-10 fresh basil leaves, chopped
- 1 1/2 tsp. garlic, minced
- 1 1/2 tsp. salt
- Pepper to taste
- 1 Tbsp balsamic vinegar
- 2 Tbsp. olive oil
- 1 tsp. fresh lemon juice
- 1 tsp. dried oregano
- 1 tsp. dried basil
- 2 cups feta cheese

In a large bowl combine lentils with tomatoes, basil and garlic.

Make dressing with balsamic vinegar, olive oil, lemon, oregano and basil.

Pour over lentils and top with feta cheese.

Refrigerate for one hour to allow flavors to meld.

Serve on gluten-free crackers or slices of toasted gluten-free baguette.

KALE PESTO AND WHITE BEAN DIP

- 1/4 cup pine nuts
- 2 cups torn curly kale leaves
- 1/2 cup packed basil leaves
- 1 small garlic clove, minced
- 3 Tbsp. olive oil
- 2 Tbsp. fresh lemon juice
- 1/4 cup nutritional yeast
- 1 tsp. salt
- 1 ea. 15 oz. can low sodium cannellini beans, drained and rinsed

Toast pine nuts in a small skillet on medium heat until browned, but not burned (5 min). Remove from heat and allow to cool.

In a food processor, combine pine nuts (reserve 1 Tbsp. for garnish), kale, basil and garlic. Pulse until finely chopped. Add olive oil, lemon juice, nutritional yeast and salt until combined. Add the cannellini beans and blend until smooth, scrape down sides of bowl as needed. Garnish with pine nuts, drizzle of oil and chopped basil.

Serve on gluten-free crackers or slices of toasted gluten-free baguette or with vegetables



RECIPES

ARUGULA AND QUINOA SALAD

- 1 cup quinoa, rinsed
- 8-10 oz. arugula
- 1 14oz can of artichokes, washed and chopped
- 1 15oz can of chickpeas or bean of choice
- 1/4 cup kalamata olives, chopped
- 1/4 cup roasted red peppers, chopped
- 1/2 cup sun dried tomatoes, chopped
- 1/4 cup olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. fresh basil, chopped
- 1 tsp. fresh oregano, finely chopped
- salt and pepper to taste

Cook quinoa as directed and allow to cool to room temperature.

In a large bowl toss arugula and quinoa until combined.

Gently add artichokes, chickpeas, olives and tomatoes trying not to smash the beans and tomatoes.

Make dressing with olive oil, lemon, basil, oregano, salt and pepper. Pour over salad and toss to combine. Add pinenuts if desired. Serve at room temperature.

MUSHROOM AND SAUSAGE RISOTTO

- 2 Tbsp. olive oil
- 10-12 oz. fully cooked sausage (chicken) cut into 1/4 slices
- 3 Tbsp. butter or ghee
- 1 pound mushrooms, thinly sliced
- 1 medium yellow onion, chopped
- 3 garlic cloves, minced
- 3 thyme sprigs, leaves only
- salt and pepper to taste
- 1 Tbsp. tamari or coconut aminos
- 1/2 dry white wine
- 4 cups chicken broth
- 2 cups arborio rice
- 1 bunch of baby spinach

Heat broth in separate pan. Keep warm.

Heat oil on stove top and add sausage. Stir until browned. Remove sausage.

Reduce heat and melt butter. Add mushrooms and onions and cook until translucent and cooked through. Add garlic and cook for 1 min. Add thyme, salt and pepper. Add rice and stir.

Add tamari and wine. Cook, scraping up brown bits for 3 min. or until alcohol is cooked off.

Add one cup of hot broth to rice until combined, stirring constantly. Continue to slowly incorporate broth until all the broth is absorbed. Add sausage back in. Cover and allow rice to cook until desired doneness. Add fresh spinach.

BLACK BEAN BROWNIES

- 1 can black beans (rinsed and drained)
- 3 eggs
- 3 Tbsp. oil (grapeseed)
- 4 Tbsp. cocoa powder
- 1/4 tsp. baking soda
- 1 pinch salt
- 1 tsp. vanilla
- 3/4 cup sugar (1/2 reg. and 1/4 c. coconut)
- 2/3 cup chocolate chips (mini)

Mix ingredients together in food processor until pureed.

Pour into greased 8x8 cake pan

Sprinkle chocolate chips on tops (add nuts if desired)

Bake 350 degrees for approximately 30 min.

Cool completely before cutting



RECIPES

FARM MARKET QUINOA SALAD

- 1 cup quinoa, rinsed
- 8-10 oz. baby spinach or kale
- 1 bell pepper and tomato seeded & chopped
- 1 15oz can of chickpeas or bean of choice
- 1/4 cup kalamata olives, chopped
- 1/4 cup red onion, chopped
- 1/2 cup fresh veggies (zucchini, squash, etc)
- 1/4 cup olive oil
- 2 Tbsp. fresh lemon juice
- 2 Tbsp. fresh basil, chopped
- 1 Tbsp. fresh oregano, finely chopped
- salt and pepper and nutritional yeast to taste

Cook quinoa as directed and allow to cool to room temperature.

In a large bowl toss arugula and quinoa until combined. Add peppers, olives, onions and veggies.

Gently add tomato and beans trying not to smash them.

Make dressing with olive oil, lemon, basil, oregano, salt and pepper. Pour over salad and toss to combine. Add pinenuts and/or feta cheese if desired. Serve at room temperature.

FRUIT AND RICE SALAD

- 1 1/3 cups uncooked rice
- 2-3 ripe peaches, peeled, pitted and sliced
- 1 cup fresh blueberries
- 1 cup chopped fresh tomatoes (seeds removed)
- 1/2 cup torn fresh basil
- 1/2 cup thinly sliced red onion
- 1 to 2 jalapeno seeds removed and chopped (optional)
- 1/2 cup cider vinegar
- 1/3 cup olive oil
- 2 Tbsp peach jam
- 1 tsp dijon style mustard
- 1 bunch of arugula or baby spinach
- salt and pepper to taste

Cook rice according to directions. Rinse, drain and chill.

Add peaches, blueberries, tomatoes, basil, onion and peppers and greens.

In a separate bowl combine vinegar, oil, basil, jam, mustard, salt and pepper. Pour over salad and gently stir.

Sprinkle with toasted pine nuts

Serve chilled.

ZUCCHINI BROWNIES

- 2 eggs beaten
- 1 Tbsp vanilla
- 3/4 cup coconut sugar or other sugar
- 1/4 cup unsweetened applesauce
- 1 cup gluten-free cup for cup type flour
- 1/2 cup dutch cocoa powder
- 1 1/2 tsp baking soda
- 1/4 tsp salt
- 2 cups peeled and grated zucchini
- 1 cup semisweet mini chocolate chips
- Chopped nuts are optional

Preheat the oven to 350 degrees
Grease 8x8 pan with baking spray

In a large bowl mix together eggs, vanilla, sugar and applesauce and let it sit until the coconut sugar dissolves.

In a separate bowl, mix together flour, cocoa powder, baking soda and salt. Add dry ingredients to wet until combined.

Fold in zucchini and 1/2 cup of chocolate chips. Pour into pan and sprinkle with remaining choc. chips. Bake 30-35 minutes.



RECIPES

MOCKTAIL SANGRIA

1 orange (sliced, 1/4-inch thick)
1 lemon (sliced, 1/4-inch thick)
1 lime (sliced, 1/8-inch thick)
2 apples (cored and chopped)
3 cups red grape juice
1 cups white grape juice
1 1/2 cups orange juice (fresh squeezed)
1/4 cup lemon juice (fresh squeezed)
2 tablespoons lime juice (fresh squeezed)
1 (25.4-ounce) bottle sparkling apple cider
(plain seltzer is fine, too)
1 bottle of Ginger Beer
Fresh Herb for decoration (Rosemary)

Add the fresh sliced oranges, lemons, limes and apple to the grape, orange juice, and lemon/lime juices in a container or large jug

Place the Sangria mocktail in the fridge and let it chill for a minimum of 1 hour.

Remove from fridge and add sparkling cider and ginger beer with ice and garnish your non alcoholic Sangria with herbs and fruit before serving.

ARUGULA SALAD WITH HONEY CHAMPAGNE VINAIGRETTE

4 Heaping Cups of baby arugula
2 Tbsp of honey
2 tsp of champagne vinegar
1/2 tsp good salt
2 dashes of pepper
3 Tbsp of EVOO
1/2 c toasted sunflower seeds
1 crisp sweet apple cut into match sticks
1/2 cup chopped red onions

In a dry frying pan, toast sunflower seeds (or other seed or nut) until golden brown.

Place baby arugula in a serving bowl and sprinkle apples and half the sunflower seeds and onions..

To make the vinaigrette, place honey, vinegar, salt and pepper in a Mason jar and shake. Add the Olive Oil and shake again. .

Add the vinaigrette to the salad and toss to coat. Top with remaining seeds and onions.

BUTTERNUT SQUASH SOUP

3 Tablespoons good olive oil
1 cup chopped yellow onions (1 onions)
1 1/2 pounds butternut squash, peeled and cut in chunks (1 Large Squash)
1 Apple seeled, cored and cut into chunks
1 Carrot, peeled and cut into chunks
3-4 cups homemade chicken stock or canned broth
2 teaspoons kosher salt
1/2 teaspoon freshly ground black pepper
1 cup dairy-free half - and - half or can full fat coconut cream (NOT milk or low fat)

Preheat the oven to 400 degrees
Place onions, squash, apples and carrots on a half sheet pan and cover with olive oil.

Sprinkle vegetables with salt and pepper and roast in the oven for 35-45 min. until tender.

Heat chicken stock on stove top and add roasted vegetables. Blend with a hand blender or carefully in a blender.

Serve with a small amount of half and half or a dollup of coconut cream..



RECIPES

QUINOA PROTEIN BREAKFAST BOWL

1/2 cup cooked quinoa
1 lb. GF Breakfast Sausage (Johnsonville)
1/2 c chopped onion
1/2 c mushrooms quartered
2 cups baby spinach
1/2 lemon juiced
1 egg
1-2 Tbsp chives freshly chopped
Olive oil
salt & pepper

Cook one cup of quinoa in 2 cups of water (save extra for other use)

Begin cooking onions and mushrooms in a medium sized fry pan with 1-2 Tbsp of olive oil. As they caramelize, add breakfast sausage, cook until done.

Add cooked quinoa to pan with onions, mushrooms and sausage. Add spinach and squeeze lemon over ingredients.

Cook egg in separate pan sunny-side up. Top quinoa mixture with egg and sprinkle with chopped chives. Salt and pepper to taste

MANDARIN SALAD WITH OLIVES

3 cups fresh baby arugula
1/3 c kalamata olives
1/3 c fresh or canned mandarin oranges (drained) and chopped
1/4 c chopped red onion
2-3 Tbsp; chopped pistachio

Dressing:

1/2 fresh lemon juiced
Add remaining champagne vinegar to 1/3 c
1/3 c lemon (or extra virgin) olive oil
2 Tbsp. honey
Salt & Pepper

Combine arugula, olives, oranges, onions in a large serving bowl.

Add the vinaigrette to the salad and toss to coat. Top with pistachios

Additional ingredient suggestions...

Avocado, beets, hard boiled eggs, chicken or chickpeas

THANKSGIVING LENTIL SALAD

1 Medium butternut squash peeled and cut into 1/2" cubes
1 large red onion cut into 1/2" cubes
2 cloves garlic, unpeeled
salt/pepper

3 cups green lentils
2 bay leaves
1 bunch kale (stem removed)
1/2 c. toasted pecans, raisins & parsley

Dressing:

1/4 c sherry (or redwine) vinegar
1 Tbsp Dijon mustard
6 Tbsp olive oil

Coat butternut squash and onions w/olive oil sprinkle with salt and pepper.
Roast in 425 degree oven 25-30 min

Cover lentils in water 1" above and add bay leaf . Bring to boil and reduce heat to simmer. Cook until tender 15-20 min. Drain and discard bay leaves. Salt lentils after cooking is complete.

Remove garlic and remove skin. Squeeze out cooled cloves and blend with dressing.

Add dressing to warm lentils. Add kale and toss until well coated. Add roasted vegetables, pecans, raisins and parsley. Serve warm or room temperature (recipe from www.thekitchn.com)

RECIPE GUIDE

CHOOSE YOUR FLAVOR EXPERIENCE

Mexican/TexMex - Asian - Mediterranean - Traditional American - Indian

CHOOSE A LEGUME

Mexican

Pinto beans
Black bean
Kidney beans

Asian

Edamame/soy beans
Peas (snow, snap)

Mediterranean

Chickpeas
White beans
Black eyed peas

American

Black beans
Chickpeas
White beans

Indian

Lentils
Peas
Chickpeas

CHOOSE A GREEN

Mexican

Spinach
Cilantro
Mixed greens/romaine

Asian

Spinach, butter
Napa cabbage

Mediterranean

Spinach
Arugula
Romaine

American

Cabbage, kale,
Romaine, Iceberg,
butter, red leaf

Indian

Spinach
Butter lettuce
Cabbage

CHOOSE A GRAINS

Mexican

White rice
Quinoa
Corn

Asian

White/brown rice
Rice noodles

Mediterranean

Lentils
Brown rice
Quinoa

American

White rice
Lentil pasta
Quinoa

Indian

White or Brown rice
Buckwheat
Amaranth or Millet

ADDITIONAL ITEMS

Mexican

Fresh lime, bell peppers,
jalapeno, onions,
avocado, tomato

Asian

Scallions, carrots, bean
sprouts, mushrooms

Mediterranean

Tomato, olives, green
peppers, red onion, basil,
oregano, basil, cucumber

American

Bacon, hard boiled egg,
tomato, apples, celery,
carrots, broccoli, potato

Indian

Cucumber, mango, mint,
lemon, curry powder,
cauliflower, carrot,

DRESSING IDEAS

Mexican

Cilantro lime
Avocado lime
Ranch, fresh salsa

Asian

Ginger sesame
Garlic Tamari

Mediterranean

Greek vinaigrette
Lemon Parmesan
Honey Dijon
Red wine vinaigrette

American

Balsamic Vinaigrette
Ranch, Caesar, Blue
cheese, Italian

Indian

Creamy curry, lemon
yogurt dressing, yogurt
cumin



LAYER 5: PACK ON THE PROTEIN



LAYER 4: LETTUCE & GREENS



LAYER 3: ABSORBENT VEGGIES



LAYER 2: NON-ABSORBENT VEGGIES



LAYER 1: DRESS IT UP



→ Dump it in a bowl and toss