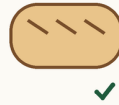
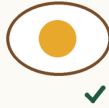


THE CHECKED KITCHEN



YOUR FIRST GLUTEN-FREE WEEK

A shopping checklist, a restaurant card,
and 25 recipes for the first seven days

FREE

FROM SAFE TO EAT

EVERY INGREDIENT CHECKED

Your First Gluten-Free Week

If you are reading this in the first days after a diagnosis, here is the honest version: the hard part is not cooking. The hard part is the twenty small decisions you now have to make in a supermarket aisle, at a friend's table, in a restaurant where nobody understands the question you are asking.

This kit exists for those twenty decisions.

At the center of it is **one week of food** — seven days of breakfast and dinner, already decided, so that you are not choosing what to eat while you are still learning what to read. Nothing in those seven days needs a specialist shop. Everything is on the shelves you already walk past.

Around the week sit the two things that make it possible: a list for the shop, and a card for restaurants.

It has three parts, and they are meant to be used in this order.

One — the shopping list. Not a list of what to buy. A list of what to *check*, arranged the way a shop is arranged, so you can walk the aisles with it open on your phone. Most gluten-free foods are safe. A specific, finite set of them is not, and that set is shorter than the internet suggests. Knowing which is which is most of the battle.

Two — the restaurant card. One page in English, built around the three questions that actually decide whether a meal is safe: ingredients, the fryer, and shared water and surfaces. Most cards ask only the first. The page also lists where to get free, native-speaker translations in sixty-three languages — because those already exist and are better than anything we would produce.

Three — the week itself. Twenty-five recipes laid out as seven days of breakfast, dinner and something to keep in a jar. Nothing in them assumes you already own six kinds of alternative flour. They are here so that the first week has a floor under it.

Three pantry recipes sit at the back — a flour blend, a white sauce and a dipping sauce. They unlock more than their own pages.

How the ingredient lines are written

Every processed ingredient in this kit is qualified on the ingredient line itself. Where a line says *certified gluten-free soy sauce*, that wording is deliberate: soy sauce is conventionally brewed with wheat, and the recipe title being gluten-free does not make the bottle in your hand gluten-free. Where a line says only *apple cider vinegar*, that is also deliberate — apple cider vinegar is naturally gluten-free and does not need qualifying. Malt vinegar is the one vinegar that does.

That distinction runs through the whole kit, and through the book it comes from. It is the difference between a recipe that assumes you are careful and a recipe that helps you be careful.

Before you cook anything

Read the two pages at the end of this kit. They are short and they matter more than any recipe in it.

The Shopping Checklist

Take this down the aisles with you. It is arranged the way a shop is arranged, not alphabetically, because that is the order the questions actually arrive in.

It has two columns of thinking. **Check** means read the label every time, even on a brand you bought last week — recipes change. **No check** means the food is naturally gluten-free and reading the label is not a good use of your attention.

Most of what is in your trolley is in the second column. That is the part nobody tells you in the first week.

Never safe — the list is short

No brand, no certification, no processing makes these acceptable. If one appears in the ingredients, the check is over. Put it back.

Wheat, and every name it hides behind: **spelt, farro, einkorn, emmer, kamut, khorasan, durum, semolina, farina, freekeh, bulgur, couscous, triticale.**

Barley — including barley malt, malt extract, malt syrup, malt flavoring.

Rye.

Malt vinegar — the only vinegar that is a problem.

Seitan and **vital wheat gluten** — concentrated wheat gluten by definition.

Brewer's yeast — spent yeast from beer production.

Beer, ale and lager — unless specifically brewed gluten-free.

The baking aisle

CHECK EVERY TIME	WHY
Baking powder	Wheat starch is a common filler. This is the single most overlooked item in the shop
Flour and flour blends	Named blends are usually labeled. Loose “flour” never is
Oats	Certified gluten-free only — oats are routinely milled alongside wheat
Chocolate, chips, bars, chunks	Barley malt in some brands; shared production lines are common
Cake, pancake and brownie mixes	Gluten-free versions exist for all of them

No check needed: sugar, honey, maple syrup, bicarbonate of soda, cornflour, cocoa powder, vanilla and other alcohol-based extracts.

Stocks, sauces and condiments

This is where the most gluten hides, because flavoring is where malt and wheat get used.

CHECK EVERY TIME

WHY

Broth, stock, stock cubes, bouillon

Wheat and barley are common thickeners and flavorings

Soy sauce

Conventionally brewed with wheat. Use certified gluten-free soy sauce or tamari

TamariUsually wheat-free but **not always** — the label still has to say so**Worcestershire sauce**

Traditionally made with malt vinegar

Teriyaki, hoisin, oyster sauce

Soy-sauce based; assume wheat unless labeled

Fish sauce

Usually safe, occasionally wheat-containing

Miso

Often made with barley. Rice miso is the safer style — still check

Seasoning blends, taco seasoning, gravy mixes

Wheat flour is a common anti-caking agent

Salad dressings

Malt vinegar and wheat-based thickeners

No check needed: cider, rice, wine, balsamic and white vinegar — all naturally gluten-free. Salt, pepper, single herbs, single spices.

Bread, pasta and the grain aisle

CHECK EVERY TIME

WHY

Pasta and noodles

Gluten-free labeled

Tortillas, buns, bagels, wraps, pitas, crackers

Corn tortillas frequently contain wheat

Bread used as an ingredient

Gluten-free labeled

Breadcrumbs and panko

Gluten-free labeled, or make your own

No check needed: rice, quinoa, millet, buckwheat, polenta, cornmeal — all naturally gluten-free. Check only if the packet warns of shared equipment.

The meat counter and the fridge

In the United States, meat and poultry fall under weaker labeling rules than packaged food. Treat this section with extra care if you shop there.

CHECK EVERY TIME	WHY
Bacon, sausage, ham, salami, pepperoni, chorizo, prosciutto	Fillers, marinades and casings are all possible sources
Deli and luncheon meats	Same
Marinated or breaded meat and fish	Assume gluten unless labeled
Imitation crab / surimi	Usually contains wheat starch

No check needed: plain fresh meat, fish and poultry. Milk, plain yogurt, butter, most cheeses — including blue cheese, which was long suspected and is now generally considered safe.

Everything else

Ice cream — cookie pieces, cones, malt, shared equipment. **Sweets and confectionery** — malt, wheat flour as an anti-stick agent, liquorice. **Crisps and snacks** — seasoning blends, malt vinegar flavor. **Tinned and fresh soups** — wheat flour thickener.

The one habit worth building

When a product passes, photograph the label. Not the front of the pack — the ingredients panel. In three months you will have your own verified list, and the shop will stop being a place where you have to think.

The Restaurant Card

Print this page, or keep a photograph of it on your phone. Hand it to the server and ask them to show it to whoever is cooking — not to read it aloud at the table. The kitchen is where the decision is made.

Why this card is in English only

There are free gluten-free restaurant cards available in more than sixty languages, translated by native speakers and maintained by celiac organizations and long-term travelers. They are listed at the end of this page, and they are better than anything we could produce.

We are not going to hand you a French translation we cannot verify. This book exists because we checked things ourselves; putting an unverified translation in your hand in a country where you cannot read the reply would be the opposite of that.

What this page adds is the part most cards leave out: **the three questions**. A kitchen can answer “is it gluten-free?” honestly and still make you ill. These three are the ones that actually decide the outcome.

The card

I have celiac disease (coeliac disease).

Eating any wheat, barley or rye — even a trace — makes me ill. This is a medical condition, not a preference.

Please could you check three things for me:

1 · INGREDIENTS

That the dish contains no wheat, barley or rye, and nothing thickened, floured, breaded or marinated with them. Soy sauce, stock, gravy and malt vinegar are the usual ones.

2 · THE FRYER

That it is not fried in oil that has been used for breaded food. A shared fryer is the most common single cause.

3 · SHARED WATER AND SURFACES

That it is not cooked in water used for ordinary pasta, and that clean pans, utensils, boards and gloves are used.

If any of the three cannot be confirmed, please tell me — I would much rather order something else than be unwell.

Thank you very much for your care.

Cut along the border, or photograph this page.

Why these three, in this order

Ingredients is the question everyone asks, and the one kitchens are best at answering. Ask it first so the conversation starts on familiar ground.

The fryer is the question almost nobody asks, and in restaurant testing it is the most consistent source of contamination. Chips, calamari, breaded chicken and doughnuts routinely share oil. A kitchen will not volunteer this, because from their side nothing has been added to your food.

Shared water and surfaces is the invisible one. Gluten-free pasta cooked in the pot that boiled ordinary pasta an hour ago is not gluten-free. Neither is a salad cut on the board that just held a sandwich.

Ending with permission to say no matters more than it looks. It converts the exchange from a demand into a question, and a kitchen that is allowed to say “I can’t guarantee that” will usually tell you the truth.

Say “celiac disease”, not “gluten-free”

In most kitchens “gluten-free” is heard as a preference and gets a preference’s level of care. “Celiac disease” is heard as a medical requirement and goes into the allergy procedure the kitchen already has. The words cost nothing and they change who handles your plate.

Where to get the card in other languages

All of these are free.

CeliacTravel.com — restaurant cards in 63 languages, the most complete set available. Downloadable and printable.

Coeliac Youth of Europe — Travel Net — around 30 languages, with country-specific notes on what to expect locally.

Equal Eats — English versions free; other languages paid.

Legal Nomads — detailed, country-specific cards written by a celiac traveler and translated by native speakers. The English card is free; other languages are paid, and for a trip that matters they are worth the money.

If you are traveling somewhere with a strong celiac association — Italy, Spain, Ireland, Argentina and the United Kingdom all have accreditation schemes — check that association's own site first. Their card carries local recognition that a printout from abroad does not.

Cards are a tool, not a guarantee. If a kitchen cannot answer the three questions clearly, the safest answer is to eat elsewhere.

The Week

Seven days of breakfast and dinner, with something to keep in a jar.

Every ingredient in these seven days is on the shelves of an ordinary supermarket. There is no specialist flour, no gum, no starch you have to order. The three pantry recipes at the back do use them — that is what a pantry recipe is for — but the week itself does not depend on any of it.

Two things are worth doing before Monday. Make the **flour blend** at the back of this kit — it is five minutes and it turns up in half of what follows. And start the **overnight oats** on Wednesday evening, because Thursday’s breakfast is already made by the time you wake up.

	BREAKFAST	DINNER	IN THE JAR
Mon	Polenta Porridge with Figs	Cilantro Lime Quinoa–Black Bean Salad	Garlic Lime Guacamole
Tue	Banana Cinnamon Oatmeal	Cheddar Macaroni, Stovetop	Spiced Roasted Chickpeas
Wed	Ham, Bell Pepper and Onion Omelet	Broccoli Cheddar Soup	Peanut Butter Oat Balls
Thu	Greek Yogurt Overnight Oats	Ricotta Marinara Ziti, Baked	Kale Chips
Fri	Four-Ingredient Crêpes	Colombian Coconut Rice	Tomato Pico de Gallo
Sat	Spanish Potato Omelet	Potato Gnocchi, Hand-Rolled	Date–Walnut Energy Balls
Sun	Egg and Cheese Muffin Sandwich	Arugula Parmesan Salad + Honey Cornbread	Bacon-Wrapped Goat Cheese Dates

Three pantry recipes sit at the end — a flour blend, a béchamel and a dipping sauce. They are the ones worth having in the cupboard before anything else.

The Recipes



Polenta Porridge with Figs

Yield: 2 servings / Prep: 1 min / Cook: 3 min / Total: 4 min

INGREDIENTS

- 480 ml (2 cups) milk
- 60 ml (4 Tbsp) sugar or honey
- 120 ml (1/2 cup) polenta
- Figs, honey, and pistachios, for serving

METHOD

- 1 Bring the milk to a simmer. Add the polenta in a steady stream, stirring constantly.
- 2 Add the sugar or honey and cook, stirring, until thickened, about 3 min.
- 3 Serve topped with figs, honey, and pistachios.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use certified gluten-free polenta (cornmeal).



Cilantro Lime Quinoa–Black Bean Salad Tossed

Yield: 6 servings / Prep: 5 min / Total: 5 min

INGREDIENTS

- 720 ml (3 cups) cooked quinoa, cooled
- 1 can (425 g/15 oz) black beans, rinsed and drained
- 120 ml (1/2 cup) fresh cilantro, finely chopped
- Zest and juice of 1 lime
- 10 ml (2 tsp) chili sea salt

METHOD

- 1 Add all ingredients to a large bowl and toss to combine.
- 2 Serve immediately or refrigerate until ready to serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- If chili sea salt is unavailable, use sea salt plus a pinch of chili powder or cayenne.
- Fresh herb swaps: parsley or basil.
- Bean swaps: pinto or red beans.

MAKE-AHEAD / STORAGE

- Keeps well in an airtight container in the refrigerator for up to 5 days.



Garlic Lime Guacamole

Yield: 360 ml (1 1/2 cups) / Prep: 5 min / Total: 5 min

INGREDIENTS

- 3 small–medium avocados
- 15 ml (1 Tbsp) freshly squeezed lime juice, strained to remove seeds
- 1 garlic clove, minced
- 3.75 ml (3/4 tsp) sea salt
- 0.6 ml (1/8 tsp) black pepper

METHOD

- 1 In a small–medium bowl, mash avocados with a fork.
- 2 Stir in remaining ingredients until well mixed. Taste and adjust seasonings, avoiding extra salt if serving with salted tortilla chips.
- 3 Serve the same day for best results.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Cilantro may be added for those who enjoy it.
- To help keep guacamole green, use citrus juice and press plastic wrap directly onto the surface before refrigerating.

MAKE-AHEAD / STORAGE

- For best results, serve the same day.



Banana Cinnamon Oatmeal Stovetop

Yield: 1 serving / Prep: 5 min / Cook: 5 min / Total: 10 min

INGREDIENTS

- 240 ml (1 cup) unsweetened non-dairy milk
- 120 ml (1/2 cup) gluten-free rolled oats (not quick oats or steel cut — cook time will be different)
- 60 ml (1/4 cup) mashed banana
- 2.5 ml (1/2 tsp) cinnamon
- 1–2 scoops collagen creamer (optional)

METHOD

- 1 Add the milk to a small saucepan and bring to a boil.
- 2 Add the rolled oats, cover, and cook on the lowest heat for 3 min.
- 3 Remove from the heat, stir in the banana, cover, and let stand 2–3 min.
- 4 Stir in the collagen creamer, cover, and let stand 1 min.
- 5 Serve with desired toppings.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.

MAKE-AHEAD / STORAGE

- Store leftovers in the refrigerator for up to 5 days.



Cheddar Macaroni Stovetop

Yield: 6 servings / Prep: 5 min / Cook: 20 min / Total: 25 min

INGREDIENTS

- 340 g (12 oz) gluten-free elbow macaroni or another short pasta
- 720 ml (3 cups) milk (2% or whole)
- 45 ml (3 Tbsp) cornstarch
- 5 ml (1 tsp) dry mustard
- 5 ml (1 tsp) salt
- 340 g (12 oz; about 3 cups) sharp cheddar cheese, shredded

METHOD

- 1 Cook the macaroni according to package directions to al dente.
- 2 While the noodles cook, whisk the milk, cornstarch, dry mustard, and salt in a small saucepan.
- 3 Set over medium-low heat and bring to a simmer. Let gently bubble 4–6 min until thickened.
- 4 Reduce heat to low. Add the cheese a little at a time, stirring until fully melted after each addition.
- 5 Drain the noodles well, return to the pot, add the cheese sauce, stir to combine, and serve hot.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Add-in ideas: cooked ground beef or shredded chicken; diced bacon or ham; sautéed mushrooms or spinach; chopped broccoli, carrots, or other vegetables; basil pesto or tapenade; fresh chiles or red pepper flakes; caramelized onions; fresh herbs.

MAKE-AHEAD / STORAGE

- Store leftovers airtight in the refrigerator for up to 3–4 days. Reheat on the stovetop or in the microwave with a spoonful of milk to loosen the sauce.
- For freezing, cool completely and store tightly wrapped or in an airtight container for up to 3 months. Thaw in the refrigerator and reheat as usual.



Spiced Chickpeas Roasted

Yield: 1 1/2 cups / Prep: 5 min / Cook: 20 min / Total: 25 min

INGREDIENTS

- 2 cans (425 g each) chickpeas, drained and rinsed
- 15 ml (1 Tbsp) avocado or olive oil
- 5 ml (1 tsp) sea salt
- 10–15 ml (2–3 tsp) spices of choice

METHOD

- 1 Preheat the oven to 205°C/400°F. Line a baking sheet with parchment paper.
- 2 Pat the chickpeas dry on a towel; remove any loose skins.
- 3 In a bowl, toss chickpeas with the oil, salt, and spices until evenly coated.
- 4 Spread on the baking sheet in a single layer. Roast 20–30 min, shaking the pan halfway, until crisp and golden.
- 5 Serve immediately while warm and crispy.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- For crisper texture, dry chickpeas thoroughly and use no more than 15 ml (1 Tbsp) oil.
- Spice ideas: smoky (smoked paprika, onion powder, garlic powder), spicy (cayenne or chili powder), sweet (cinnamon and sugar), warm (turmeric, ginger, cumin).

MAKE-AHEAD / STORAGE

- Store at room temperature in a container that is not airtight for 4–5 days.
- For longer storage, refrigerate in an airtight container up to 2 weeks.



Ham, Bell Pepper, and Onion Omelet (Stovetop)

Yield: 1 serving / Prep: 10 min / Total: 16 min

INGREDIENTS

- 10 ml (2 tsp) butter or margarine
- 30 ml (2 Tbsp) chopped fully certified gluten-free cooked ham
- 15 ml (1 Tbsp) finely chopped bell pepper
- 15 ml (1 Tbsp) finely chopped onion
- 2 eggs, beaten

EQUIPMENT

- 20-cm (8-inch) omelet pan or skillet

METHOD

- 1 Heat the butter in a 20-cm (8-inch) omelet pan or skillet over medium-high heat just until the butter begins to brown; tilt the pan to coat the bottom. Cook the ham, bell pepper, and onion 2 min, stirring frequently.
- 2 Quickly pour in the eggs. While sliding the pan back and forth rapidly over the heat, quickly stir with a fork to spread the eggs continuously over the bottom as they thicken. Let stand over the heat a few seconds to lightly brown the bottom (do not overcook; the omelet will continue to cook after folding).
- 3 Tilt the pan and run a fork under the edge of the omelet, then jerk the pan sharply to loosen the eggs from the bottom. Fold the portion nearest you just to the center (allow some of the omelet to slide up the side of the pan). Turn the omelet onto a warm plate, flipping the folded portion over so it rolls over the bottom. Tuck sides under if necessary.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use certified gluten-free ham.



Broccoli Cheddar Soup, Stovetop

Yield: 8 servings / Cook: 20 min / Total: 20 min

INGREDIENTS

- 960 ml (4 cups) broccoli, cut into florets
- 4 cloves garlic, minced
- 840 ml (3 1/2 cups) certified gluten-free reduced-sodium chicken broth (or certified gluten-free vegetable broth or certified gluten-free bone broth)
- 240 ml (1 cup) heavy cream
- 720 ml (3 cups) pre-shredded cheddar cheese

METHOD

- 1 In a Dutch oven or large pot over medium heat, sauté the garlic 1 min, until fragrant (add a little oil as needed).
- 2 Add the broth, heavy cream, and broccoli. Bring to a boil, then reduce heat and simmer 10–20 min, until the broccoli is tender.
- 3 Option 1 (original method): Add the shredded cheddar gradually, stirring constantly, over very low heat until fully melted. Remove from the heat immediately once all the cheese melts.

Option 2 (recommended):

- 1 Use a slotted spoon to remove about one-third of the broccoli pieces; set aside.
- 2 Use an immersion blender to purée the remaining soup.
- 3 Reduce heat to low. Add the shredded cheddar 120 ml (1/2 cup) at a time, stirring constantly, until melted. Purée again to make it smooth.
- 4 Remove from the heat and add the reserved broccoli florets back to the soup.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use certified gluten-free chicken or vegetable broth.
- Thickening options from the source: add more cheese; stir in cream cheese; purée more of the soup; use a thickener (arrowroot or cornstarch); for low-carb, whisk a small amount of xanthan gum with water or broth and add at the end.
- Variations from the source: add seasonings (e.g., Italian seasoning, black pepper); sauté onion with the garlic; add other vegetables (cauliflower, carrots, bell peppers); add proteins (shredded chicken, sausage, or cooked bacon). Additions should be
- stirred in after the cheese melts.

MAKE-AHEAD / STORAGE

- Refrigerate in an airtight container up to 5 days.
- Reheat on the stovetop over low heat or in the microwave on medium–low power, stirring frequently. If separated, blend briefly to bring it back together.
- Freeze up to 3 months; cool to room temperature before freezing.



Peanut Butter Oat Balls No-Bake

Yield: 11 balls / Prep: 10 min / Chill: 15 min / Total: 25 min

INGREDIENTS

- 120 g (1 1/3 cups) rolled oats, certified gluten-free if needed (or instant oats)
- 20 g (2 Tbsp) chia seeds or ground flaxseed, optional
- 80–120 g (1/3–1/2 cup) creamy peanut butter or other nut/seed butter
- 60 ml (1/4 cup) maple syrup or other liquid sweetener
- 30 g (3 Tbsp) dairy-free certified gluten-free chocolate chips, optional

METHOD

- 1 If needed, gently warm the peanut butter until softened; cool before using.
- 2 In a medium bowl, combine the oats and chia seeds (if using). Add the peanut butter, sweetener, and chocolate chips (if using); stir until well combined.
- 3 Chill the mixture 10–15 min to firm.
- 4 Using a small scoop, portion and roll into balls; about 11 pieces. Serve immediately or chill further to firm.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Using 80 g (1/3 cup) peanut butter yields a drier, crunchier texture; 120 g (1/2 cup) yields a softer, more dessert-like texture.
- Allow warmed peanut butter to cool before mixing to prevent melting the chocolate chips.
- Chia seeds are optional; omitting them softens texture. A smaller amount may also be used.
- To adjust dough: if dry/crumblly, add more peanut butter, sweetener, or a splash of milk; if too wet, add oats or a thickener such as protein powder.
- Do not skip chilling; it firms the mixture and eases shaping. Lightly oil or dampen hands to reduce sticking.

MAKE-AHEAD / STORAGE

- Store in an airtight container at room temperature 2–3 days or refrigerate up to 1 week.
- For longer storage, flash-freeze on a tray until solid, then transfer to a freezer-safe container; freeze 4–6 months. Thaw at room temperature 10–15 min before serving.



Greek Yogurt Overnight Oats

Yield: 1 serving / Prep: 3 min / Chill: 8 h / Total: 8 h 3 min

INGREDIENTS

- 160 ml (2/3 cup) certified gluten-free rolled oats
- 160 ml (2/3 cup) milk
- 60 ml (1/4 cup) Greek yogurt
- 10 ml (2 tsp) maple syrup
- 1.25 ml (1/4 tsp) vanilla extract
- Toppings: fresh fruit, nuts, seeds, or nut butter

EQUIPMENT

- Mason jar

METHOD

- 1 Combine the oats, milk, yogurt, maple syrup, and vanilla in a jar or container.
- 2 Stir until evenly mixed.
- 3 Cover and refrigerate overnight or at least 6 h.
- 4 Before serving, stir, add desired toppings, and serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Not all oats are gluten-free; use certified gluten-free rolled oats.
- Quick oats yield a softer texture; steel-cut oats are not recommended.
- Any milk (dairy or non-dairy) may be used.
- Topping ideas: fresh fruit, nuts, seeds, nut butter, shredded coconut, chocolate chips, or granola.
- Warm briefly in the microwave or on the stovetop if a hot option is preferred.
- If the mixture is too thick, stir in a splash of milk.
- Use certified gluten-free granola if topping with granola.

MAKE-AHEAD / STORAGE

- Refrigerate, covered, for up to 3 days.



Ricotta Marinara Ziti Baked

Yield: 6 servings / Prep: 10 min / Cook: 30 min / Total: 40 min

INGREDIENTS

- 340 g (12 oz) gluten-free ziti or penne pasta
- 960 ml (4 cups) gluten-free marinara or spaghetti sauce, divided
- 240 ml (1 heaping cup) ricotta cheese
- 80 ml (1/3 cup) freshly grated parmesan cheese
- 360 ml (1 1/2 cups) shredded mozzarella cheese

METHOD

- 1 Preheat the oven to 175°C/350°F. Bring a large pot of water to a boil, add a couple tablespoons salt, then add the pasta and cook until al dente (do not overcook; the pasta will continue to cook in the oven). Drain and set aside.
- 2 Meanwhile, add 600 ml (2 1/2 cups) marinara sauce, the ricotta, and the parmesan to a large bowl; stir to combine. Add the drained pasta and mix to combine.
- 3 Pour the mixture into a medium-sized baking dish, top with the mozzarella, cover with foil, and bake 15–20 min or until the sauce is bubbling. Uncover and bake an additional 5–7 min to fully melt the cheese (cheese does not need to brown). Warm the remaining marinara sauce. Scoop the baked ziti onto plates, spoon warm marinara over the top, and serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use certified gluten-free pasta.
- Use certified gluten-free marinara or spaghetti sauce.
- Use the highest quality marinara or spaghetti sauce available for best flavor.



Kale Chips Air-Fried

Yield: 2 servings / Prep: 5 min / Cook: 5 min / Total: 10 min

INGREDIENTS

- 1 large bunch curly kale (about 960 ml/4 cups torn leaves)
- 15 ml (1 Tbsp) sunflower oil
- 2.5 ml (1/2 tsp) fine salt
- 1.25 ml (1/4 tsp) ground turmeric, optional
- 1.25 ml (1/4 tsp) ground paprika, optional

METHOD

- 1 Preheat the air fryer to 200°C/390°F.
- 2 Tear kale leaves from the stems; discard stems. Wash leaves and spin or pat completely dry.
- 3 Place kale in a large bowl. Drizzle with oil and massage to coat evenly; sprinkle with salt.
- 4 Arrange in a single layer in the air fryer basket. Cook 4–5 min, shaking halfway, until very crispy. Cook in 2–3 batches if needed.
- 5 Transfer to a bowl; sprinkle with turmeric and paprika if using. Serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Oil options: olive, coconut, or avocado oil may be used in place of sunflower oil.
- Seasoning ideas: chili powder, curry powder, ground cumin, nutmeg, black pepper, nutritional yeast, garlic powder, or onion powder.
- Oven method: Bake at 175°C/350°F for 10–15 min in a single layer until crisp and browned at the edges, not burnt.

MAKE-AHEAD / STORAGE

- Store in an airtight container at room temperature for up to 3 days.



Four-Ingredient Crêpes

Yield: 6 pancakes / Prep: 5 min / Cook: 5 min / Total: 10 min

INGREDIENTS

- 300 ml (1 1/4 cups) milk (use dairy-free milk if needed)
- 100 g (3.5 oz) plain gluten-free flour
- 2 large eggs
- 1 knob butter (use dairy-free butter if needed)

EQUIPMENT

- Lightweight crêpe pan

METHOD

- 1 Place the crêpe pan over low heat, add the butter, and heat until melted. Remove from the heat.
- 2 In a mixing bowl or large jug, whisk the milk, flour, and eggs until smooth. Whisk in the melted butter.
- 3 Place the pan over medium heat. When hot, add a ladleful of batter and tilt to cover the base in a thin layer. Cook 1–2 min until the edges loosen.
- 4 Loosen the edges with a spatula and flip. Cook about 1 min more.
- 5 Transfer to a plate and repeat with remaining batter. Add desired toppings and serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Sweet toppings: lemon juice and sugar, chocolate spread, whipped cream, berries, sliced bananas.
- Savory toppings: ham and cheese, tomatoes, bacon, fried eggs, mushrooms.
- Batter may be prepared up to 24 h in advance; whisk well before cooking.

MAKE-AHEAD / STORAGE

- Refrigerate leftover crêpes stacked on a plate; reheat briefly in the microwave.
- To freeze, stack crêpes with baking paper between each; reheat from frozen.



Colombian Coconut Rice Stovetop

Yield: 6 servings / Prep: 10 min / Cook: 30 min / Total: 40 min

INGREDIENTS

- 400 ml (13.5 fl oz) full-fat coconut milk
- 240 ml (1 cup) long-grain white rice such as jasmine or basmati
- 240 ml (1 cup) water
- 60 ml (1/4 cup) raisins, optional but traditional
- 15 ml (1 Tbsp) brown sugar
- 2.5 ml (1/2 tsp) salt

METHOD

- 1 Pour the coconut milk into a saucepan over medium heat, stirring occasionally. Simmer until it separates and golden brown coconut solids form on the bottom, about 10–15 min.
- 2 Add the rice to the pot with the caramelized coconut solids and stir to coat. Toast 1–2 min.
- 3 Add the water, brown sugar, salt, and raisins (if using). Bring to a boil.
- 4 Reduce heat to low, cover, and simmer 15 min.
- 5 Turn off the heat and let stand, covered, 10 min.
- 6 Fluff with a fork and serve warm.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use full-fat coconut milk; light coconut milk will not reduce or caramelize the same way.
- Rinsing the rice before cooking helps the grains cook evenly.
- Depending on coconut milk fat content and heat level, forming the browned coconut solids can take longer.

MAKE-AHEAD / STORAGE

- Store in an airtight container in the refrigerator for up to 5 days; for best flavor and texture, consume within 3 days. Discard if it smells off or sour.
- Reheat on the stovetop or in the microwave, adding about 15 ml (1 Tbsp) coconut milk or water per 240 ml (1 cup) rice to loosen.



Tomato Pico de Gallo Hand-Chopped

Yield: 4 cups / Prep: 15 min / Total: 15 min

INGREDIENTS

- 240 ml (1 cup) finely chopped white onion (about 1 small onion)
- 1 medium jalapeño or serrano pepper, ribs and seeds removed, finely chopped (decrease or omit if sensitive to spice, or add another if you love heat)
- 60 ml (1/4 cup) lime juice
- 3.75 ml (3/4 tsp) fine sea salt, more to taste
- 680 g (1 1/2 lb) ripe red tomatoes (about 8 small or 4 large), chopped
- 120 ml (1/2 cup) finely chopped fresh cilantro (about 1 bunch)

METHOD

- ¹ In a medium serving bowl, combine the chopped onion, jalapeño, lime juice and salt. Let it marinate for about 5 min while you chop the tomatoes and cilantro.
- ² Add the chopped tomatoes and cilantro to the bowl and stir to combine. Taste, and add more salt if the flavors don't quite sing.
- ³ For the best flavor, let the mixture marinate for 15 min or several hours in the refrigerator. Serve as a dip, or with a slotted spoon or large serving fork to avoid transferring too much watery tomato juice with the pico.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Change it up: add a diced avocado to the mixture.
- Cilantro option: decrease the amount significantly or omit; parsley is not recommended as a substitute.

MAKE-AHEAD / STORAGE

- Pico de gallo keeps well in the refrigerator, covered, for up to 4 days.



Spanish Potato Omelet (Tortilla Española)

Yield: 4 servings / Prep: 10 min / Cook: 20 min / Total: 30 min

INGREDIENTS

- 4 medium potatoes, peeled and thinly sliced
- 1 medium onion, thinly sliced
- 6 large eggs
- 120 ml (1/2 cup) olive oil
- Salt, to taste
- Pepper, to taste

EQUIPMENT

- Large skillet
- Spatula
- Mixing bowl
- Whisk
- Knife
- Cutting board
- Plate (for flipping)
- Measuring cup

METHOD

- 1 Heat the olive oil in a large skillet over medium heat.
- 2 Add the potatoes and onion; cook until tender, about 10 min.
- 3 In a bowl, beat the eggs; add salt and pepper.
- 4 Pour the eggs over the potatoes and onion in the skillet.
- 5 Cook on low heat until the eggs are set, about 10 min.
- 6 Flip the omelet onto a plate and slide it back into the skillet to cook the other side, about 5 min.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Variation options from source: substitute sweet potatoes for the potatoes; use leeks in place of onion; for an egg-free version, use a chickpea flour–water mixture; avocado oil may be used instead of olive oil.
- Flipping tip: place a large plate over the skillet, invert to transfer, then slide the omelet back into the skillet.

MAKE-AHEAD / STORAGE

- Cool completely before storing. Refrigerate in an airtight container up to 3–4 days.
- For longer storage, cut into portions, wrap tightly, place in a freezer-safe container or bag, and freeze. Thaw overnight in the refrigerator.
- Reheat:
- Stovetop: warm in a lightly oiled nonstick skillet over medium heat, 3–5 min per side.
- Oven or toaster oven: 175°C/350°F for about 10–15 min (cover with foil to prevent drying).
- Microwave: cover and heat on medium power 1–2 min, checking and continuing in 30 s intervals if needed.
- Air fryer: 175°C/350°F for 5–7 min.



Potato Gnocchi Hand-Rolled

Yield: 4 servings / Prep: 1 h / Cook: 5 min / Total: 1 h 5 min

INGREDIENTS

- 454 g (1 lb) russet potatoes (2–3 medium), unpeeled and washed
- 135 g (1 cup) gluten-free all-purpose flour
- 5 ml (1 tsp) sea salt
- 15 ml (1 Tbsp) extra-virgin olive oil
- 1 large egg, beaten (or favorite egg substitute such as aquafaba)

METHOD

- 1 Boil or microwave the potatoes (pierce if microwaving) until fork-tender—about 20 min for boiling or 8 min for microwaving. Set aside to cool until comfortable to peel.
- 2 Peel and mash the potatoes until no lumps remain. Shake 60 ml (¼ cup) of the flour over the potatoes with the salt and work in by hand. Repeat in 60 ml (¼ cup) additions until the full 135 g (1 cup) flour is incorporated. (Alternatively use a food processor or stand mixer with paddle.)
- 3 Mound the potato mixture and make a well. Add the oil and beaten egg into the well; knead until fully incorporated. The mixture should no longer be wet but should hold together when squeezed. If too wet, add more flour by the tablespoon; if too dry, add a splash of milk (dairy or non-dairy).
- 4 Lightly flour a clean surface or baking mat with gluten-free all-purpose flour. Pat the mixture to about 1.25 cm (½ inch) thickness and cut into strips about 1.25 cm (½ inch) wide. Cut each strip into 1.25 cm (½ inch) pieces. Round edges with the tines of a fork to form small tubular pieces.
- 5 Place formed gnocchi on a parchment-lined baking sheet; cover with a cloth and refrigerate until ready to boil, or cook immediately.
- 6 Bring a 5.7-L (6-qt) pot of water to a boil. Add gnocchi in batches (enough to cover the bottom). Boil 5 min; they will float before removing. Lift out with a slotted spoon and serve with preferred gluten-free sauce.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- If using sweet potatoes, increase flour to about 1½ cups; for purple potatoes, add about ½ cup more flour.



Date-Walnut Energy Balls No-Bake

Yield: 18 balls / Prep: 15 min / Cook: 0 min / Total: 15 min

INGREDIENTS

- 240 ml (1 cup) Medjool dates, pitted
- 240 ml (1 cup) walnuts, or other nuts/seeds
- 120 ml (1/2 cup) shredded unsweetened coconut
- 2.5 ml (1/2 tsp) vanilla extract
- 1.25 ml (1/4 tsp) sea salt

METHOD

- 1 In a large food processor fitted with an “S” blade, add the dates, walnuts, coconut, vanilla, and salt. Process briefly until the mixture looks crumbly.
- 2 Stop as soon as the mixture sticks together when pressed between fingers; do not over-process.
- 3 Scoop with a tablespoon or 30 ml (1 oz) cookie scoop, squeeze to compact, then roll into balls. Repeat to make about 18 balls.
- 4 Serve at room temperature or chill.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- If dates are firm, soak in hot water 10 min, then drain before processing.
- For a truffle-style finish, roll in additional shredded coconut or cocoa powder.
- If the mixture seems dry, a small amount of coconut oil may be added.

MAKE-AHEAD / STORAGE

- Store in an airtight container up to 2 weeks in the refrigerator or up to 3 months in the freezer.



Egg and Cheese Muffin Sandwich

Yield: 1 serving / Prep: 1 min / Cook: 4 min / Total: 5 min

INGREDIENTS

- 1 gluten-free English muffin
- 15 ml (1 Tbsp) butter, salted or unsalted
- 1–2 large eggs
- Salt and pepper, to taste
- 1 slice cheese

EQUIPMENT

- Frying pan
- Spatula
- Whisk
- Mixing bowl

METHOD

- 1 Heat the butter in a large non-stick pan over medium heat.
- 2 Place both English muffin halves cut side down on one side of the pan. Move them in small circles and press down to crisp; toast 1–2 min to desired doneness. (Alternatively, toast in a toaster and butter after.)
- 3 Meanwhile, whisk the egg(s) with a pinch of salt and pepper in a small bowl.
- 4 When the muffin is done, pour the eggs onto the other side of the buttered pan. As the eggs just begin to set, gently push them across the pan with a rubber spatula to form soft curds; avoid vigorous stirring. Reduce heat if cooking too fast.
- 5 Assemble the sandwich: place the soft scrambled eggs on the bottom muffin half, top with the cheese slice, then the top muffin half. The heat from the eggs will melt the cheese. Serve.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Cheese: Use any sliced cheese; extra-sharp cheddar works well. For smaller cracker-cut slices, use two.
- Add-ins: Add pre-cooked bacon or turkey during assembly.
- Toaster option: If toasting in a toaster oven, place the cheese on one muffin half in the last minute to melt.

MAKE-AHEAD / STORAGE

- Refrigerate cooled, foil-wrapped sandwiches for up to 3 days.
- Freeze cooled, foil-wrapped sandwiches for up to 3 months. Reheat in the microwave 60–90 sec until warm.



Arugula Parmesan Salad with Lemon

Yield: 6–8 servings / Prep: 10 min / Cook: 0 min / Total: 10 min

INGREDIENTS

- 180 ml Parmesan cheese shavings (3/4 cup; about 45 g)
- 1 small shallot
- 1.9 L baby arugula (8 cups; 140 g/5 oz; do not use standard arugula, usually sold in bunches)
- 30 ml (2 Tbsp) extra-virgin olive oil
- 1.25 ml (1/4 tsp) kosher salt, plus more to taste
- 22.5 ml lemon juice, plus zest of 1/2 lemon (1 1/2 Tbsp)

METHOD

- 1 If needed, shave the Parmesan with a vegetable peeler.
- 2 Thinly slice the shallot.
- 3 In a large bowl, combine the arugula, olive oil, lemon zest (optional), lemon juice, and kosher salt.
- 4 Toss with hands until evenly coated.
- 5 Add the Parmesan shavings and shallot; toss briefly to combine.
- 6 Taste and add additional salt if desired.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use baby arugula; avoid standard arugula sold in bunches.
- For vegan or dairy-free, use a vegan Parmesan alternative.



Honey Cornbread Pan Baked

Yield: 8 slices / Prep: 10 min / Cook: 20–25 min / Total: 30 min

INGREDIENTS

- 480 ml (2 cups) coarsely ground yellow cornmeal
- 10 ml (2 tsp) gluten-free baking powder
- 5 ml (1 tsp) baking soda
- 5 ml (1 tsp) kosher salt
- 360 ml (1 1/2 cups) plain yogurt, at room temperature (or use the same amount of buttermilk, or half sour cream/half whole milk)
- 56 g (4 Tbsp) unsalted butter, melted and cooled
- 1 large egg, at room temperature, beaten
- 60 ml (4 Tbsp) honey

METHOD

- 1 Preheat the oven to 190°C/375°F. Grease a 20-cm (8-inch) square baking pan or 23-cm (9-inch) cast-iron skillet with unsalted butter.
- 2 In a large bowl, whisk together the cornmeal, baking powder, baking soda, and salt.
- 3 Make a well in the center; add the yogurt, butter, egg, and honey. Mix to combine well.
- 4 Pour into the prepared pan or skillet. Bake 20–25 min, until firm and a toothpick inserted in the center comes out clean. If using a cast-iron skillet, check at about 20 min.
- 5 Slice and serve warm.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Half of the cornmeal, by weight, may be replaced with an equal weight of corn flour; the recipe is otherwise unchanged.
- Half of the cornmeal, by weight, may be replaced with an equal weight of gluten-free all-purpose flour.



Bacon-Wrapped Goat Cheese Dates Baked

Yield: 8 servings / Prep: 15 min / Cook: 20 min / Total: 35 min

INGREDIENTS

- 115–170 g (4–6 oz) goat cheese
- 340–455 g (12–16 oz) dates, preferably Medjool
- 170–225 g (6–8 oz) center-cut certified gluten-free bacon, regular sliced, not thick-sliced
- Toothpicks
- Hot honey or regular honey, for drizzling, optional

METHOD

- 1 Preheat the oven to 175°C/350°F.
- 2 Slice each date lengthwise on one side (not all the way through) to create a pocket; remove pits if needed.
- 3 Fill each pocket with a little goat cheese.
- 4 Cut bacon slices in half to about 12.5 cm/5 inches. Place a date in the center of each piece and wrap; secure with a toothpick.
- 5 Place on a rimmed baking sheet and repeat with remaining dates.
- 6 Bake 10 min. Flip and bake 5 min. Flip once more and bake a few minutes longer until the bacon is crisp all around.
- 7 Cool 5 min before serving. Drizzle with honey if desired.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use regular (not thick-cut) bacon for better crisping.
- Fresh, soft dates work best; pre-pitted dates may be used.
- Can be assembled up to 2 days in advance and refrigerated until baking.

MAKE-AHEAD / STORAGE

- Best served right after baking. Store leftovers in an airtight container in the refrigerator for a few days.



Rice-Starch All-Purpose Flour Blend

Yield: 720 ml (3 cups) / Prep: 5 min / Cook: 0 min / Total: 5 min

INGREDIENTS

- 126 g (4.4 oz) superfine brown rice flour, 30% of total
- 126 g (4.4 oz) superfine white rice flour, 30% of total
- 63 g (2.2 oz) tapioca starch/flour, 15% of total
- 63 g (2.2 oz) potato starch, 15% of total
- 21 g (0.7 oz) potato flour, 5% of total
- 12 g (0.4 oz) xanthan gum, 3% of total
- 9 g (0.3 oz) pure powdered pectin, without the calcium packet, 2% of total

EQUIPMENT

- Digital kitchen scale

METHOD

- 1 Measure all ingredients by weight using a digital kitchen scale; there are no reliable volume equivalents for some ingredients.
- 2 Combine all ingredients in a large bowl and whisk to blend thoroughly.
- 3 The formula may be halved or multiplied; whisk fully in a container large enough to accommodate the batch.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Ingredients are listed as percentages of the total; apply the percentages to any target batch size measured in grams.

MAKE-AHEAD / STORAGE

- Store the blend in a tightly sealed container at room temperature in a cool, dark pantry; it keeps as long as the earliest expiration date on any component ingredient.
- For longer storage, keep in the freezer and return to room temperature before use.



Bechamel Sauce Stovetop

Yield: 6 servings / Prep: 5 min / Cook: 20 min / Total: 25 min

INGREDIENTS

- 70 g (5 Tbsp) butter, or 65 ml (4 1/2 Tbsp) olive oil
- 60 ml (4 Tbsp) gluten-free flour blend, or 30 ml (2 Tbsp) rice flour plus 30 ml (2 Tbsp) tapioca flour
- 960 ml (4 cups) milk (dairy), or unflavored, unsweetened coconut milk, almond milk, or rice milk
- 10 ml (2 tsp) salt
- 2.5 ml (1/2 tsp) freshly grated nutmeg

METHOD

- 1 In a medium saucepan, heat the butter over medium–low heat until melted (or warm the oil). Add the gluten-free flour and whisk until smooth. Over medium heat, cook until the mixture turns a light, golden sandy color, about 6–7 min.
- 2 Meanwhile, heat the milk in a separate pan until just about to boil.
- 3 Add the hot milk to the flour mixture 240 ml (1 cup) at a time, whisking continuously until very smooth. Bring to a boil; cook 10 min, stirring constantly. Remove from the heat.
- 4 Season with the salt and nutmeg. Set aside until ready to use.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Dairy-free option is included: use olive oil and unflavored, unsweetened coconut milk or almond milk; rice milk also works.
- A 1:1 mix of rice flour and tapioca flour may be used in place of a gluten-free flour blend.
- Use as a base for Mornay or cheese sauce, casseroles, macaroni and cheese, or lasagna.



Spiced Ketchup Barbecue Sauce

Yield: 300 ml (1¼ cups) sauce / Prep: 10 min / Cook: 5 min / Total: 15 min

INGREDIENTS

- 240 ml (1 cup) gluten-free tomato ketchup
- 55 g (1/4 cup) light brown sugar, packed
- 30 ml (2 Tbsp) white wine vinegar or white balsamic vinegar
- 15 ml (1 Tbsp) gluten-free Worcestershire sauce
- 10 ml (2 tsp) smoked Spanish paprika
- 5 ml (1 tsp) onion powder
- 15 ml (1 Tbsp) freshly squeezed lemon juice

METHOD

- 1 In a small heavy-bottomed saucepan, whisk together all ingredients.
- 2 Cook over medium-low heat, whisking frequently, until reduced and thickened by about 1/8.
- 3 Remove from the heat and cool to room temperature before serving or storing in a sealed container in the refrigerator.

NOTES / VARIATIONS

- Read labels and ensure all packaged or processed ingredients used are certified gluten-free.
- Use certified gluten-free Worcestershire sauce.
- Avoid malt vinegar; use white wine vinegar or white balsamic as specified.

MAKE-AHEAD / STORAGE

- Store in the refrigerator in a sealed container.

Where These Recipes Came From

The twenty-five recipes in this kit are drawn from **Safe to Eat — The Gluten-Free Cookbook for Celiac Kitchens**, a reference volume of over a thousand recipes.

The book was built the way this kit was written. Every processed ingredient in every recipe was audited and qualified on the ingredient line itself, so that the person cooking is told what to check at the moment they need to check it — not in a note at the front they read once and forgot. Every measurement is given in both metric and US units. Nothing is left as “flour” when it should say “certified gluten-free flour blend”.

That work took an ingredient-by-ingredient pass across the whole book. The counts in the shopping checklist you just read — baking powder in 126 recipes, broth in 117, soy sauce in 65 — are from that audit. They are not estimates.

It contains chapters on setting up a shared kitchen, reading labels in the US, UK and EU, working with gluten-free flours and binders, and eating out. Then a thousand recipes across twelve categories, with a full index.

If this kit was useful, the book is the same thing at scale.

Details are in the email that brought you this file.

Before you cook

This is not medical advice. It is a cookbook and a set of practical notes, written for people who already know they need to eat gluten-free. If you have not been diagnosed, do not start a gluten-free diet before speaking to a doctor — celiac testing requires gluten in your system to be accurate, and removing it first can produce a false negative that follows you for years.

Every packaged or processed ingredient must be verified by you. Recipes name what to check; they cannot check it for you. Formulations change, brands differ between countries, and a product that was safe last year may not be this

year. The responsibility for what goes into your kitchen is yours, and no book can take it.

Cross-contamination is not covered by an ingredient list. A recipe made from entirely gluten-free ingredients can still make you ill if it is cooked in the wrong pan, in shared oil, or in shared water. The kit's restaurant card exists for exactly this reason.

No liability is accepted for any illness, reaction or loss arising from the use of these recipes or notes. If you react to something, stop and speak to your doctor or dietitian.

Sensitivity varies. Some people react below the 20 ppm threshold that "gluten-free" labeling permits. If that is you, your own threshold governs, not the label's.

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