



**THE PROCRASTINATOR'S
GUIDE TO FINALLY
CREATING A SHAMELESSLY
HEALTHY LIFESTYLE**

GLUTEN FREE IN 5 DAYS

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Dedication

To Marquesa Pettway, who gave me the title and inspiration
for this book
And to all my Elevate Sisters, especially Patrice Dunckley, Yvette van
Geest, and Jan Rose Distel, without whose support, masterminding,
and insight this would never have happened

Gluten-Free in 5 Days

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Book cover design by Melodye Hunter and Myron Grossman.

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Although the author is a credentialed health care provider with years of personal and professional expertise on this topic, this book is not intended as a substitute for individual medical advice, diagnosis, or treatment, and is not intended to diagnose, treat, or cure any disease.

Always seek professional medical advice from your physician or other qualified health care provider with any questions or concerns you may have regarding a medical condition or significant changes in your diet.

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Introduction

“If I had to do that, I’d kill myself”

said my assistant Adam when I posed the idea of going gluten-free in five days. Now I have to tell you that Adam is normally a very sober, serious young man, so I couldn’t tell if he was kidding or not. But I wasn’t kidding about the idea to go gluten-free in five days.

“I don’t know why you’d need five days,” said some others when I shared the idea with them. “When I decided to go gluten-free, I did it in five minutes.” And even others timidly remarked, “Well, I’d love to find out more out about it, but I don’t know if I want to go gluten-free right now!”

Whether you’re Adam, adamant, or ambivalent, this book is for you! If you’re really motivated about doing this, you CAN go gluten-free in five days—or five minutes, for that matter—with my step-by-step information about dietary changes. If you’re not sure whether this is for you, however, I’ve included some tried-and-true behavior-modification techniques to combat any resistance you may have to make the change in the first place. After all, for some, change takes a lot of time, thought, and troubleshooting, not to mention those new neural pathways you have to form to make a habit stick. In other words, change isn’t easy. But it IS ultimately doable.

I’m also going to give you a gluten-free shopping list, my own gluten-free faves, and other powerful resources in a companion workbook to make this all a snap! Simply go to my “goodie” page at <http://glutenfreein5days.com/goodies/>

But I’m curious ... why would you want to do this in the first place? Well, for some, going gluten-free can mean the difference between existing in pain and poor health and a life that’s vital and happy as well as pain- and illness-free.

Here’s my own gluten-free story. Food and I have always had a rocky relationship. First, it was my weight, then my digestion. I was sickly with tonsillitis as a baby, and the doctor wouldn’t operate until I was older. My sister, Barbara, was then (as she is now) a very picky eater, so my mother (for all practical purposes) fed me triple—once for her concern, twice for her anxiety, and thrice for Barbara.

Needless to say, I grew up chubby. And when I hit puberty, instead of going gaga over boys, I went ape for red licorice. Food then became an all-consuming passion. My picky, athletic sister stayed aggravatingly skinny and gorgeous—and still is to this day. I instead was a size 16, angst-ridden, sixteen-year-old maid of honor at her wedding. With all of that going on, I’m amazed that I was an “A” student and active in so many singing and other groups in my senior year in high school.

I deprived myself down to a size 8 that year thanks to a diet doctor and weekly shots of some kind of animal urine. My skinny but skittish self captured the eye of my then secret crush more than once. I never had enough confidence to talk with him however because of my seesawing weight. Once while I was waiting in a checkout line, I looked up and glanced at someone in one of those fish-eye mirrors. The someone was me. I didn't recognize myself. Needless to say, I had a difficult time with every facet of my body image.

My weight struggles became even worse later on when I began acting seriously. I won two Off-Broadway roles before I was twenty-one, and my talent was encouraged by many, including my mentor and boss, Lee Strasberg. But I was uncomfortable as the skinny, gorgeous lead because I could never manage to get smaller than a size 6, even by starving myself. Instead, I became the funny one in supporting roles so that I wouldn't have to worry so much about my weight.

On top of that, a recurring feminine condition demanded massive doses of antibiotics. And if I had known then what I know now, I'd have eaten lots of yogurt or taken probiotics to counteract the devastation of all those pills. They practically destroyed my digestive and immune systems. A concerned gynecologist then suggested I have a hysterectomy—at age twenty-seven!

Fortunately, I didn't heed his advice, and I have all my parts to this day. But the damage had already been done. I developed irritable bowel syndrome (IBS), which today is the most common disorder diagnosed by gastroenterologists and accounts for up to 12 percent of total visits to primary care providers, between 2.4 and 3.5 million annually in the United States alone. IBS is today nothing short of an epidemic, and doctors, quite frankly, have no idea how to treat let alone cure it.

What did that all mean to me? It meant I fought with my bowels—or the lack of them—for most of my life. It was truly excruciating to get up every morning for forty years not knowing whether I could eliminate or whether I would be bloated the entire day. I used laxatives at first but didn't want to take them forever. Finding a solution for my burgeoning IBS probably spurred a passion for alternative healing, nutritional supplements, and the new paradigm of treating dysfunction before it becomes disease called Functional Medicine.

But even my alternative solutions didn't get to the bottom of why I had IBS ... until I discovered food-sensitivity testing. I had a random encounter with another well-respected Registered Dietitian who urged me to try the test because, as she said, "It'll change your practice." It not only did that, but it also changed the lives of many of my clients. And three years later (I'm a slow learner) I took to heart that whole "physician, heal thyself" credo and tested myself.

It always amazes my clients that the foods they're sensitive to are the ones they eat the most. So after three years of coaching others, I knew. Even though I had bouts of

rashes and eyes swollen shut, and even though, in the thousand-pinprick hell of allergy testing nothing turned out positive, I knew. One of my greatest sensitivities was wheat ... gluten. So after the shock wore off, I began avoiding it and my other sensitive foods.

Ten days out and my bowels normalized. I did a little happy-dance ritual, complete with candles and chanting, and I flushed all those laxatives down the toilet. Since I've always loved cooking and was even once briefly a whole-foods chef, I had a great time creating dishes around foods that were safe for me to eat. I didn't, however, diet or modify my portions in any way.

A month later, I found that I had lost ten pounds. Oh, didn't I tell you that identifying food sensitivities could help the weight-challenged lose weight without dieting? Well, I'm here to tell you that it can.

So what does any sensitivity to foods do to your body anyway? And let's get something clear: I'm talking about sensitivities, not allergies. Most people know they're allergic. You eat a bite of shrimp, for example, and INSTANTLY develop a rash, hives, or, in extreme cases, you can't breathe. Real food allergies are rare; less than 5 percent of the US population has them.

In contrast, **sensitivities are DELAYED reactions to food.** They just make you feel like crap but, if untreated, can have far-reaching, devastating effects upon your body. They cause your immune system to go on alert, which creates a chronic inflammatory response. As a result, the body's defense system overloads, and systems begin to malfunction. One of the most common systems that malfunctions is your gut, your digestive system. Gluten-containing grains, especially wheat, do appear to be one of the foods that often cause these sensitivity reactions.

As you see from my story, you can test for gluten sensitivity. And, if you'd like, I'll share with you everything you'd ever want to know about the testing in the last chapter. But that's not what this book is about. I wrote this book so that you could find out—in a simple, cost-effective way—if gluten-free might be right for you.

So let's get right down to it. **If you have some or all the following, you may be gluten-intolerant:**

- Irritable bowel syndrome (in a whopping 47 percent of the gluten-challenged)
- Abdominal pain/bloating
- Diarrhea and/or constipation
- Nausea/vomiting
- Gastroesophageal reflux
- Tiredness/fatigue
- Headache/migraine
- Joint/muscle pain/numbness
- Lack of concentration/focus
- Dermatitis/eczema/itching/other skin problems
- Depression/anxiety

- Anemia
- Nasal/sinus congestion
- Weight gain
- Dizziness
- Autoimmune problems

Experts who pooh-pooh gluten-free are also quick to remind us that only 1 percent of the population has celiac disease, and they're the only ones that should avoid gluten. But they fail to also note that current research has shown that up to 60 percent of us are gluten sensitive and are suffering from the above symptoms and more. Not to mention the fact that the celiac population doubles every twenty years.

Regardless, I've worked with clients long enough to know that suffering doesn't necessarily motivate people to change, even when faced with life-threatening conditions like cancer. Change can often be so scary that it stops you in your tracks, so you need some solid information, experience, and support to get you going. Sometimes you even need someone to lead you by the hand. Remember that change isn't easy. But it IS ultimately doable.

Here's an example. When I learned how to perform on a gymnastics balance beam, I didn't do triple flips and side dismounts my first time out. I began instead with a beam on the floor, and I graduated to taller and taller beams until I walked a standard-size Olympic one. I did that final walk by barely touching fingertips with my coach as my only support. I turned, walked back all by myself, and then clumsily dismounted, knowing that he'd be there to catch me. I never did get to the triple flips. But since I started doing gymnastics in my fifties and had poor balance to boot, just walking the beam was one of the greatest triumphs of my life.

In reality, I accomplished the whole thing all by myself. In logical steps. With a lot of encouragement from my coach—who intuitively knew exactly how much or how little support I needed at each step. So when you're contemplating making any change in your life, first gather some good information about how to make it easier, gain some hands-on experience, and maybe get a good coach to help you out. Then pick a start date and go for it! Or instead, make small steps toward your ultimate goal like I did. That's the way you make new neural pathways and habits that will never fail you, and how you discard the old ones along the way.

I want to empower you to walk your own balance beam. To that end, I've got to tell you I don't believe in rigid diets. Or printed menus. Why? Because they box you in, ignoring your own appetites and particular food preferences. Making your own food choices is a personal right and privilege. Empowerment where food is concerned is about thinking outside the menu box.

Eating lifestyles are as diverse as people on the planet. We each eat in certain ways that are formed by our cultural, social, emotional, spiritual, and psychological histories. So giving you, for example, a turkey sandwich on gluten-free bread for lunch inside one

of those menu boxes may not jive with you if you're Hispanic or East Indian and your idea of lunch is a carnitas-and-bean burrito or sag paneer and a chapati. Instead, I'm going to give you all the tools you need to go gluten-free—in five days or a hundred days, however long it takes—no matter what food preferences you have. Included in those tools are ways to recognize resistance to change and how to overcome it.

I'm not going to lie to you though. Going gluten-free takes planning, it means sometimes eating differently from your family, and it may often be daunting if you're out with friends or colleagues at a place where no gluten-free options appear to exist—not to mention buying new, often more expensive foods.

But the truth is that **the best way I know to find out if gluten-free may make a huge difference in your health and life is just to try it.** I was once followed for three aisles by a guy at Whole Foods. I thought he was just trying to pick me up. Instead, he finally got up the nerve to say, “I see that you have gluten-free items in your cart. Do you eat that way?” I explained that I was a dietitian who specialized in food-sensitivity testing, and that I was gluten sensitive myself. He then told me that a friend of his went gluten-free and felt great! So he had decided to do the same.

I asked, “How long have you been gluten-free?” He replied three months. I then wondered if he had noticed any difference in his health. When he said no, all I could say was, “Then stop!” Why am I telling you this? Well, the truth is if you're not gluten sensitive, you don't need to go gluten-free. But, like this gentleman, you might want to give it a try as it might make a HUGE difference in your life.

At this point, you might be thinking **what is gluten, and why do you have to be free of it?** Pure and simple, gluten is the protein part of most grains. Yes, I said protein. Most foods, especially those nurtured in the earth, have all the big three nutrients: protein, fat, and carbohydrates. Nature wisely made them that way so that they can not only feed you but grow the next crop.

Therefore, all grains have gluten. But those of us that are sensitive, including the 1 percent of celiacs, have the most difficulty with the type of gluten that's in wheat, oats, barley, and rye.

We all love bread and other grains. But our grains aren't those wild ones we first tamed 10,000 years ago. The bread we eat today isn't the kind that Grandma grew up with. And here's what current research seems to suggest:

1. Older types of wheats have fewer chromosomes (the genetic material that makes up all things) and therefore lower levels of gliadins, the type of gluten proteins that seem to cause most sensitivities.
2. Varying levels of fertilizer can change the composition of proteins in wheat.

3. The pesticide Roundup is widely used by wheat farmers to make fields ripen quickly all at the same time. It has been suggested as a possible reason for growing wheat sensitivity. Those who eat this type of wheat may therefore be sensitive to herbicides and pesticides, not gluten.
4. Most grains today are genetically modified to increase yield and output with little regard for how it might affect nutrition quality or human digestion.
5. We have milled the goodness of much-used grains out of existence and instead created bleached-white, nutrient-poor, much-processed flours. And then we put the nutrients we took out back in. I've always wondered about that process, even way before I became a nutrition professional. Now, after reading about what we do with grains, you too may be questioning, "WHAT'S UP WITH THIS?"

All this was beautifully summed up on the Grainstorm Heritage Baking website like this:

We have mutant seeds, grown in synthetic soil, bathed in chemicals. They're deconstructed, pulverized to fine dust, bleached and chemically treated to create a barren industrial filler that no other creature on the planet will eat. And we wonder why it might be making us sick?

And let's face it: we're eating a ton more starchy sweet stuff these days. Thanks to our other penchant for replacing the fat in our diets with starches, we've eaten more grains in the last forty years than we have in all human history. Don't I know it! When I was the spokesperson for Health Valley Foods years ago, I helped create a fat-free baking cookbook that replaced fat with—you guessed it—gobs of sugar, which we found out later also caused another whole host of problems.

I don't know if there's more gluten in grains today as some experts say and many people think. Every time I hear this about gluten, I'm reminded that we just haven't done enough research comparing ancient to modern grains to conclusively know why we react to gluten the way we do. I do know, however, that many of us are sick, and we have to do something about it. Fast. Let's get down to it.

So the only things you need to avoid on a gluten-free diet are certain grains? Sounds simple, right? NOT! I don't know about you, but I'm constantly bombarded at work with all kinds of goodies. Porto's, a local bakery here in Los Angeles, has the most delectable cakes and pastries I've ever eaten, and they're constantly being brought to the facilities where I consult by grateful families of patients—not to mention the amazing chocolate croissants I dodged yesterday. Also, I was raised on deli food and sorely miss my rye bread. Gluten is hidden in lots of common foods too. DRAT!

I'm sure you know that gluten-free is totally hot and trendy right now! That's probably why you bought this book. Most trendy things fall by the wayside quickly, however, like (thankfully) most weight-loss supplements. But some, like probiotics and Omega-3s, have experienced a tenfold growth in use despite any negative press or

scientific proof. It's my personal belief that we know on some deep level that these things benefit us. Perhaps that's why gluten-free food isn't going away anytime soon. *The Huffington Post* has recently predicted that sales could grow to \$6.6 billion by the year 2017.

So let's go for it! This book has everything you need to succeed. It gives you step-by-step daily actions to take to prepare your kitchen and your life to go gluten-free. We'll shop, eat out, and cook up some simple recipes. And it also helps us go step-by-step through a lifestyle change. As much as we need the right information, we also need to first check in with ourselves and see if we're ready for change. And we need to know that if we're not, that's OK too, but there are processes we can depend upon to get us there. That's why I call that part of each day "**CHANGE-POWER.**"

What makes this book unique is that it not only gives you the right stuff dished up by a knowledgeable professional, it also helps you when you get stuck—when you're wondering if gluten-free eating is really right for you.

I invite you to take what you want and leave the rest.

So if you're hurting or running for the bathroom or the Alka-Seltzer or Tums bottle after every meal, going gluten-free may be a huge help. As I've said before, **the easy way to find out if gluten-free will work for you is just to try it. You've paid a pittance for this book. Now try the rich strategies it contains. It just may change your life!**

Let's get started.

Day Five

STRESS-LESS Gluten-Free DINING CHANGE-POWER five: Checking In

Up to this point, you've learned what foods have gluten, "gluten-proofed" your house, brought in some gluten-free food, and cooked up some gluten-free recipes. Or you've thought about doing that. Or anything in between.

Now it's time to take the plunge and DINE OUT! We Americans LOVE our restaurants. Almost 83 percent of us visited fast-food places and just over 68 percent visited casual dining venues at least once a week in 2013. We now spend 47 percent of our food dollar eating out.

WINS #11 – You've gotta have a plan because the world's plan is NOT about gluten-free eating Part Two. *Let's face it, you can't just be unconsciously served anymore, and even though you think you've chosen the perfect gluten-free meal, you owe it to yourself to order assertively. Tell people what you want! And if it's somewhere you eat all the time, also educate them about what you can and can't eat. You may even have to tell the cook/chef how to prepare something. Most places—if they want to stay in business—will give you what you want.*

But there are hazards to eating out if you're going gluten-free. And it can be a HUGE pain if you actually have celiac disease. Here are two reasons why:

#1 **Servers are largely uneducated ...** and, in my experience, they sometimes lie! They don't mean to; they merely want to sell food and keep you happy so that you'll leave a big tip. And they also may truly not know, but they don't want to seem stupid or uninformed. I just love it when they offer me the bread basket right after I've requested the gluten-free menu and ordered my sans-gluten pizza or risotto.

So I do my homework and find those places that have a vested interest in gluten-free cooking. One of my fave local ones here in Pasadena is Maria's Italian Kitchen. I heard somewhere that this family-owned chain has a celiac sibling. Also, California Pizza Kitchen makes the best gluten-free pizza I've ever tasted. But both will warn you that ...

#2 **Most restaurant kitchens are cross-contamination nightmares!** For example, the gluten-free pizza at Maria's is cooked in the same oven that fires up regular pies. They even state on their gluten-free menu, "We are NOT a gluten-free environment." Most restaurants aren't.

Again, it's not their fault. There's just no way that you can have a totally gluten-free restaurant, especially if you're cooking gluten-containing foods in the same pots, pans, and ovens. But remember the "close enough for government work" idea. I eat at restaurants all the time and don't have any difficulty with their gluten-free items. Of course, if you have to be absolutely gluten-free, here's a resource (<http://glutenfreeguidehq.com/100-percent-gluten-free-restaurants/>).

Even with these problems, you CAN get a decent gluten-free meal. I encourage you to:

#1 Choose a restaurant with a gluten-free menu. They're popping up all over the place—a testimonial to the fact that gluten-free is here to stay. Here's a great online resource (<http://glutenfreeguidehq.com/68-essential-gluten-free-restaurant-menus-you-need-to-know/>).

But my favorite way to find gluten-free restaurants, especially when I'm not local (I've previously done my homework and found the ones in my neighborhood that work for me; I'd suggest you do the same) are phone apps. My favorite, fastest, and most thorough is "Find Me GF" although there are others such as "GF Near Me," "GF Fast Food," and "Bee Gluten Free." I'm sure there are many more. Be sure and share new ones you find on my "Me and Gluten Free" Facebook page (<https://www.Facebook.com/MeandGlutenFree>).

2 Go for the most gluten-free foods. There ARE pretty safe foods to order even if the restaurant doesn't have a gluten-free menu. They are:

- A. Salads.** Salads are probably the most gluten-free things on the menu if you bypass the croutons and choose vinaigrette, the most gluten-free dressing. Also make sure, if you order a main-dish salad like a Cobb, that the bacon and blue cheese are gluten-free. If not, opt for more grilled chicken, avocado, or veggies. If a fruit salad is your pleasure, skip the nuts, oats, and granola.
- B. Grilled Chicken.** You can't get any more gluten-free than a hunk of poultry done to a turn. It's the sauces and, sometimes, even the rub that contain gluten. So it's a really safe bet not only as an entrée but sliced and sprinkled into salads. You also might want to try ...
- C. Steak.** Those of you who thought this was a no-no in the past might be pleasantly surprised. If you're looking for a surefire gluten-free entree, steak is your best choice. But it's gotta be seasoned with just salt, pepper, or fresh herbs, not a special rub or topping. Pure butter works if you like that.
- D. Steamed Vegetables.** You can't go wrong with these. Lots of restaurants steam vegetables; they're usually on the "Sides" menu. So pair them with some steak or grilled chicken and the next item on our "menu" and you'll have a great gluten-free meal.
- E. Baked Potato.** When I was a vegetarian in my early twenties (way before it was hip and trendy), this was my go-to entrée in restaurants that served steak. I love it with all or some of these toppings: butter, sour cream, fresh chives, grilled or steamed veggies, and salsa. Bacon, especially artificial bacon bits, and grated cheese are always iffy, so just say no! Get everything on the side so that you can get the toppings exactly the way you want them.
- F. Fresh Seafood.** Seafood restaurants usually prepare fresh fish and other seafood like lobster, shrimp, and crab simply by grilling, broiling, baking, or steaming with a little lemon and salt and pepper. Ask that they ditch the sauces

or inquire if they're gluten-free. Imitation crab and other imitation seafood usually have gluten, so make sure your seafood is fresh.

G. Cold and Raw Seafood. You can pretty much be sure that plain oysters, raw clams, cold lobster and crab, and even sushi and sashimi are gluten-free. But don't forget that the soy sauce and maybe some of the other dipping preparations aren't. And watch that there's no tempura or panko breading.

H. Coffee. I'm a black-coffee girl, so I never have to worry about gluten in it. But you can't depend upon creamers or flavored syrups to be gluten-free. I'd stick to milk or half-and-half and real sugar if that's your proclivity.

#3 Pack a gluten-free survival kit. It may seem an embarrassing proposition to take gluten-free buns, tortillas, little packs of soy and other sauces, and additional gluten-free items with you to a restaurant. But most will accommodate you if, for example, you ask them to make your burger with the bun you bring, especially if it's a casual dining or more upscale place. If you're not sure, call ahead. You'd be amazed how many are willing to do whatever you want, especially if you go there a lot.

#4 Carry allergy cards. Yes, I do say, "I'm allergic" instead of "I'm sensitive" as it's much more understandable to wait staff. Also, the thought of them serving you something that may leave you gasping for air will make it much more likely they will comply with your requests. But trying to explain exactly what you want may literally be a tall order. So ...

Triumph Dining, www.triumphdining.com, has ready-made cards for each type of cuisine to make this process easy, and they're meant to share your preferences with the cook/chef instead of the wait staff. Triumph also publishes several types of gluten-free guides, including restaurant and grocery how-to's. I've also seen people carry self-printed cards listing their allergic foods; they simply state "My name is ... and I'm allergic to" There are free and low-cost card services that you can use to do this.

#5 Practice assertive ordering. I don't care whether it's Ruth's Chris or McDonald's ... you're paying and you deserve to get what you want. The many resources I've given you will fill you with ideas about how to order in any restaurant. But you definitely want to speak up when you're eating out to get exactly what your heart—and palate—desire.

I'm not suggesting that you wrestle your wait staff to the ground, but I am telling you to *tell* them, not *ask* them. Since I've been eating differently since my twenties, I've gotten really good at this, and I have walked out of places that say they can't accommodate me. Don't be embarrassed! I had one weight-loss client who thought people were judging everything he ordered and watching him as he ate. They're not! As a matter of fact, they're not even interested.

For example, when I order gluten-free pizza at my fave local restaurant, I tell them I want light cheese, fresh mushrooms, and sometimes Canadian bacon. I also

request that they bake it lightly as their high-temperature ovens sometimes char the thin, tender gluten-free crust. Even though this sounds like a lot of requests, I get exactly the pizza I want. And, boy, am I ever happy eating it!

It's What's on Top!

Most of the time, it's the toppings, breading, and sauces in restaurants that contain most of the gluten. I know you love sauces, gravies, and fried things, but I'd have them at home or at a dedicated gluten-free restaurant so that you can make sure they're safe. In most restaurants, however, it's a good idea to go simple—steamed, broiled, and grilled. Here's a partial list of gluten terms that might appear on a menu:

Alfredo	An Italian white sauce made with flour, butter, milk, and cheese
Au Gratin	A topping of cheese and bread crumbs on potatoes and other foods
Béchamel	White sauce made with flour, butter, and milk
Breaded	The breading is mostly wheat flour or bread crumbs
Brown Sauce	Meat stock thickened with roux (see below)
Cheese Sauce	A creamy, delectable sauce with a white sauce as a base
Encrusted	Basically breaded with bread crumbs or flour and sautéed or fried
Dusted	Lightly floured and sautéed or fried
Fricassee	A poultry or meat stew in gravy thickened with wheat flour
Fried	Mostly with breading of flour, crumbs, or panko
Gravy	Restaurant gravies are always thickened with wheat flour
Marinade	Many contain soy sauce; ask what's in the marinade.
Meunière	Lightly coated with flour and sautéed
Roux	Butter-and-flour base used to thicken soups and sauces
Scallopini	Pounded-thin meat breaded and pan-fried
Soy Sauce	Restaurant-type is made with soy and wheat or barley
Stew	Meat, poultry, fish, and veggies in thickened gravy or white sauce
Teriyaki	Made with soy sauce
Tempura	Battered and fried seafood and/or vegetables
Velouté	Sauce thickened with roux and often a base for soups or stews
White Sauce	Always has a base of wheat flour and fat

It's All about the Questions!

I know I told you, "Tell, don't ask!" But if you don't ask about how things are prepared, you'll never know. So here are some ideas of things to ask at certain types of restaurants to make YOUR eating-out experience happy too.

CHINESE

Do you have gluten-free soy sauce? Can you use mine when cooking my food if you don't?

Are there any dishes that don't use soy sauce or other gluten-containing sauces?

Can you steam my dish? And serve it with brown rice?

ITALIAN

*What pasta or pizza do you have that's gluten-free?
What sauces are gluten-free?
Can I have lots of fresh-grated Parmesan cheese?
If you don't have gluten-free pizza or pasta, what other foods can I have that are gluten-free?
Can I have the chicken, fish, or meat without the sauce/marinade/baste?
Do you have a baked potato or gluten-free mashed potatoes?
Can I have the green salad without the croutons and with Italian dressing?*

AMERICAN

*Can I have the steak/chops/chicken/fish without the marinade or sauce? Is the sauce gluten-free? Has the meat been marinated with soy sauce, teriyaki sauce, or Worcestershire sauce?
Do you dust the meat or chicken with flour before you pan-fry it?
Can I have a baked potato with sour cream, butter, fresh chives, and/or salsa?
Can I have them all on the side?
Can I have steamed vegetables instead of those with sauce?
How about crème brûlée for dessert? Any other desserts that are gluten-free?
Can you use my gluten-free bun when you make my burger? Medium rare, please! And no "secret sauce."
Do you make your own fries? Do you fry them with other things like chicken nuggets? If not and you do, I'll have the cole slaw.
Do you use mashed potato mix for the potatoes?
Can you hold the croutons on my salad?*

MEXICAN

*Corn tortillas only, please!
Can I have my tostada without a fried tortilla/shell? (Many restaurants fry both corn and flour tortillas in the same fryer.)
Homemade salsa and guacamole please! Are all your sauces gluten-free?*

MY FAVES? OK, here they are. But please realize that the possibilities are always endless.

*Carne asada tostada with rice instead of beans (my choice) and hold the guacamole (I'm sensitive to avocados.)
Gluten-free pizza (available so many places now; I like light cheese because the crusts are usually really thin and too much cheese overwhelms them.)
Risotto (fabulous creamy rice with a variety of options of meats, veggies, and cheeses; hold the bread [I never let them put it on the table in the first place.])
Vegetarian Indian food (any ... no soy sauce here) with basmati rice (hold the naan!)
Vegetarian just about anything (I'm a HUGE fan of tofu and tempeh [kick me, I'm a dietitian] and absolutely love vegetarian restaurants. But I DO ask how it's prepared as they may use wheat flour as thickeners. I've found, however, that these places are a lot savvier about what they put in stuff.*

They even have “gf” more frequently on the menu—some even have it in fancy letters.)

Salad bars (such a great pick-and-choose place to go gluten-free)

Baked potatoes (I love them stuffed with just about anything including beans, salsa, sour cream, chives and other fresh herbs, grilled veggies, chunks of meat—you name it. They were my go-tos with a huge salad when I was vegan.)

Steak (I don’t have this often but in a good steak place—wow! Medium rare, puleeese!)

Shellfish (I’m a dietitian that doesn’t like fish ... go figure. I always say it was most likely an encounter with a smelly smoked whitefish when I was very young as I grew up Jewish. But I absolutely LOVE lobster, shrimp, clams, mussels—you name it. I grew up with those too.)

Of course, you can be like Gloria Swanson, the famous silent star of the movie classic *Sunset Boulevard*, and carry your food everywhere. Health-challenged Swanson was truly the first famous advocate of organic foods. And I heard somewhere that they had to put more wrinkles on her face to be believable as the aging diva in that movie.

But I’m sure that, even if you’re health-conscious and committed to gluten-free eating, that you’d also rather dine out from time to time. So when it comes to gluten-free dining, my final advice is do your homework at home using all the resources I’ve just suggested. Call the place if it’s new and you’re not sure what they serve, and then ask a lot of questions and practice assertive ordering at the restaurant. You’re creating a safe environment for yourself that hopefully you can return to again and again. Bon appétit!

OK, now I’m going to introduce you to my **CHANGE-POWER Checking-In** tool, also available in—you guessed it—the workbook. This is very similar to **Putting It All Together**, which I gave you in the last chapter, but it’s less comprehensive, it’s zippier, and it’s something you can use to start the day.

I love to set intentions in the morning even before I get out of bed. I got the idea from one of those great spiritual movies like the *The Secret*. It goes something like this: say to yourself, “I’m taking a moment to make my day the way I want it to be.” Then visualize how you want your day to go, and ask for some sign that will appear sometime during the day so that you know the day is going the way you want.

As you get out of bed, say “Thank” when your first foot hits the floor and “you” with the second. I love expressions of gratitude as they open the door to better outcomes. Then go through the day saying to yourself, “I am so grateful and happy now that”

But if you’re not into that spiritual stuff, this is a great way to start the day too—and another way to set an intention to stay on your gluten-free plan.

1. What CHANGE-STEP do you feel you’re in right now? Frozen Thawing
Warming Moving Flowing Freedom

2. **Did you follow the intention you made yesterday?** Yes No – If no, why not?
3. **What information and tools did you find helpful last week?** (a) Change-Step (b) Ask-POWER (c) Shopping List (d) Shopping Ideas (e) Putting It Together (f) Foods to Eat (g) The Powerful Why (h) Gluten-Free Recipes (i) Dining Out (j) Cooking Gluten-Free (k) Any other?
4. **If you continued with the Ask-POWER process yesterday, what was the most important thing you learned about your old eating beliefs?**
5. **Did you journal your intake yesterday?** Yes No – If no, why not?
6. **Did you read labels yesterday?** Yes No – If no, why not?
7. **Did you make some gluten-free substitutions yesterday?** Yes No – If no, why not?
8. **If you recorded what you ate and made some gluten-free substitutions, what did you learn about you and your eating behaviors from that?**
9. **What's your intention for gluten-free eating today?** An intention is a powerful written and/or spoken statement about what you want, so get clear about what that is. For example, "I will eat totally gluten-free all day today by using that focaccia bread for a sandwich and packing a gluten-free bar or cookie and an apple for lunch." In other words, perhaps you do well at breakfast and dinner but fall down at lunch when the guys want to go out or the doughnuts in the break room are too tempting. So make a plan. Write it out. Post it on a sticky note or in your computer/tablet so that you can see it often.

Read over your answers. You may feel that you did really well yesterday. Or maybe your day wasn't all you hoped it would be. If that's so, take a deep breath, hold it for a count of two, and let it out. And remember that this is a PROCESS.

No one will see the answers to these questions unless you want to share them. You may also choose to use—or not use—any of the tools you're learning in his book. But if you keep doing the exercises, I guarantee that you'll eventually wake up one day wanting your life to change.

I also encourage you to use today at least one of the tools you didn't use yesterday because it may be that you're resistant to doing that one thing that may make a difference in whether or not you take action.

Go Gluten-Free with Me!

Thanks so much for reading this chapter! Now that you have, you may want to read the entire book. Grab the FULL VERSION of *“Gluten-Free in 5 Days: The Procrastinator’s Guide to Finally Creating a Shamelessly Healthy Lifestyle”* over at Amazon. The book received RAVE REVIEWS and you really want to read the *entire* thing to get all the goodies about choosing, shopping, cooking, and dining out gluten-free. Not to mention all those CHANGE-POWER change-your-life tools!

We have PRINT books and EBOOKS available for your reading ... and eating ... pleasure.

Get your copy at AMAZON here –

Also, if you’d like more information about working one-on-one with me to help you go gluten-free, here’s my info:

PHONE: (844) YNOTACT (966-8228) Ext. 1

EMAIL: jill@ynotactnow.com

WEB: www.ynotactnow.com

Schedule a free session to talk right on the website.

If you’d like to know more about my **FOODStrong™ for food sensitivities** plan that gets you well when nothing else works, please visit me at www.ynotactnow.com/specials.



About Dietitian Jill Place

Dietitian Jill Place is a trailblazer in complementary and alternative medicine (CAM), a beacon in CAM cancer therapy, and a visionary in permanent weight loss without dieting, which she calls *Are You Weighting?*

She was one of the very first dietitians to embrace CAM as a therapeutic tool, often the only dietitian in crowded seminar rooms full of doctors and other health-care professionals. Now that CAM is considered more mainstream, Jill has already had years of experience working directly with patients as well as writing and speaking about the subject. She's on the fault line of the paradigm shift to health prevention.

Jill has always been interested in food, becoming a vegan in her teens and a whole-foods chef in her twenties. But her fervor for healing through nutrition was ignited by working with and for Harvey and Marilyn Diamond, authors of the mega best seller, *Fit for Life*. Because she was both an accomplished chef and theater veteran, she did everything from co-creating recipes to troubleshooting huge seminars for them. She explains, "I was going to get my PhD in theater and teach. Then I met the Diamonds and discovered a real zeal for healing people naturally." Jill's passion then led her to return to school to become a registered dietitian—and then to seek out and cultivate prized relationships with some of the top wellness gurus in the world, as well as eventually becoming a certified clinical nutritionist. Jill also has psychotherapeutic training in addiction, weight loss, and eating disorders.

Her varied career as a dietitian includes being the spokesperson for Healthy Valley Foods, a writer of educational programs for various supplement companies, and a consultant working in clinics and other health-care facilities. Jill's star shone brightest, however, in the cancer community, where she worked in an integrated clinic that was documented by *Discovery Health*. The notice she garnered as a member of this team opened many doors, including speaking and writing opportunities.

As a speaker, Jill has been invited to talk worldwide at many venues, including speaking to her peers at the American Dietetic Association and the Dietitians of Canada on nutritional supplements and cancer. She has also keynoted and cajoled many types of audiences from television to corporate America.

As a writer, Jill is featured in several textbooks; she wrote an entire chapter on CAM for *Nutritional Issues in Cancer Care* and about mushrooms and immunity for *Nutrition and Integrative Therapy*. Jill also served on the editorial panel for the *American Society of Parenteral and Enteral Nutritionists' (ASPEN) Oncology Diet and Nutrition Manual* and published a peer-reviewed journal article on nutritional supplements and cancer for the then American Dietetic Association's online publication as well as many others. Her professional opinion is highlighted in many magazines, including *Delicious Living*, *Weight Watchers*, *South Beach Diet Living*, *Natural Health*, *Alternative Medicine*, and *Whole Life Times*.

In the last few years, she has written two complete educational programs for diabetes management and heart health for Arlen Nutraceuticals, an up-and-coming supplement company whose vision is to provide therapeutically viable supplements in user-friendly beverage or ice cream form. Of the many exciting projects she currently has in the works, Jill is especially excited about her *Are You Weighting?* interactive e-book and video system for permanent weight loss without dieting that she is readying for the Internet. Jill is also the author of *Supplement Savvy*, the first user-friendly supplement education system for health-care professionals.

Jill's unique skills, including an intense interest in human behavior from her prior careers as an actor and coach, have prepared her to treat both the person AND the problem with cutting-edge nutritional counseling. She has counseled in both traditional and integrative settings and consulted to some of the top eating-disorder programs and alcohol and drug rehabs in the United States, using such diverse tools as medicine wheels, guided imagery, and ritual.

As a matter of fact, Jill went public with her gifts as a medical intuitive just last year. This was something she had been sharing with her clients all along, and she felt it was time for the world to know about this unique talent that's been with her, she's sure, since she was born. At an extremely young age, Jill knew she was different. Now she's able to share her ability to look in bodies, sense areas of physical, mental, or spiritual discomfort or dis-ease, and erase or remove the difficulty altogether in a much bigger way.

Dietitian Jill Place has positioned herself on the forefront of breaking-news nutrition for more than two decades, and her innate gifts as a medical intuitive take total healing to a whole new level. She is truly the "Number One Nutritionist" for the twenty-first century.