

COLLEEN SALTARELLI



A CELIAC'S STARTER GUIDE TO GOING GLUTEN-FREE

Welcome to the Celiac's Starter Guide to Going Gluten-Free. I suspect you are here because you felt crumbly for a long time, you finally went to the doctor, got tested and turns out, you have Celiac's Disease (or a gluten allergy or intolerance, we don't discriminate around here, it all sucks). The cure for this mysterious disease you, all-of-a-sudden, have is simple, never eat a single speck of gluten ever again, simple. Not so simple, because you go home and realize every single thing you own is infested with crumbs, or has crumbs or is crumbly, you get my point. What do you do and where do you start? I had to navigate this new journey on my own, but you my friend, now have a Gluten-Free Sidekick to show you the way.

STEP NUMBER ONE

TAKE A MOMENT FOR YOU

Relax. Take a deep breath. Stress can mimic similar symptoms as ingesting gluten. Be patient with yourself while your healing both physically and mentally. Prioritize sleep.

STEP NUMBER TWO

THROW OUT THE TOASTER

Yes, that's right, walk straight into your kitchen and chuck your toaster in the trash. For real, do it right now. You are never going to get it 100% crumb free, so just toss it.

STEP NUMBER THREE

RAID YOUR FRIDGE

Go through your fridge and freezer, throw out any items that contain gluten OR could have possibly been cross contaminated. Use an app, such as GF Scanner, to help.

STEP NUMBER FOUR

TACKLE THE PANTRY

Take everything out of your pantry and cabinets, wipe down all of the shelving and throw away any items that are not gluten-free. Don't guess, take time to research.

STEP NUMBER FIVE

CHECK COOKING TOOLS

Get rid of any non-stick pans, cutting boards, strainers, small appliances or wooden kitchen utensils that have also been used with gluten previously.

STEP NUMBER SIX

GET SOME RETAIL THERAPY

All that stuff you just tossed? Go ahead and buy brand new, gluten-free items to replace them. For food, try to stick to whole food options, instead of processed products.

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STEP NUMBER ONE TAKE A MOMENT FOR YOU

Self-care is extremely important for a newly diagnosed Celiac. Your body has been beaten up day after day and needs time to heal. Healing can only come from a gluten-free diet and rest. Make sure to prioritize sleep and limit your daily stressors, as stress symptoms can mimic those of being glutenated, and right now, you need to be paying close attention to how your body feels, those mixed signals can cause confusion. Find time to journal, meditate, or exercise. Whatever activities you can do to put yourself in a calm healing state of mind is where you want to be and what you want to be doing. Surround yourself with a strong and loving support system that will help you through this season of change in your life. Most importantly, be gracious to yourself, don't give yourself a hard time for canceling plans, being a little down or not having the energy you once did, it's going to take time to get yourself back on track, but it will come.

STEP NUMBER TWO THROW OUT THE TOASTER

Yes, that's right, walk straight into your kitchen and chuck your toaster in the trash. I am serious, this needs to be the first thing you do. So many of us have forgotten about this step or did not think it really needed to happen, but let me tell you, that thing will NEVER be clean of crumbs no matter how hard you try. It is not worth it, just throw it away and buy a new one, heck, get the toaster of your dream! You deserve it. Toaster, toaster oven, bun warmer, hot dog cooker thingy, waffle iron, pancake contraption, whatever bread maker/heater/warmer item you might have, toss it.

STEP NUMBER THREE RAID YOUR FRIDGE

Take a look in your refrigerator and your freezer. Better yet, pull everything out, this would be a great time to give those shelves a good scrub-a-dub-dub. Then, if you have a smart phone, download the GF Scanner App, or something similar, and start scanning. Throw anything away that comes up with gluten found OR if it is not in the directory and does not explicitly say "gluten-free" on the package. Do not be tempted to chance something, if you have any doubt, throw it out. Pay careful attention to sauces and dressings, they tend to have hidden gluten as thickeners. Also, remember that soy sauce contains gluten, so you will want to check all of your condiments that might contain soy sauce. I would also get rid of any containers that a utensil could have contaminated, such as mayo, jelly and mustard. If someone was making a sandwich and double dipped their knife, the entire container is now contaminated and may contain gluten.

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STEP NUMBER FOUR TACKLE THE PANTRY

Just like the refrigerator and freezer, start by removing all of the food items in your cabinets and pantry. Give those shelves a good wipe down, then get out your handy dandy GF Scanner App. Scan the items, discard those that come up with gluten found OR if it is not in the directory and does not explicitly say "gluten-free" on the package. It is important to also wipe down containers that might have flour or other gluten filled residue on them. You might also want to change the containers completely. Remember B.R.O.W.S to know what items may contain gluten; barley, rye, oats, wheat and spelt. Oats are controversial, because commercially packaged oats tend to be packaged on the same equipment as wheat flour, thus contaminating it. So be sure your oats have the gluten-free label on the package. There are lesser known sources of gluten as well, such as soy sauce, beer, malt, farina, farro, seitan and many more, so use the app, research anything you have questions on and when in doubt, throw it out.

STEP NUMBER FIVE CHECK COOKING TOOLS

You already tossed your toaster, good. Next, you want to get rid of any other small appliances that may harbor criminal crumbs. Non-stick frying pans, wooden and plastic cutting boards, strainers, colanders, shifts, anything with small holes, and wooden kitchen utensils that have been used with gluten previously also need to be thrown in the trash. These items tend to have a higher price tag than the food items you have previously thrown away. You might be tempted to run something through the dishwasher and call it a day, please don't. Gluten is sticky, and is able to get itself into tiny hidden spaces and not leave. You cannot put a price tag on your health.

STEP NUMBER SIX GET SOME RETAIL THERAPY

All that stuff you just tossed; pans, toasters, utensils? Go ahead and buy brand new, gluten-free, items to replace them. Get crazy and go on an Amazon shopping spree, buy everything in the same color and have one of those matchy matchy kitchens, skies the limit. When it comes to replacing the food, try to avoid gluten-free versions of your processed packaged food items. Stick to whole food options, your body is healing and you need to give it as much nutrition as you can and processed items will hinder that. Fresh produce, farm raised meats, gut-healthy probiotics and other whole nutrient dense foods are going to be your go-to for feeling great in your new daily routine. Give everything a good wash before packing it away in your newly de-glutenized kitchen to avoid any cross contamination. Now go, get cooking and have some fun.

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Hi I'm Colleen, an ISSA Certified Nutrition Coach, Culinary Institute of America Graduate and Your Gluten-Free Celiac Sidekick. Guess what? Constant stomach issues, running to the bathroom every 20 minutes and stabbing abdominal pain is not "normal", nor should you have to deal with it every day, you have the power to make it stop. It took me years to finally stand up for myself, and my health, and get the diagnosis that changed my life; Celiac's Disease. Who would have thought that this CIA trained Pastry Chef would have to live a gluten-free life? I literally majored in bread, full on wheat-filled BREAD!

After a period of denial, I pulled my cake-loving self up by the bootstraps and said enough is enough. Four trash bags later and my kitchen, my life, was free of all things gluten and in just DAYS my health changed dramatically. I had more energy than I have had in years, my fitness and strength training reached a whole new level and was able to lose weight and get STRONG. I started to get my immune system back on track, I felt happy and it all had to do with nutrition.

Now, I want to help others who are ready to take charge of their health, build back their immune system, get leaner and stronger and do it all with food that actually tastes good and not just "good for gluten-free", real deliciously nourishing food.

Visit my website www.colleensaltarelli.com for chef inspired recipes because making your own nourishing food is easier than you might think. You do not, and should not, have to live off of sub-par gluten-free

knock offs from the grocery store, gluten-free specific nutrition information and fitness inspiration because it is 100% NOT true that everyone will gain weight after a Celiac's diagnosis. Incorporating a fitness routine into your daily life can be a fun and enjoyable way to get strong.

Thanks for giving this guide a chance and hope to see you around the community soon.

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Remember, cooking is very subjective. You and I might use different brands of the same ingredients. Our ovens might have different temperatures. Our cooking abilities might be at different levels. Before trying a new recipe, read and re-read the recipe. Make sure you're not allergic to any of the ingredients. Use the right amounts and tools. What you decide to do with the recipes here is your responsibility.

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