

10 Quick Healthy Plant Based Gluten Free Recipes You Need to Try Today!

Are you tired of spending hours in the kitchen preparing elaborate meals? Do you want to eat healthier but find it difficult to find quick and easy recipes that fit your dietary needs? Look no further! In this article, we have compiled a list of 10 delicious plant-based, gluten-free recipes that are not only nutritious but also easy to make.

1. Cauliflower Fried Rice

Craving Chinese takeout? This cauliflower fried rice recipe is a guilt-free alternative that tastes just as good! Simply substitute rice with finely chopped cauliflower and stir-fry it with your favorite vegetables and a tasty sauce. You won't even miss the rice!

2. Lentil and Vegetable Curry

Curries are a great way to pack in a variety of flavors and nutrients. This lentil and vegetable curry recipe is loaded with plant-based proteins and fiber. Serve it over a bed of brown rice for a satisfying meal.



Fresh Start Cookbook: Quick & Healthy Plant-Based Gluten-Free Recipes

by Rachel Albo ([Print Replica] Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 116385 KB

Print length : 26 pages



3. Portobello Mushroom Burgers

If you're a burger lover, these portobello mushroom burgers will not disappoint. The juicy, grilled mushrooms make for a hearty and flavor-packed patty. Top it off with your favorite toppings and enjoy a guilt-free burger night!

4. Zucchini Noodles with Pesto

Love pasta but trying to cut back on carbs? Zucchini noodles, or "zoodles," are a fantastic alternative. Spiralize zucchini into noodle-like strands and toss them with homemade pesto sauce. You'll be amazed at how delicious and satisfying this low-carb dish can be!

5. Chickpea Salad Wraps

These chickpea salad wraps are perfect for a quick and healthy lunch. Mash cooked chickpeas with avocado, lemon juice, and spices to create a flavorful salad. Wrap it up in a gluten-free tortilla with fresh veggies for a satisfying meal on the go.

6. Sweet Potato and Black Bean Chili

Warm up on a chilly evening with a comforting bowl of sweet potato and black bean chili. Loaded with nutrients and bursting with flavors, this recipe is a perfect combination of hearty and healthy.

7. Quinoa Stuffed Bell Peppers

Looking for a crowd-pleasing dish? These quinoa stuffed bell peppers are both visually appealing and delicious. Fill roasted bell peppers with a mixture of

cooked quinoa, veggies, and spices, and bake until tender. It's a nutritious and satisfying meal that everyone will love.

8. Chia Seed Pudding

Start your day with a nutritious and delicious chia seed pudding. Mix chia seeds with your favorite plant-based milk and sweeten it with natural sweeteners like maple syrup or dates. Let it sit overnight, and in the morning, you'll have a creamy and satisfying breakfast.

9. Spinach and Mushroom Frittata

A frittata is a versatile dish that can be enjoyed for breakfast, lunch, or dinner. This spinach and mushroom frittata is packed with nutrients, and it's incredibly easy to make. Whip up this savory delight in no time!

10. Berry Smoothie Bowl

For a refreshing and nutritious treat, try a berry smoothie bowl. Blend a mix of frozen berries with plant-based milk and top it off with your favorite toppings like granola, coconut flakes, and fresh fruits. It's the perfect way to start your day on a healthy note.

Now that you have these amazing quick and healthy plant-based gluten-free recipes at your fingertips, there's no reason not to enjoy delicious and nutritious meals every day. Whether you're following a plant-based diet, avoiding gluten, or simply seeking healthier options, these recipes are sure to satisfy your taste buds while nourishing your body.

Remember, eating healthy doesn't have to be complicated or time-consuming. With a little planning and these fantastic recipes, you can whip up quick and tasty meals that will leave you feeling energized and satisfied. So, why wait? Start

exploring these recipes today and embark on a flavorful journey towards a healthier lifestyle!



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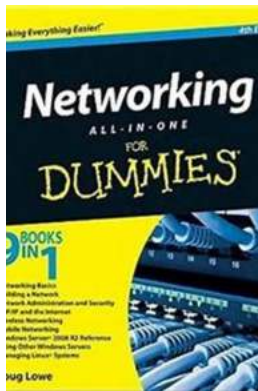
Rachel Albo's Fresh Start cookbook offers delicious and easy anti-inflammatory dishes. Healthier cooking does not have to be boring or difficult. She shares 20 original recipes that are completely gluten-free and plant-based and incorporate easy to find ingredients. This cookbook can help you kickstart healthier eating habits and enjoy the process.

Reasons you will love Fresh Start Cookbook:

- Recipes only take 30-40 minutes
- Minimal cooking tools needed
- Easy to follow instructions
- All gluten-free and plant-based recipes

Rachel is a wellness coach who enjoys being in the kitchen and creating healthier food alternatives. After being diagnosed with an autoimmune disease, she sought out an anti-inflammatory lifestyle in order to manage symptoms and continue to thrive in her active life. Through this journey, Rachel realized that leading a healthier lifestyle does not have to be difficult, expensive or scary. She now

continues to share knowledge and skills that help you live a healthier, happier life by understanding how to best nourish your mind, body & soul.



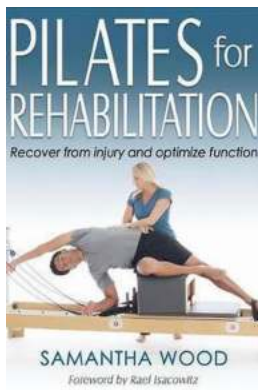
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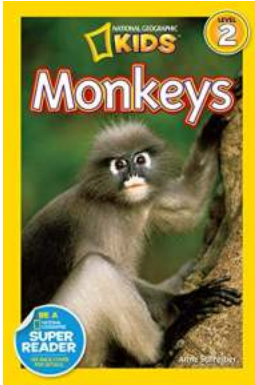
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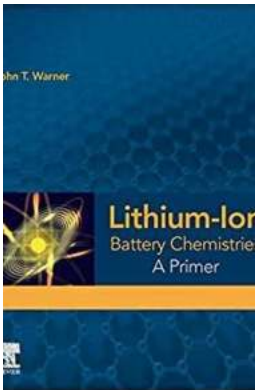
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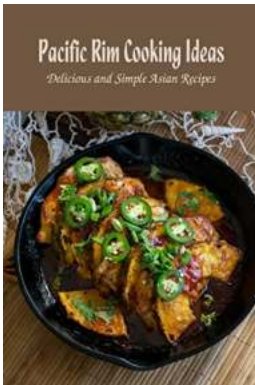
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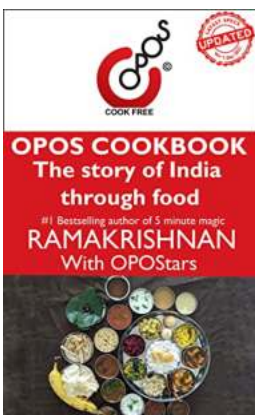
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