

Quick Gluten-Free Meal-Prep Ideas

There are many ways to prepare ingredients and food items in your kitchen that are gluten-free. What are some kitchen short-cuts for preparing fast gluten-free meals at home?

Vegetable Prep:

Veggie Meal Prep 101: <https://www.youtube.com/watch?v=uDqoAAFV9f8>

Increase Shelf-life and Reduce Waste: <https://www.youtube.com/watch?v=4doYb2d2sTg>

- ✓ For vegetables that are nearing their prime - use them in smoothies, juices, salsas, soups, stews, stir-fries, roast them, or freeze them for later use.

Fruit Prep:

Freezer Smoothie Packs Meal Prep: <https://www.youtube.com/watch?v=lwomlpbEQ1A> *

- ✓ Purchase pre-washed and packaged fruit, frozen fruit, and canned fruit.
- ✓ Fresh fruit can be washed, cut, stored in sealable plastic bags and placed in a freezer for up to 12 months or stored in airtight containers and placed in the refrigerator for sooner use.
- ✓ For fruits that are nearing their prime and just about to turn- use them in smoothies, juice, salsa, pies, jam or freeze them for later use in pureed form.

Protein Prep for Meat and Seafood:

3 Easy Fish and Seafood Recipes: <https://www.youtube.com/watch?v=U-A6xGHDO4E>

Roasted Turkey with Gravy Recipe: <https://www.youtube.com/watch?v=lzMyB6Taa9E>

- ✓ Use gluten-free soy sauce, marinades and flour (to make gravy).
- ✓ Purchase pre-packaged, frozen seafood and meat.
- ✓ If pre-packaged, meat can be kept frozen and defrosted when ready for preparation.
- ✓ Meat can be parboiled and kept in refrigerator until ready to prepare meal.

Carb Prep:

Pizza Dough Recipe: <https://www.youtube.com/watch?v=Rh50Cht9tUc>

Quinoa Frittata: https://www.youtube.com/watch?v=Uzx25fq_Ol4&ab_channel=WeCookVegan

Meal Preps using Rice: <https://yummsauce.com/best-gluten-free-meal-prep-ideas-using-rice/>

(Note: Substitute labeled gluten-free quinoa, amaranth, or millet.)

Bring Gluten-Free Pasta Back to Life:

Steam:

- ✓ Add a small amount of water to a pan with a lid, bring to a simmer, and add the pasta. Cover and wait 30 seconds, then remove the lid, stir, and cover again. Repeat until heated through.

Microwave:

- ✓ Add a small amount of water or sauce to a microwave-safe bowl with the pasta. Microwave for 30-60 seconds, stir, and repeat until heated through.

Stove:

- ✓ Place a heatproof colander in boiling water, add the pasta, and wait about 30 seconds.

Oven:

- ✓ Add sauce and pasta to an ovenproof dish, cover with foil, and bake at 350° F for ~20 mins.

Fast Gluten-Free Meals:

(*) **Prepping 5 Days of Gluten-Free Meals:** <https://www.youtube.com/watch?v=TWBsB27q4FI>

Correction to video: Internal temperature of cooked chicken must reach 165 degrees F.

Gluten-Free Lunch Ideas for Kids and Adults: <https://www.youtube.com/watch?v=L4il1ta1SKo>

5 Day Gluten-Free/Dairy Free Meal Prep: https://www.youtube.com/watch?v=Qd_XAq8EdFI

***Oats:** Discuss gluten-free oats with your healthcare provider before adding to your diet. At the minimum, oats must be labeled certified gluten-free. Option: use labeled gluten-free quinoa flakes
Ground flax seed and chia seed must be labeled gluten-free.

Always identify your needs. Consider carrying a [gluten-free restaurant card](#) in different languages or a [gluten-free restaurant card in English](#). **If a utensil, preparation area, or cooking surface is used for foods that must be avoided, ask for it to be cleaned before cooking your meal. To be safe, ask staff to use disposable tin foil.**

The Celiac Center at Beth Israel Deaconess Medical Center does not endorse any of the companies or products listed in this handout. While we provide links to other organizations, resources and sites as a service to our readers, the Celiac Center is not responsible for information provided on these sites or by these other entities. BIDMC does not make any representation or warranty regarding any food or product, including but not limited to its gluten-free status, general safety or nutritional value. Food manufacturers' ingredients may change at any time and may not be reflected on labels. In addition, some of the companies listed may offer food and products which are not gluten-free. You are responsible for determining the actual safety of all food and products for yourself.
