

10

LOW CALORIE - GLUTEN FREE RECIPIES

The recipes in this guide are for those looking for some lower calorie recipes, who are also following a gluten free diet. These recipes are also meal-prep friendly, for you to create in advance.

Created for you by our Dietetics team

INSPIRE
HEALTH & REHAB

Quinoa & Black Bean Salad

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
15 Minutes

Servings
4



Quinoa & Black Bean Salad

Recommended by Inspire

Ingredients

- 1 cup quinoa
- 1 can black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cup corn kernels
- 1/4 cup chopped cilantro
- Juice of 1 lime
- Salt and pepper to taste

Method

1. Cook quinoa according to package instructions and let it cool.
2. Combine quinoa, black beans, tomatoes, corn, and cilantro in a large bowl.
3. Drizzle with lime juice, season with salt and pepper, and toss to combine.

Chicken & Veggie Stir-Fry

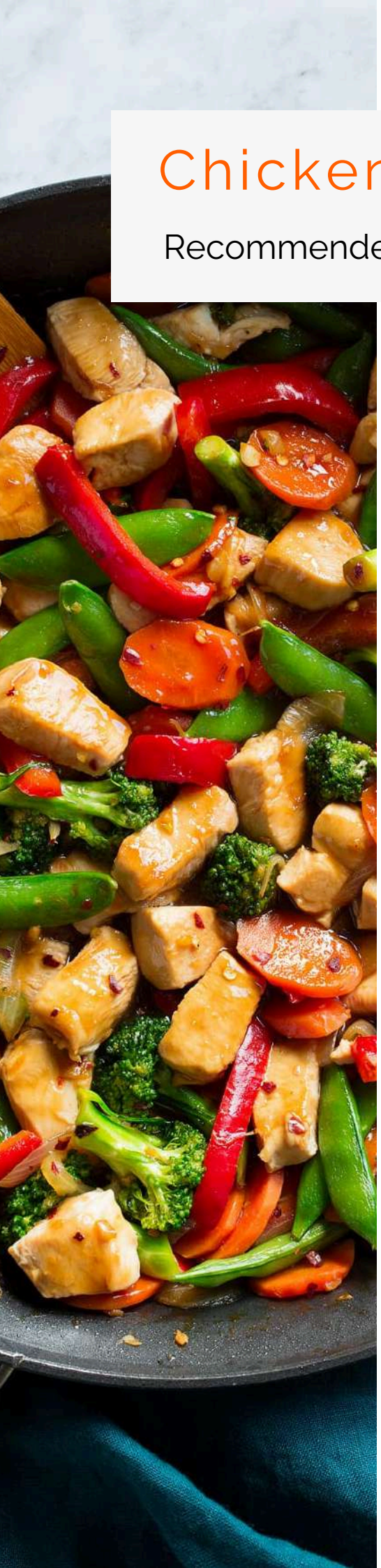
Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
15 Minutes

Servings
4



Chicken & Veggie Stir-Fry

Recommended by Inspire

Ingredients

- 2 chicken breasts, sliced thinly
- 2 cups broccoli florets
- 1 bell pepper, sliced
- 1 cup snap peas
- 2 tablespoons gluten-free soy sauce
- 1 tablespoon olive oil
- 1 teaspoon minced garlic
- 1 teaspoon minced ginger

Method

1. Heat olive oil in a pan over medium heat. Add garlic and ginger, cooking for 1 minute.
2. Add chicken and cook until no longer pink. Remove and set aside.
3. Stir-fry broccoli, bell pepper, and snap peas until tender-crisp.
4. Return chicken to the pan, add soy sauce, and cook for 2 more minutes.

Turkey & Spinach Stuffed Peppers

Recommended by Inspire



Prepare Time
15 Minutes

Cook Time
30 Minutes

Servings
4



Turkey & Spinach Stuffed Peppers

Recommended by Inspire

Ingredients

- 4 bell peppers
- 1 lb ground turkey
- 1 cup chopped spinach
- 1 cup diced tomatoes
- 1/2 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Method

1. Preheat oven to 375°F (190°C).
2. Cook ground turkey in a skillet until browned. Stir in spinach, tomatoes, oregano, garlic powder, salt, and pepper.
3. Stuff each bell pepper with the turkey mixture.
4. Bake for 25-30 minutes.

Greek Yogurt Chicken Salad

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
0 Minutes

Servings
4



Greek Yogurt Chicken Salad

Recommended by Inspire

Ingredients

- 2 cups cooked, shredded chicken breast
- 1 cup plain Greek yogurt
- 1/4 cup chopped celery
- 1/4 cup chopped red onion
- 1 tablespoon chopped fresh dill or 1 teaspoon dried dill
- Salt and pepper to taste

Method

1. Combine Greek yogurt, celery, red onion, dill, salt, and pepper in a bowl.
2. Stir in shredded chicken until well mixed.

Zucchini Noodles with Pesto

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
5 Minutes

Servings
4



Zucchini Noodles with Pesto

Recommended by Inspire

Ingredients

- 3 medium zucchinis, spiralized into noodles
- 1/4 cup basil pesto
- 1 tablespoon olive oil
- 1 tablespoon pine nuts (optional)
- Grated Parmesan cheese (optional)

Method

1. Heat olive oil in a pan over medium heat. Add zucchini noodles and cook for 2-3 minutes until tender.
2. Toss with pesto and cook for another 1-2 minutes.
3. Top with pine nuts and Parmesan cheese if desired.

Sweet Potato & Black Bean Chilli

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
30 Minutes

Servings
4



Sweet Potato & Black Bean Chilli

Recommended by Inspire

Ingredients

- 1 large sweet potato, peeled and diced
- 1 can black beans, rinsed and drained
- 1 can diced tomatoes
- 1 cup vegetable broth
- 1 tablespoon chili powder
- 1 teaspoon cumin
- Salt and pepper to taste

Method

1. Combine all ingredients in a large pot and bring to a boil.
2. Reduce heat and simmer for 25-30 minutes, or until sweet potatoes are tender.

Salmon & Asparagus

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
20 Minutes

Servings
4



Salmon & Asparagus

Recommended by Inspire

Ingredients

- 4 salmon fillets
- 1 bunch asparagus, trimmed
- 1 lemon, sliced
- 2 tablespoons olive oil
- Salt and pepper to taste
- 1 teaspoon dried thyme

Method

1. Preheat oven to 400°F (200°C).
2. Place each salmon fillet on a piece of foil. Drizzle with olive oil, season with salt, pepper, and thyme, and top with lemon slices.
3. Arrange asparagus around the salmon.
4. Fold the foil into packets and bake for 20 minutes.

Cauliflower Fried Rice

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
10 Minutes

Servings
4



Cauliflower Fried Rice

Recommended by Inspire

Ingredients

- 1 head cauliflower, riced
- 1 cup mixed vegetables (carrots, peas, corn)
- 2 eggs, beaten
- 2 tablespoons gluten-free soy sauce
- 1 tablespoon olive oil
- 2 green onions, sliced
- 1 garlic clove, minced

Method

1. Heat olive oil in a pan over medium heat. Add garlic and mixed vegetables, cooking until tender.
2. Add cauliflower rice and soy sauce. Stir-fry for 5 minutes.
3. Push vegetables to the side and scramble the eggs in the pan. Mix eggs into the cauliflower rice.

Chickpea & Spinach Stew

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
20 Minutes

Servings
4



Chickpea & Spinach Stew

Recommended by Inspire

Ingredients

- 1 can chickpeas, drained and rinsed
- 2 cups fresh spinach
- 1 can diced tomatoes
- 1 onion, diced
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1 teaspoon paprika
- Salt and pepper to taste

Method

1. In a pot, cook onion and garlic until translucent.
2. Add chickpeas, tomatoes, cumin, and paprika. Simmer for 10 minutes.
3. Stir in spinach and cook until wilted. Season with salt and pepper.

Egg Muffins with Veggies

Recommended by Inspire



Prepare Time
10 Minutes

Cook Time
20 Minutes

Servings
6



Egg Muffins with Veggies

Recommended by Inspire

Ingredients

- 6 large eggs
- 1/2 cup bell pepper, diced
- 1/2 cup spinach, chopped
- 1/4 cup onion, diced
- Salt and pepper to taste
- Non-stick spray

Method

1. Preheat oven to 350°F (175°C). Spray a muffin tin with non-stick spray.
2. In a bowl, whisk eggs with salt and pepper. Stir in vegetables.
3. Pour egg mixture into muffin cups and bake for 20 minutes or until set.