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Healthy Meal Ideas: Gluten and Dairy free

Daily goal:

At least 5 servings of vegetables

2 servings of fruit

1 serving of nuts

Legumes: lentils, chickpeas, beans: 1+ servings

Whole grains: at least 3 servings

Reduce meat to no more than 1 serving a day

1 serving for your child is what fits in her or his scooped hand

Breakfast

1. Porridge made from gluten free oats, quinoa or millet mixed with nuts and seeds.
2. Muesli made from nuts and seeds with soy, coconut or almond milk and fresh fruit.
3. Eggs: omelettes with plenty of vegetables, fried or boiled eggs.
4. Scrambled tofu or egg with potato or sweet potato, avocado.
5. Coconut flour or almond flour muffins with grated carrot and zucchini - add any other vegetables your child will eat.
6. Buckwheat pancakes or waffles (optional: grate carrot, zucchini or other vegetables into the batter).



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Lunch

1. Sushi (best made with brown rice and plenty of vegetables inside).
2. Brown rice salad: mix rice with grated vegetables, nuts and seeds and a dressing.
3. Corn and pea (or any other vegetables) fritters in buckwheat batter - served with a dipping sauce, such as tahini or sweet chili.
4. Whole grain gluten free bread sandwiches with salad, a protein pattie (tofu, lentil, nut, or meat burger).
5. Fried rice with lots of diced vegetables and tofu, tempeh, or meat.
6. Salad: coleslaw made with tahini sauce.
7. Vietnamese rice wraps: soften rice paper in warm water and fill with your choice of sliced carrots, cucumber, avocado, bean sprouts, rice vermicelli, mushrooms, coriander, salad leaves, tofu, tempeh, or meat. Dip into soy, tahini or sweet chili sauce.

Snacks

1. Hummus and vegetable sticks (carrot, cucumber, celery, red peppers).
2. Coconut or almond muffins with vegetables grated into the batter
3. Nuts and seeds
4. Smoothies: coconut, almond, soy or rice milk (or any other non-dairy milk) with berries, banana, nuts, seeds (chia, sesame).
5. Roasted nori sheets: great source of iodine. Take a sheet of nori, rub a little oil on both sides, then take it through a gas flame a few times until it is crunchy. Add salt and cut into bit size pieces.
6. Homemade popcorn
7. Nut butter balls rolled in sesame seeds



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Dinner

1. Chili con or sin carne, with lots of beans and vegetables cooked in tomato and spices.
2. Brown rice, vegetables and meat/vegetarian protein (beans, lentils, tofu or tempeh)
3. Coconut curry: vegetables and protein cooked in coconut cream with spices such as lemongrass, Thai basil or chili
4. Indian curry: dhal (lentils), spinach/kale blended with spices, mixed vegetables with rice and a protein.
5. Taco shells filled with brown rice, shredded lettuce, guacamole, salsa, beans (meat optional).
6. Soup: add any vegetables and legumes you have in the house to a soup stock, add plenty of herbs for extra antioxidants. In the summer you can make a gazpacho (chilled tomato soup): just mix tomatoes, cucumber, peppers, lemon, salt or soy sauce in a blender. Add herbs to taste.
7. Polenta: cornmeal layered with vegetables and meat/tofu or legumes
8. Frittata - egg with plenty of chopped up vegetables baked in muffin form
9. Roasted vegetables: sweet potato, carrots, broccoli, cauliflower, eggplant, corn – and any other vegetables you like: chop, put in baking dish, and bake until tender for about 50-60 minutes at 200 degrees. Add fresh herbs, tahini sauce, hummus, tofu, or falafel.
10. Corn tortillas topped with avocado, chopped tomato, black beans, and salad. Brown rice as a side.
11. Gluten free pasta (for example San Remo Pulse Pasta made from beans) with a sauce made with lots of vegetables, organic pasta sauce (tomato, basil, salt, vegetables blended in), or pine nuts (or walnuts), basil and olive oil. Add a protein as a side or blend into the sauce (tofu, jackfruit, tempeh, chickpeas, lentils, or meat).