

GOODBYE *Gluten*

YOUR GF RECIPE EBOOK



FITNESS
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Going gluten free

For all you women out there with a gluten intolerance, we've got you! We've pulled together a few of our favourite gluten free recipes, ideal for lunch or dinner –or both. There's a variety of chicken, beef, seafood and vegetarian recipes for you to choose from.

Don't know a lot about gluten? Keep reading as we explain what it is, coeliac disease and gluten alternatives.

Enjoy xx

What is gluten?

Gluten is a protein that is essentially the 'glue' that makes dough sticky –the clue is in the name.

It is found in several common grains such as wheat, oats, barley and bulgurwheat. It makes up around 80% of the protein content in regular wheat flour bread and pasta. It has been consumed for centuries without too many issues traditionally (think Italian food, Mediterranean meals and the like). So why is it an issue now?

Well for some people it has always been and always will be an issue –in fact some gut health specialists, including Dr Alessio Fasano and Dr Tom O'Bryan propose that everybody's gut health is affected by gluten, even those who are not allergic. Dr Alessio Fasano, author of the 2018 best seller *Gluten Freedom*, is a medical doctor specialising in the research and treatment of celiac disease, intestinal permeability and autoimmune disorders. In his research, Dr Fasano discovered that gluten influences the increase in gut permeability, degradation of the gut wall and increase in leaky gut.

Dr Tom O'Bryan (renowned author of *The Autoimmune Fix*, 2016) is an American physician who specialises in gluten-related disorders, describes the gut lining like a cheese cloth, where gluten causes the holes in the cheese cloth to increase. This 'leaky gut' can lead to a number of health-related issues, not just localised in the gut itself (The Myers Way Episode 25: Gluten Sensitivity with Dr Thomas O'Bryan

(<https://www.amymyersmd.com/article/gluten-sensitivity-dr-thomas-obryan/>)

Generally speaking, around 1-3% of the population are thought to have a full-blown allergy to gluten –coeliac disease. The issues faced by a coeliac are not just isolated to gastrointestinal issues; gluten can affect organ function, brain function, skin and joint issues. Not fun. Genetic testing now can play a big part in determining the predisposition to coeliac disease.

A gluten allergy causes the naturally long finger-like projections of the intestinal wall (microvilli) to become stunted and can lead to destruction of the gut lining itself. This can lead to leaky gut and other inflammatory issues. It also leads to malabsorption of vital micronutrients that are absorbed by the ordinarily large surface area of the microvilli. Without a large surface area for absorption in the gut, we lack nourishment leading to insufficiencies and deficiencies –common deficiencies related to gluten allergy include iron and b12.

Other people (estimated 20-30%) have issues with gluten who don't have an allergic reaction. NCGS (non-coeliac gluten sensitivity) isn't an allergy, but it doesn't make them feel very good, and can cause issues such as bloating and brain fog.

So, with this in mind –could replacing gluten containing foods with naturally gluten free alternatives be a healthy move?

Gluten-free foods

Going gluten free healthily is not about seeing a gluten free claim on a packaged processed food and thinking 'oh it's gluten free, it must be healthy'. All other food rules apply even if it's gluten free, and some gluten free products are not nutritious options.

We can find many nutritious foods from Mother Nature that are free from gluten.

Amaranth

Quinoa

(more accurately a seed, but used like a grain)

Buckwheat

Millet

Rice

Root vegies such as potatoes, sweet potato, carrots, swede, yams, marrowandsquash

Legumes

Food & Mood

What we eat plays an important role in our health and fitness. By combining exercise with nutritious food, you can optimise your health, boost your energy, improve your mental wellbeing, sleep better and see real results.

It's also important to have a healthy relationship with food, and an understanding that what we eat can impact many aspects of our wellbeing. That's where Food & Mood comes in.

Combining Mediterranean eating principles with powerful mindset and behavioural coaching, Fernwood's Food & Mood program is for women who want to achieve healthy and sustainable results. This program can facilitate your personal development, including how you think and feel about yourself and your food, as well as giving you practical nutrition tools, recipe plans and recipes for your desired results.

Learn how diet can impact mental wellbeing, changes we can make to support weight loss and management, principles for achieving long-term, sustainable results for optimum health and wellbeing, and getting the advice and support you want in a safe women's only environment.

Visit fernwoodfitness.com.au to find out more, or simply pop into reception for a chat!



SCAN HERE



Lemon chicken with yoghurt quinoa and salad

1607 KJ | PROTEIN 32G | CARBOHYDRATES 44G | FATS 6G

SERVES 1

INGREDIENTS

- 75g chicken breast
- 35g red onion
- 1 tsp olive oil
- 1 lemon, juiced
- 1 tsp rosemary
- ¼ cup quinoa (raw)
- 10g coriander
- ½ cup frozen peas
- 25g 0% fat greek yoghurt
- 60g Lebanese cucumber
- ½ cup cherry tomatoes
- ¼ cup baby spinach
- Salt and pepper

METHOD

1. Place the chicken in a ziplock bag. Add onion, chopped into large slices, 1/2 tsp oil, juice of the lemon and add remaining lemon and rosemary to bag. Marinate in the fridge for at least 1 hour (overnight is fine).
2. Preheat the oven to 200C. Place the marinated chicken, onion and lemon into a shallow baking dish and pour the marinade over. Cook for about 30 minutes or until cooked through. Rest.
3. While the chicken is baking, prepare quinoa according to packet instructions.
4. Chop coriander and steam, boil or microwave peas. Mix cooked quinoa, peas, coriander, and yoghurt. Season with salt and pepper.
5. Prepare the salad by slicing cucumber and tomatoes and mixing these with baby spinach. Season with salt and pepper and dress with ½ tsp of oil.
6. Serve quinoa topped with chicken and salad. Use additional lemon slices and green herbs as preferred.

Mexican beef salad

1853 KJ | PROTEIN 30G | CARBOHYDRATES 27G | FATS 21G

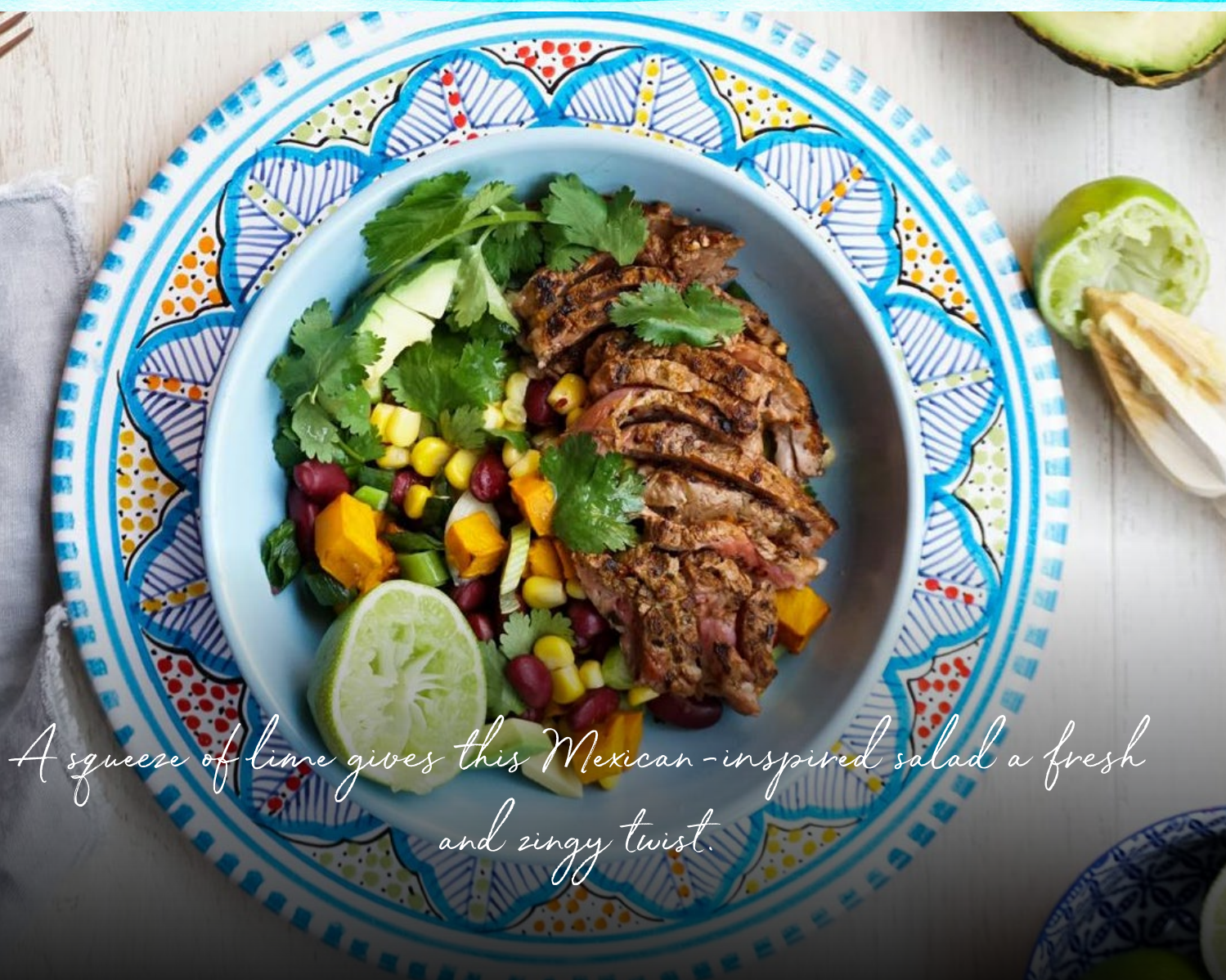
SERVES 1

INGREDIENTS

- 50g pumpkin, peeled, cut into cubes
- ½ olive oil spray
- 90g lean beef fillet
- 2 tsp ground paprika
- 1 tsp oregano
- 2 tsp chilli flakes
- 1 small lime, halved
- 70g drained red kidney beans, rinsed
- ½ cup corn kernels, drained, rinsed
- 15g avocado, diced
- 1 spring onion, thinly sliced
- 2 garlic clove, crushed
- 2g fresh coriander leaves

METHOD

1. Pre heat oven to 200°C. Place pumpkin on a baking tray, spray with half the oil and roast until golden and tender, shaking occasionally.
2. Sprinkle beef with paprika, oregano and chilli flakes, spray with remaining oil and cook to your liking. Set aside.
3. Juice half the lime. Cut the remaining lime into halves or quarters and cook cut side down for 1 minute.
4. Thinly slice the beef and in a large bowl combine and toss with pumpkin, beans, corn, avocado, coriander, spring onion, garlic and lime juice. Serve with cooked lime.



A squeeze of lime gives this Mexican-inspired salad a fresh and zingy twist.



An easy paella, sure to impress

Seafood paella

1601 KJ | PROTEIN 22G | CARBOHYDRATES 43G | FATS 12G

SERVES 1

INGREDIENTS

- ½ cup fish stock
- 40g brown rice (uncooked)
- 50g onion
- 3g garlic glove
- ½ tbsp extra virgin olive oil
- 1g ground paprika
- ½ g ground cayenne pepper
- ½ g saffron
- 1 pinch salt
- 75g seafood marinara mix
- ⅓ cup peas
- 25g beans
- 25g red capsicum, chopped
- 50g Roma tomatoes, chopped
- 10g black olives, chopped
- 5g parsley
- 5g coriander

METHOD

1. Simmer rice in fish stock over a gentle heat for 25 minutes. Set aside. Do not drain.
2. Chop onion and mince garlic.
3. Heat the oil in a medium heavy-based saucepan. Add onion and garlic and cook, stirring for 5 minutes.
4. Add spices, seafood, peas and beans. Cook for 5 minutes.
5. Chop tomatoes, capsicum and olives. Add to the saucepan together with the reserved undrained rice.
6. Simmer the mix on a gentle heat for another 5-10 minutes.
7. Serve topped with chopped parsley and coriander. Add lemon wedges if desired.

Smoky fritters with fresh salsa

1731 KJ | PROTEIN 19G | CARBOHYDRATES 42G | FATS 17G

SERVES 1

INGREDIENTS

- 80g potato
- 1 garlic clove
- ½ cup baby spinach
- 20 g spring onion
- 40g chickpeas
- 1 large egg
- 25g chickpea flour
- 1 tsp smoked paprika
- ½ tbsp extra virgin olive oil
- 90g tomatoes
- 60g Lebanese cucumber
- 20g red onion
- 1 tbsp parsley
- 10g mint
- 10g basil
- ½ tbsp balsamic vinegar

METHOD

1. Boil, steam or microwave the potato until soft. Let it cool slightly and mash it.
2. Finely chop baby spinach, onion and garlic. Mash chickpeas with a fork.
3. In a medium bowl, whisk the egg and gradually add the flour. Continue mixing. Add paprika, and mix well to combine. Form 3-4 fritters.
4. Heat the oil in the pan over a medium heat and cook the fritters for about 2-4 minutes on each side or until golden. Prepare the salsa by mixing together finely chopped tomato, cucumber, onion and herbs. Dress with vinegar.
5. Serve fritters topped with the salsa and enjoy!



A recipe you can enjoy any time of day.

Happy Cooking

Don't forget to tag us in your gluten free creations with **#FernwoodFitness** on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, giveaways, recipes, health and fitness tips, and more!

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Share the love

Workouts are always better with a friend, that's why we'd love to give you this free class pass that you can gift to a friend.

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