



 INTEGRATIVE  
NUTRITION®



# EASY EATING

GLUTEN- AND DAIRY-FREE  
RECIPES FOR  
BACK TO SCHOOL



Back-to-school season often means busy schedules and a more hectic way of life, but you don't have to forfeit healthy eating or eating what's right for your body.

This back-to-school guide will help you navigate the busy season and stick with a gluten-free, dairy-free diet!

1

*Keep your kitchen stocked for healthy meals and snacks.*

When you're eating with a food intolerance, it can be tricky to navigate food labels and ingredient lists. One tip is to do the research and make a list of foods that are safe for you all the time. Luckily, so many foods are naturally gluten- and dairy-free, so you'll have a great place to start! Whole grains, meats, fruits and vegetables, and nuts and seeds are all nutrient-dense and safe to eat on a gluten- and dairy-free diet.

2

*Plan the menu and plan for leftovers.*

Menu planning allows you to set an intention for what you're going to eat that week, helping you stay accountable for sticking with your gluten- and dairy-free diet. But it doesn't have to be complicated: Choose a few recipes, buy the ingredients, and make the meals throughout the week. And do yourself a favor and plan for leftovers so you can eat well on busy weeknights without having to get into the kitchen every night.

3

*Be prepared.*

One of the best tips for anyone looking to go with (or stick to) a gluten- and dairy-free diet is to be prepared. Make a big batch of your favorite whole grain, like quinoa or brown rice, and enjoy it in breakfast bowls, salads, and as a side dish. Make it once and enjoy it multiple times! Prep ingredients over the weekend so you're not scrambling to get a healthy meal on the table during the week.

4

*Break out your slow cooker or pressure cooker.*

During the busiest weeks, break out your slow cooker or pressure cooker to make a big batch of soup or stew. There are so many great gluten- and dairy-free recipes to choose from. The best part is you can prepare the dish in the morning, and it will be ready in time for dinner.

# Quinoa Breakfast Bowls



## Ingredients

- 1 cup quinoa
- 2 cups water
- 1/4 tsp cinnamon
- 1/2 tsp vanilla
- 1/4 cup fresh or frozen berries
- Toasted nuts of your choice, chopped
- Maple syrup

## Directions

- 1 Place quinoa, water, and cinnamon in a pot over medium-high heat. When the water comes to a boil, reduce heat to low, cover, and cook for 15 minutes.
- 2 Once the quinoa is cooked, stir in the vanilla.
- 3 Dish up your breakfast bowl right away or transfer to an airtight container and refrigerate.
- 4 When ready to eat, combine 1/2 cup cooked quinoa with berries and nuts and top with a drizzle of maple syrup.

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## Make It Your Own

*Use whatever toppings you like!* Opt for fruits, nuts, nut butters, non-dairy milk, and spices to make it different every time.

# Chia Pudding



## Ingredients

- 1/4 cup chia seeds
- 1 can full-fat coconut milk
- 1 tbsp maple syrup or honey  
(optional)

## Directions

- 1 Combine all ingredients in a bowl.
- 2 Whisk to combine.
- 3 Refrigerate for at least 4 hours, or overnight for best results.
- 4 When ready to serve, divide the pudding into two serving dishes. Add your choice of toppings and enjoy!

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## Make It Your Own

Stir in vanilla extract, cacao powder, fruit or pumpkin purees, or your favorite nut butter. Top with fresh or frozen fruit, raw or toasted nuts, and your favorite spices.

# Chicken Lettuce Wraps



## Ingredients

- 1 tsp olive oil
- 1 lb ground chicken
- 1 carrot, grated (using the largest holes on a box grater)
- 1 rib celery, diced
- 1/4 cup water chestnuts, drained and diced
- 1 head butter lettuce
- Green onions, thinly sliced

### SAUCE:

- 1/3 cup gluten-free low-sodium tamari
- 1/4 cup honey
- 1 clove garlic, minced
- 1/2 tsp onion powder
- 1/2 cup water

## Directions

- 1 Prepare the sauce by whisking all sauce ingredients in a small bowl. Set aside.
- 2 Pour olive oil in a large skillet over medium-high heat. Add ground chicken and cook through completely, about 5 minutes.
- 3 Add carrots, celery, and water chestnuts. Cook until the vegetables have softened, about 3 to 4 minutes.
- 4 Add the sauce and simmer for another 4 to 5 minutes, allowing the sauce to reduce.

*To serve immediately*, layer two lettuce leaves, then pile on about 1/4 cup of the chicken mixture.

*To serve later*, transfer the chicken mixture to an airtight container and refrigerate.

*To pack for lunches*, put chicken mixture in one dish and fresh lettuce leaves in another to keep the lettuce from wilting. Reheat the chicken mixture and add about 1/4 cup of it onto two layered lettuce leaves.

# Mexican Rice Bowl



## Ingredients

- 1 pound ground beef
- 1/3 cup taco seasoning
- 1-1/2 cups water, divided
- 1 cup frozen corn
- 1 can black beans, drained and rinsed
- 3 cups cooked brown rice, divided
- Salsa
- Cilantro, chopped (*optional*)

## Directions

- 1 Cook the ground beef in a skillet over medium-high heat until browned. Add taco seasoning and 1 cup water. Let simmer about 5 minutes, until the sauce thickens and most of the water is gone.
- 2 Cook frozen corn either in the microwave or on the stove.
- 3 Heat beans in a small saucepan with 1/2 cup water over low heat until warmed through.
- 4 Create each rice bowl with 3/4 cup brown rice in the bottom of a bowl. Add cooked taco meat, corn, beans, and salsa. Top everything with chopped cilantro.



*Hi, I'm Rachael Roehmholdt, and I teach women with food intolerances to go gluten- and dairy-free with ease.*

I have been gluten- and dairy-free for over five years (and egg-free for three) and have helped hundreds of women make this transition, too.

During my time at the Institute for Integrative Nutrition, I learned about food intolerances, led myself through an elimination diet, and discovered the foods that were making me sick day after day. After removing gluten and dairy from my diet, I've worked to heal my gut, and my laundry list of symptoms have disappeared.

I now help my clients take on a gluten- and dairy-free lifestyle through my [weekly recipe and meal planning subscription](#) and [course for beginners](#).

I love sharing what I've learned about this way of eating with other women, and I would love for you to visit me at [my website](#) or pin tasty recipes with me on [Pinterest](#).

**Interested in learning more about becoming an Integrative Nutrition Health Coach like Rachael?**

**Give us a call today at  
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