



**This guide will give  
you ideas on the foods  
you can consume when  
grain-free and plant-based.**

**Avoiding additional items  
from the list might be  
necessary if you follow  
another specific diet.**

# **GRAIN-FREE PLANT-BASED GF VEGAN GUIDE**

by CHANTAL SECOURS | [freshisreal.com](https://freshisreal.com)

Enjoy a variety of vegetables and fruits each day! Eating foods that are seasonal and local to you is great!

Please consult your medical professional with any questions you might have before trying a completely grain-free diet. If you're already gluten-free and consume a plant-based/vegan diet, you know that fueling your body with the best nutrients possible can be challenging—especially when you're trying to keep your gut healthy. It's also possible that you avoid nightshades, alliums, nuts, seeds, legumes, etc. With that said, eat what is safe for you! Keep things interesting by preparing your foods in various ways. See the examples listed below.

### WHAT TO EAT

- Most vegetables, leafy greens (no corn)\*
- Mushrooms\*
- Fresh & dried herbs
- Fruits, berries
- Vegetable broth (homemade is great)
- Apple cider vinegar, balsamic vinegar\*
- Seaweed: nori, wakame, kombu
- Oil: olive, avocado, coconut
- Spices: cinnamon, ginger, nutmeg
- Sea salt, himalayan salt, pepper
- Water

### Homemade plant milk\*

- coconut, hemp, tiger nut, seed, nut

### Baking Ingredients\*

- Unsweetened shredded coconut
- Dried fruits: raisins, dates, cranberries
- Nut/seed flour, nut/seed butters
- Carob powder
- Tiger nut flour, tiger nut flakes
- Starches: tapioca, arrowroot, potato
- Cassava flour
- Baking powder (GF, AF, Corn-Free)
- Natural sugar: coconut palm sugar, maple syrup
- Coconut flour
- Plantain flour, green banana flour
- Sweet potato flour, potato flour, potato flakes

### WHAT TO AVOID

Millet, sorghum, oats, brown rice, white rice, amaranth, fonio, wheat, einkorn, barley, rye, spelt, kamut, teff, freekeh, farro, bulgar, corn: kernels, cornmeal, corn flour and any other grains.

Buckwheat, quinoa, amaranth (avoid pseudocereals for now).

Eggs, dairy (cheese, milk, yogurt), meat, fish, seafood, poultry.

Avoid deep fried meals, processed foods including items with white refined sugar, and anything prepared with additives.

### MAYBE LIST

\*Avoid this list, or any foods from this guide, if you're allergic. You might have to avoid some items on this list if you follow another specific diet such as AIP, Vegan/Paleo, Plant Paradox (lectin-free), FODMAP, candida, SIBO, to name a few.

Seeds: whole, flour, milk  
(e.g., chia, flax, sesame, poppy, hemp, sunflower, pumpkin)

Nuts: whole, flour, milk (e.g., almond, walnut, hazelnut, cashews)

Legumes & beans: whole, flour, milk

Nightshades: eggplant, peppers, tomatoes, white potatoes

Alliums: garlic, onions, shallots, chives, scallions, leeks

Soy: fresh, dried soybeans, tofu, flour, milk

Raw cacao powder, cocoa powder

Dark chocolate (bar, allergy-free chocolate chips)

Fermented foods (homemade vegetables, kimchi, sauerkraut)

Condiments (if organic or homemade some might be ok)

Yogurt (homemade coconut, seed/nut yogurt)

Kombucha (low sugar/no added sugar)

Tea (green, herbal), black coffee (1 cup)

Eat more vegetables, especially the green leafy ones and enjoy a little fruit. Consume foods as close as you can to their natural state.

**PREPARATION IDEAS:** raw, puréed, juiced, oven-baked, frozen, dehydrated, fermented, boiled, steamed, barbecued are all great ways to prepare your meals to make it more interesting.

### ARE YOU NEW to eating grain-free and plant-based?

Try a 5-day fast of only eating vegetables and a little fruit. Examples are smoothies, soups, stews, simple raw veggies and salads. Then introduce other items such as oil, plant milk, seeds, nuts, legumes, all depending on your food sensitivities, allergies or other specific diets. Avoid baked goods for a few weeks to give your gut a chance to heal, then experiment with gradually adding some homemade grain-free baked treats or bread.

**Do you have information to add or edit from this guide?**  
Please email [info@freshisreal.com](mailto:info@freshisreal.com) with your suggestions!

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