



**THE WORKBOOK**

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

# **GLUTEN FREE IN 5 DAYS**

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**DIETITIAN JILL PLACE**

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# ARE YOU READY FOR CHANGE? GLUTEN-FREE VERSION TAKE THIS LITTLE QUIZ ...

GLUTEN  
FREE IN  
5 DAYS

I've noticed from years of working with clients that the same process seems to take place whenever you change your thoughts, feelings, and behaviors about food. Or anything else for that matter. I call it "**The Boulder Rolling Downhill Effect**". There's a continuous flow to it, but it also has distinct phases—**CHANGE-STEPS**. It's important to identify these steps and their position within the flow so that you can see where you're at on your way to whatever goal you set for yourself as they minimize failure and maximize success. You need time to gain as much experience and information about how to do what you want to do as well as heightened awareness of how to get there. So that, one day, you wake up with not only the tools but the confidence to take action.

Knowing at which Change-Step you're at in the flow at any given time, therefore, frees you up in several ways. If you're not quite ready to act yet, finding out exactly where you're at instantly makes not doing anything for the moment OK. You also begin to see that the whole thing is process, not perfection. And that preparing for a change is just as valuable as doing it.

OK ... I invite you now to close your eyes and picture a huge boulder on top of an icy hill. Frozen to the ground and impossible to budge. Here's where we start. See it? Chilly yet? I'm going to warm you up in a minute when we look at each Change-Step individually.

In that first "**Frozen**" Change-Step, you're sitting atop that hill like the boulder in its icy cage and, in human terms, most likely denying that a change is even needed in the first place. Most "Frozen" people are powerless to change anything without help. I like to think of this Change-Step as "**I ain't got a problem ... nowhere, no how!**" And if you're the one trying to get a "Frozen" person to alter their behavior, you may even hear, "**YOU'RE the one with the problem. Not me.**"

In the "**Thawing**" Change-Step, the sun comes out and starts to melt the ice around you but you're still stuck up there on that hill. In human terms, you're aware of your goals and may have some idea about how to get there, but you don't want to start just yet. This is the time to learn as much as you can about available strategies to make whatever goal you're thinking about happen.

You might also want to ask yourself some small but key questions, such as: Would I be willing to substitute rice cereal for my wheat or oat regulars at breakfast? Or would I be willing to forego the bread basket at that celebratory dinner when everyone else is slathering on butter and chowing down those hot, fragrant rolls? This step is like "**Should I?**"

When you're in the **"Warming"** Change-Step, the ice is now totally thawed around you and you're sheepishly edging toward the rim of the hill. There may even be sheep nearby. People may come out to help you, perhaps even trying to push you over or pry you loose with a big branch. Or the sheep may be butting at you with their heads and horns. But you're still stuck up there on that icy hill.

In human terms, you're planning to make some changes very soon, but you're still not totally sure you want to yet. This is a great time to gather more confidence about the information you've selected so that you can take action. And perhaps also gather people around you to help you make the change ... family, friends, and even professionals. Taking small steps to test the waters might also be appropriate at this step. **"I think I might ..."** best describes it.

In the **"Moving"** Change-Step, you're finally rolling down the hill. But you may hit bumps and shallow spots along the way that may steer you off course. As well as deep crevices that may even bounce you back to the top.

So don't "Move" until you're sure you're ready. And acknowledge the value of the things you did and the steps you had to go through before you got here as much as the action you're now taking. As well as watching out for those deep crevices that might return you all the way to a Frozen state.

You may also only be willing to move in small ways, like eating gluten-free pizza when everyone else is having regular or choosing an In-and-Out "protein-style" lettuce-wrapped burger instead of one with a bun. Your hill may have a gentle slope and, as a result, the journey may be long and slow. But remember that small actions DO also lead to big wins.

What's a more appropriate label for this step than **"CHAARGE!"**? But change doesn't end here. There are still two more steps to go.

In the **"Flowing"** Change-Step, you've rolled past the potholes and hazards and are continuing freely down the hill. It can be either a gentle or steep slope—whatever feels comfortable to you. Or you may also start out slow but want to go faster at some point. I'd also suggest that you commit to maintaining the gains you've made during the Moving step, as well as finding coping mechanisms to prevent little slips and big faux-pas that may flip you all the way back to Thawing, Warming, or even Frozen. One way to think of this step is **"OK, this is good!"**

When you finally arrive at the last Change-Step, which I like to call **"Freedom"**, you have no doubt that you can continue whatever goals you've been working toward without backsliding into old behaviors. If you've never had issues about food before, this stage may be possible. Most of the time, however, you may have to be aware of thoughts, feelings, and behaviors about food that may trip you up your entire life. But don't fret; it does get easier. A good way to define this step is **"I'm a-livin' it and a-lovin' it!"**

Most likely, if you're reading this, you're "Thawing", "Warming", or maybe even "Moving". If you're not sure, take the little quiz I have for you. **Simply choose one answer for each of the 10 questions below and follow the instructions at the end of the quiz to identify your CHANGE-STEP.** The one thing I ask is that you be honest with yourself to get the best results from this quiz as well as the entire program.

1. I would feel healthier if I ate gluten-free.
  - A. I feel fine right now.
  - B. I don't feel well—I have digestive, mood, skin or other problems.
  - C. I've read about going gluten-free and might do it in a few months.
  - D. I'm trying to go gluten-free and having some success with it.
  - E. I'm so happy I went gluten-free because I feel great!
  
2. I don't have time to go gluten-free.
  - A. I'm fine the way I am.
  - B. I'm too busy to do anything else right now but it sounds interesting.
  - C. I'm considering it but need to figure out how to make time for it.
  - D. I'm making eating gluten-free a priority in my life.
  - E. Going gluten-free was easier than I thought and I do it all the time.
  
3. I would have to stop eating the things I love if I ate gluten-free.
  - A. I'll never stop eating my favorite foods.
  - B. I might consider giving up some of the foods I love to feel healthier.
  - C. I'm going to give up some foods I love very soon to feel healthier.
  - D. I've given up some of the foods I love and it wasn't as hard as I thought.
  - E. I love the foods I now eat and mostly don't miss those I used to eat.
  
4. The people in my life wouldn't like it at all if I ate gluten-free.
  - A. I'd never do anything to make the people in my life unhappy with me.
  - B. I might consider changing the way I eat if people in my life were okay with it.
  - C. I'm thinking of going gluten-free even if people in my life don't like it.
  - D. I'm eating gluten-free and the people in my life will have to get used to it.
  - E. I've eaten gluten-free for some time now and the people in my life are OK with it.
  
5. I would love myself more if I ate gluten-free.
  - A. I'm fine with the way I am right now.
  - B. I might like myself more if I went gluten-free.
  - C. I like the idea of going gluten-free and I will do it soon.
  - D. I feel happy and in control because I'm now eating gluten-free.
  - E. I love everything about going gluten-free including myself.
  
6. I can't change my life to go gluten-free.
  - A. I'm fine doing exactly what I'm doing.
  - B. I'm thinking about changing things in my life but I'm not sure right now.
  - C. I'm reading up about going gluten-free and think it might change my life.
  - D. I'm changing my life by going gluten-free.
  - E. I've totally changed my life by going gluten-free.

7. I would obsess less about food if I ate gluten-free.
  - A. I can't see myself not obsessing about food anytime soon.
  - B. I'm considering that going gluten-free may stop my obsession about food.
  - C. I'm trying out going gluten-free and it seems to decrease my obsession about food sometimes.
  - D. I'm eating gluten-free most of the time and feel less obsessive about food.
  - E. Eating gluten-free has pretty much ended my obsession with certain foods.
  
8. There is some benefit from eating the way I do.
  - A. I'm totally OK with eating the way I do.
  - B. I'm seeing that changing to a gluten-free lifestyle may be more beneficial than how I'm eating now.
  - C. I'm seeing that the benefit from eating the way I do may not be right for me and considering other options, including eating gluten-free.
  - D. I'm eating gluten-free and seeing that it may benefit me more than how I'm currently eating.
  - E. I now see that eating gluten-free is better than eating the way I once did.
  
9. The people in my life benefit from the way I eat now.
  - A. I can't see changing how I eat because of the other people in my life.
  - B. I'm considering eating gluten-free but worried that the people in my life may not like it.
  - C. I'm going to eat gluten-free soon and have talked about it with the people in my life.
  - D. I'm eating gluten-free but still concerned about the way people in my life may feel about it.
  - E. I'm eating gluten-free and don't care how people in my life feel about it.
  
10. I would have to work really hard to go gluten-free.
  - A. Working hard isn't my thing.
  - B. I'm thinking about going gluten-free even if I have to work really hard.
  - C. I'm going to eat gluten-free soon even if it may be hard.
  - D. I'm eating gluten-free now and it's been hard but I'm okay with that.
  - E. I've been eating gluten-free for some time now and it wasn't as hard as I thought.

**OK ... here's how you score this. Tally up your points in this way:**

- 1 point for every "A".
- 2 points for every "B"
- 3 points for every "C"
- 4 points for every "D"
- 5 points for every "E"

**And here's the way you determine your CHANGE-STEP. If your score is:**

- 10 ... you're FROZEN!**
- 11-20 ... you're THAWING**
- 21-32 ... you're WARMING**
- 33-40 ... you're MOVING**
- 41-49 ... you're FLOWING**
- 50 ... you're FREE!**

# GLUTEN-FREE (GF) SHOPPING LIST

GLUTEN  
FREE IN  
5 DAYS

## Grain and Bread Aisle

- GF Pasta (DeBoles, Ancient Harvest, Nuovo, Trader Joes) \_\_\_\_\_
- GF or Corn Tortillas (Rudi's, Udi's, Food For Life) \_\_\_\_\_
- GF crackers \_\_\_\_\_
- GF cereal \_\_\_\_\_
- Buckwheat/Pasta \_\_\_\_\_
- Quinoa \_\_\_\_\_
- Rice (Brown, Jasmine) \_\_\_\_\_
- GF Bread (Udi's, Rudi's, Canyon Bakehouse, Against the Grain) \_\_\_\_\_
- Other \_\_\_\_\_

## Meat Aisle

- Chicken/Turkey \_\_\_\_\_
- Tuna \_\_\_\_\_
- Other Fish/Shellfish \_\_\_\_\_
- Tofu/Tempeh \_\_\_\_\_
- Cold Cuts \_\_\_\_\_
- Pork \_\_\_\_\_
- Beef \_\_\_\_\_
- GF Meat Substitutes \_\_\_\_\_

## Beverage Aisle

- Coffee/Tea \_\_\_\_\_
- GF beer \_\_\_\_\_
- Juice \_\_\_\_\_
- Water \_\_\_\_\_
- Other \_\_\_\_\_

## Dairy Aisle

- Milk/Cream \_\_\_\_\_
- Cheese \_\_\_\_\_
- Sour Cream \_\_\_\_\_
- Yogurt \_\_\_\_\_
- Eggs \_\_\_\_\_
- Butter \_\_\_\_\_
- GF Pudding/Dessert \_\_\_\_\_
- Other \_\_\_\_\_

## Snacks

- Seeds/nuts \_\_\_\_\_
- Popcorn \_\_\_\_\_
- Dried fruit \_\_\_\_\_
- Chips \_\_\_\_\_
- Other \_\_\_\_\_

## Frozen Foods Aisle

- Vegetables \_\_\_\_\_
- GF Ice Cream \_\_\_\_\_
- GF Waffles (Vans) \_\_\_\_\_
- GF Entrees \_\_\_\_\_
- GF Bread/Desserts \_\_\_\_\_
- Other \_\_\_\_\_

## Canned Goods Aisles

- Vegetables \_\_\_\_\_
- Fruit \_\_\_\_\_
- Beans \_\_\_\_\_
- GF Soups (GF Café) \_\_\_\_\_
- GF Pasta/Pizza Sauce \_\_\_\_\_
- Nut Butters \_\_\_\_\_
- Preserves \_\_\_\_\_
- Honey/Agave Nectar/Stevia \_\_\_\_\_
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Condiments Aisle

- GF Salad Dressing (Annie's Brianna's, Walden Farms) \_\_\_\_\_
- Vinegar \_\_\_\_\_
- Oil \_\_\_\_\_
- Olives, Pickles, Relish \_\_\_\_\_
- GF Soy Sauce \_\_\_\_\_
- Other \_\_\_\_\_

## Baking Aisle

- Shortening \_\_\_\_\_
- Spices \_\_\_\_\_
- Cornmeal/Starch \_\_\_\_\_
- GF Flour \_\_\_\_\_
- GF Cocoa (Hershey's) \_\_\_\_\_
- Palm Sugar/Sugar \_\_\_\_\_
- Xanthan Gum \_\_\_\_\_
- Other \_\_\_\_\_

## Produce Aisle

- Fruit \_\_\_\_\_
- Veggies \_\_\_\_\_
- Fresh Herbs \_\_\_\_\_
- Bagged Salads \_\_\_\_\_
- Salad Bar \_\_\_\_\_
- Other \_\_\_\_\_

# What CAN I Eat?

**GLUTEN  
FREE IN  
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## GLUTEN-FREE FOODS

Fruit  
Vegetables  
Meat, Poultry, and Fish  
Milk  
Natural Cheeses (veined ones such as Blue and Roquefort are controversial but have been tested at less than 20ppm gluten, which is safe even for celiacs unless the label contains the words wheat, barley, rye, oats, or malt or the company states their product is not Gluten-Free)  
Eggs  
Nuts, seeds and the oils made from them (i.e. Walnut, Sesame)  
Beans, legumes and THEIR oils (i.e. Soy, Peanut)  
Most herbs and spices  
Most coffee, tea, juices and soft drinks  
Any bread, pasta, or grain product labeled "Gluten-Free"  
"Gluten-Free" cookies, pretzels, muffins, and desserts  
"Gluten-Free" packaged meals and frozen entrees  
Most tortilla chips  
Hot and cold corn and rice cereals and hominy grits  
Butter, margarine, pure mayonnaise, and cooking oils

## GLUTEN FOODS

Bagels  
Baked beans  
Beer and ale  
Biscuits  
Bread  
Bread crumbs  
Breaded foods  
Bread pudding  
Brewer's yeast  
Broths  
Cakes  
Cereals made from wheat, oats, barley and rye  
Cheeses, grated and otherwise processed  
Chicken nuggets  
Cookies  
Cooking spray (contains grain alcohol)  
Couscous  
Crab cakes  
Crackers  
Croissants  
Croutons  
Cupcakes  
Curry powder, some  
Custard  
Cold cuts unless pure meat  
Doughnuts  
Dumplings  
Fast food  
Fish sticks/squares  
French toast  
French fries, except those from raw potatoes  
Fried foods  
Funnel cakes  
Graham crackers  
Gravy  
Gum  
Hot dogs  
Hot dog and hamburger buns  
Hush puppies  
Ice cream (commercial)  
Ice cream cones  
Jelly candies/licorice (contain barley water)  
Ketchup, mustard, horseradish (contain white vinegar)  
Macaroni  
Malt extract/flavoring  
Malted milk  
Matzos, matzo meal  
Meatballs  
Meatloaf  
Meat substitutes, especially Seitan, which is ALL gluten

Melba Toast  
Modified food starch  
Muesli  
Muffins  
MSG  
Non-dairy creamer  
Noodles, all kinds  
Oatmeal, except pure or Gluten-Free  
Pancakes  
Pasta, all kinds  
Pastries  
Pie and pie crusts  
Pita bread  
Pizza, pizza crust  
Postum, Ovaltine, and other cereal beverages  
Potato chips  
Pre-basted turkey/other other poultry  
Pretzels  
Pudding  
Rolls  
Salad dressings  
Sauces  
Sausages  
Soups  
Sour cream  
Spaghetti  
Stuffings  
Toast  
Tabbouleh  
Vanilla extract  
Waffles  
Wheat germ  
Yeast, commercial  
Yogurt  
Veggie burgers, most

**AND**  
Barley  
Bulgur  
Durum  
Flour (usually wheat)  
Graham flour  
Hydrolyzed plant protein  
Kamut  
Malt  
Modified wheat starch  
Oatmeal  
Oat gum  
Rye flour  
Semolina  
Spelt  
Starch (mostly wheat)  
Triticale  
Wheat (bran, flour, germ, starch)

# The Powerful “WHY”

**GLUTEN  
FREE IN  
5 DAYS**

*In order to make a big lifestyle change, you first must have a “Powerful WHY” ... a major reason to change.*

Major reasons come in all sorts of packages. I've had clients lose 100 pounds because they didn't want their new baby to have a fat father. I've had others become vegetarians because they had cancer and some who used to live on frozen entrees suddenly become proud cooks because they wanted the best benefits from their food-sensitivity results. I say, whatever works.

It's vitally important to figure out WHY you want to change something in your life before you do it. When it comes to weight, for example, the reason has to be more than just getting into your wedding dress or being a certain size for some sort of occasion. It has to be big and deep and at the core of WHY you might be struggling with your food behaviors.

There must be a powerful reason WHY you want to go gluten-free. Perhaps you have excess weight or digestive problems, or you just feel absolutely crappy. That's WHY it's called the POWERFUL WHY.

So I invite you to take a few moments to explore WHY you want to go gluten-free. This process is called wild-mind writing. First, choose a writing implement and paper. It can be as fancy as a journal or pedestrian as a piece of scratch paper. But I'd suggest at least some kind of bound notebook as you will continue to do some writing for this program and it's easier to keep all these writings together for reviewing later. I do all my writing with fountain pens and preferably colored ink—but that's my choice. The whole idea is that this writing is important to your growth and lifestyle change.

Take up paper and pen and write all you can to answer these questions. Don't think. Let the ideas flow no matter how absurd they sound at the time. You don't even have to capitalize or punctuate if that'll make ideas flow more freely. This is a process to reveal the things you DON'T know about you and food:

- 1. Why do you want to go gluten-free?**
- 2. Is that the real reason?**
- 3. Do you feel that what you currently eat makes you sick or keeps you from doing the things you want to do in your life? In what way?**
- 4. How deeply does that bother you?**
- 5. Is that really the reason you want to go gluten-free?**
- 6. Are there any other deep longings about feeling better or changing the way you eat that you haven't written down?**
- 7. Is that the truth? If not, what is your real truth?**

Once you do all this writing, read through it and compose a Powerful WHY statement that really describes why you want to go gluten-free. Perhaps it'll go something like this:

*I want to go gluten-free so that I can feel better mentally and physically, stop taking pills for painful gastroesophageal reflux disease (GERD), and lose weight so that I can be in the body I was meant to have.*

It helps if you put it in present tense too. In other words, I'm rewriting the above to say:

*I am going gluten-free so that I can feel better, have no GERD symptoms, lose weight, and be in the body I was meant to have NOW!*

Put this on sticky notes and post them all over your house, on your bathroom mirror, and anywhere else that you might see the message often.

# CHANGE-POWER

## Agreement with Myself

GLUTEN  
FREE IN  
5 DAYS

I, \_\_\_\_\_, agree to commit to exploring my relationship to my eating process and my body by **GOING GLUTEN-FREE IN** \_\_\_\_\_ (put any number you'd like) **DAYS**.

I understand that I have a body that needs to be nourished in many ways, including with food. I also understand that eating is a basic necessity and that it keeps my body healthy and functioning. I therefore consent to be an eater.

As an eater, I agree to develop a greater awareness of how my primal urge to eat can aid in making me healthier so that I can increase both my emotional and physical wellness. I also acknowledge that an ignorance about how my eating influences my health and well-being may cause me physical, mental, and even spiritual difficulty. I acknowledge that some foods may not be as good for me as I once thought they were.

Because everyone, including myself, has to embark upon a life journey of learning and discovery, I agree to sometimes be confused when I am choosing foods to eat, especially when I am finding out about new types of food. I may even experience discomfort when my body doesn't agree with a food I've chosen. I may also suffer spiritual and emotional pain when my lifestyle choices don't agree with those around me or when my food choices cause me personal guilt and shame. I acknowledge that eating to hide my pain may make the pain even worse.

But I do recognize that my relationship to eating will continually evolve and change and that I may make mistakes and have cravings that I can't control. Therefore, I agree to accept that I'm not perfect and that, when it comes to eating, the choice is always mine. I can always learn something new about food and my relationship to it.

I realize that I am contracting with myself to improve my emotional, physical, and mental relationship with my body, my food choices, and myself, and that in itself is my reward for **GOING GLUTEN-FREE IN** \_\_\_\_\_ (put any number you'd like) **DAYS**.

-----  
Signed

-----  
Date

-----  
Witnessed

-----  
Witnessed

# Ask-POWER

GLUTEN  
FREE IN  
5 DAYS

Another great way to change your mind if you're not yet ready to take action is by asking yourself the right questions, which allows you to look at what choices you have right now and then to make one. Asking questions also frees you from your old beliefs and the life patterns you create from them; it enables you to take a different path. It's as simple as that.

**Write down the most important questions and concerns you have about going gluten-free here.** Or, if you're using a journal or any other kind of pad, write them there.

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These concerns and questions are really important because these are things you need to know and/or resolve for yourself so that you can move into action. To that end, you might do one of two things about them: (1) If the question comes from not having accurate information about your problem, such as knowing what to eat, then find out this information from a trusted source like this book or your dietitian nutritionist; or (2) If the question is about some limiting belief, such as not being sure about whether you can change the way you eat, then use the Ask-POWER technique on the next few pages to work through it. So read through the concerns and questions you wrote down right now. Then consider the following two statements:

- 1. It's more important for me to know more about how to go gluten-free right now.** If most of your questions begin with "what" or "how," you most likely need more information. Review the last three days and (maybe) don't change anything until you've gotten through the stuff in the first part of the next two days.
- 2. It's more important to me to find out why I'm having a hard time accepting that, because I choose to go gluten-free, I have to change the way I live.** If many of your questions contain "feel" (or feeling words like "love" or "hate"), "can" or "can't," "doubt," or words similar to that, it's more important to challenge your limiting beliefs than to find out more about going gluten-free.

Now let's challenge some of your limiting food beliefs. The little quiz on the Internet or in this workbook not only identifies which Change-Step you're on; it also gives you an opportunity to see if some of the statements within it make you unhappy or even angry. The complete process is explained a lot better and at length in the book. After you read through it, choose a statement, concern, or question and write it on the next page:

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Then work through it in this way:

1. **What's bothering me (causing me to be unhappy, making me worry, causing me pain, etc.) about (the statement) ...?**

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2. **Why am I bothered (scared, worried, angry, etc.) about that?**

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3. **Where or who would I be if I weren't bothered (unhappy, scared, worried, angry, etc.) about that?**

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4. **Is that true? Or Do I believe that?**

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5. **Make it positive!**

Sometimes just turning a nagging, negative belief into a positive statement can open you up to other possibilities. Psychologists call this "reframing"—a way to change limiting ideas into positive intentions.

So let's take the nagging, negative belief, "I can't go gluten-free." Make it positive: "I can go gluten-free." Tell me three ways you did that this week:

- a) I bought a few things in the gluten-free aisle yesterday.
- b) I read labels for gluten words.
- c) I ate a salad with oil and vinegar dressing for lunch three times this week.

You don't have to totally believe the reframed statement or act on it yet. You just have to think of three (or more) things you've done, or even thought of doing about it, and write them down right now. Now let's go over this last part one step at a time and do yourself a big favor. Stay in the moment with your thoughts and feelings. You may learn a lot.

**Write down one of the beliefs you've been working on:**

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**Make it positive:**

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**Now write three ways this new statement is true or going to be true in the near future:**

- A) \_\_\_\_\_
- B) \_\_\_\_\_
- C) \_\_\_\_\_

Feel free to use this process, or any of its questions or concerns, when you're feeling scared, worried, or angry (or any other emotion), or stuck about moving forward, whenever you want. You'll move forward faster, however, if you make it a part of your daily ritual. And write it in your journal, computer, note-taking app in your phone or tablet, or use this worksheet as often as you like,

# Putting It Together

Here's a great CHANGE-POWER tool with all the things we've done throughout this program ... and more! The complete explanation of this process is in the book. Whenever you feel you need to, print this out, work through it, and watch your awareness grow!

**1. Take this little CHANGE-STEP Assessment.** If you haven't identified what Change-Step you're at yet, identify it now by taking this really tiny quiz. Reread "The Boulder Rolling Downhill Effect" in Day One if you need to refresh your memory about Change-Steps. Then circle either "Yes" or "No" and read the explanation under the quiz to identify where you're at in the flow:

- a. I'm seriously considering going gluten-free in the next six months. Yes No
- b. I'm planning to go gluten-free in the next thirty days (and have already made some baby steps like reading this book). Yes No
- c. I'm actively going gluten-free right now by ... (list your actions in your journal or here) \_\_\_\_\_ . Yes No

If you answered "yes" to "a," you're "Thawing". Keep reading and writing. "Yes" to "b" means you're "Warming". Just keep going. "Yes" to "c" means you're "Moving" and you've already listed the actions in your journal or on this worksheet. Whatever step you're on and whatever you're doing right now, congratulate yourself!

**2. Keep questioning.** Do some more processing using either the statements from the little quiz you took at the beginning or the questions you wrote down when you did the Ask-POWER process I talked about in the book. If you haven't done it yet, go check out the process in Day Three and do the worksheet or take out your journal. Ideally, do this process daily or even several times a day to find out more about what's possibly "eating" you.

**3. Journal what you eat.** A great way to find out exactly what you're eating right now is to write it down. You don't have to worry about portions because what we're trying to do is identify specific foods that you eat and make appropriate gluten-free choices and changes. Use the information in Week One if you're not sure. Here's an example:

## Breakfast

Scrambled egg  
Hash browns  
Bagel and cream cheese  
Milk

Write yours here:

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## Lunch

Submarine sandwich

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Potato chips  
Iced tea

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Then, if you want, you can highlight, circle, or underline the foods for which you think you need to find a gluten-free substitute, like this:

Scrambled egg  
**Hash browns**  
**Bagel** and cream cheese  
Milk

**Circle gluten-containing foods above**

Submarine **sandwich**  
**Potato chips**  
Iced Tea

It's that simple! Whatever you form of documentation you use, however, it's important that you carry something with you because it's best to write down what you eat within fifteen minutes of eating it. You know how it is ... into your mouth and out of your mind!

4. **Plan some substitutions.** Now take your journal and review the foods you've circled or highlighted. Then find gluten-free substitutes for those foods: write them here:

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If you go shopping for these things, you can also use apps like "Gluten Free Freedom" and "Gluten Free Food Finder" to check out their gluten-free status.

OK, now plan to make **FIVE LITTLE CHANGES** today—or three, two, even one! Here's some ideas:

- 1) Carry gluten-free buns for your burgers.
- 2) Search out gluten-free cookies that you actually like for snacks.
- 3) Look through gluten-free recipe websites for an easy recipe to make this week.
- 4) Try some gluten-free pasta.
- 5) Buy some of "My Faves" gluten-free bread for sandwiches.(check it out)

Write yours here:

A) \_\_\_\_\_

B) \_\_\_\_\_

C) \_\_\_\_\_

D) \_\_\_\_\_

E) \_\_\_\_\_

See ... it's that easy. Just focus on whatever changes you want to make ... and do them!

**5. Make a Plan!** What are you willing to do tomorrow? Consider the ideas below:

I am willing:

- to review the information in the last few chapters as often as I need to in order to become successful with my chosen lifestyle change
- to write down what I eat
- to highlight foods that I think need gluten-free substitutions
- to choose five gluten-free substitutions and go buy them!

Write your plan here:

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Now look back over what you've planned today, and **rate on a scale of one to ten how important it is to you to do it** (with one being not at all important to ten being extremely important). Write your rating here in pencil as it might change:

\_\_\_\_\_. Also **rate on a scale of one to ten how confident you are that you can accomplish this** (one being totally not confident and ten being extremely confident)

And write it here: \_\_\_\_\_

If either of your ratings are less than eight, you might want to revise your plan. For example, if eating everything gluten-free is very important to you (9) but you're not confident that you can do it (4), just write down what you eat this week and don't worry about doing the whole gluten-free enchilada (corn tortillas please!). You can tackle that tomorrow. Also, if doing the Ask-POWER process is important to you but you're not confident that you can do it every day, make a plan to do it maybe once or twice this week.

Revise your rating above and ink it in when it feels right. Repeat this whole worksheet whenever you'd like to focus and purpose yourself.

**GLUTEN  
FREE IN  
5 DAYS**



Here's an even quicker daily assessment. Whether you do this one or the "Putting it Together" tool, do yourself a favor and do something to check in every day.

- 1. What CHANGE-STEP do you feel you're in right now?** Circle it: 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? List it: \_\_\_\_\_
- 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?** Circle: Yes No If no, why not? \_\_\_\_\_  
\_\_\_\_\_
- 6. Did you read labels yesterday?** Circle: Yes No If no, why not? \_\_\_\_\_  
\_\_\_\_\_
- 7. Did you make some gluten-free substitutions yesterday?** Circle: 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." Make a plan. Write it out. Post it on a sticky note or in your computer/tablet so that you can see it often. Or write it here:  
\_\_\_\_\_  
\_\_\_\_\_

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.

# My Own Gluten-Free Faves

GLUTEN  
FREE IN  
5 DAYS

Those below are “often-eats” for me. You’ll note that some categories are kinda slim. For example, I’m not a big cereal gal; I grew up on bagels (no lox—UGH!) and cream cheese for breakfast. So I’m a champ with breads . . . which are the most challenging thing to substitute. You’ll get all my expertise as a bread gluten-free treasure hunter.

When you do your OWN exploring, have fun with it! I do. If you’d like to go on my journey with me, I’ll be doing shopping trips on **Periscope**, a very new and exciting social media platform. So follow me **on Periscope @JillPlace**. And don’t forget to share your own faves and stories in **my Facebook community**, [www.Facebook.com/MeandGlutenFree](http://www.Facebook.com/MeandGlutenFree).

I’ve included websites to find these products if your local market and health food store don’t have them. Most product sites have ways to do that.

## Cones and Ice-Cream Errata

Edward & Sons Trading Co, Inc. [www.edwardandsons.com](http://www.edwardandsons.com)

Let’s Do . . . Gluten Free

Cake Cones

Sugar Cones

Sprinkelz

Joy Cones [www.joycone.com](http://www.joycone.com)

Gluten Free

Cake Cups

Sugar Cones

## Cookies/Desserts

(I’m not a big dessert eater, but give me ice cream any day. And these!)

Whole Foods [www.wholefoods.com/products/gluten-free.php](http://www.wholefoods.com/products/gluten-free.php)

Chocolate Chip Walnut is my fave

The Piping Gourmets [www.thepipinggourmets.com](http://www.thepipinggourmets.com)

Chocolate and Raspberry Whoopie Pies (also vanilla)

## Breads

Canyon Bakehouse, LLC [www.canyonbakehouse.com](http://www.canyonbakehouse.com)

100% Whole Grain Hamburger Buns (My total fave. They actually taste and behave like REAL hamburger buns)

Rosemary and Thyme Focaccia (Would you believe!)

Deli Rye Style (thank GOD!)

Udi’s, [www.udisglutenfree.com](http://www.udisglutenfree.com)

Crispy and Delicious French Baguettes (and they are!)

Hamburger Buns, Classic and Whole-Grain (plumped and delicious)

Mighty Bagels (w/ cranberries, sunflower seeds, pepitas, and flax seeds)  
Everything Inside Bagels (everything bagels ... but inside)

Promise, [www.PromiseGlutenFree.com](http://www.PromiseGlutenFree.com) (brand-new fave, which just goes to show you that you can find new gluten-free products every day!)  
3 Seeded Wholegrain Sandwich Rolls (when I have them, I use these EXCLUSIVELY for my sandwiches)

Rudi's, <http://www.rudisbakery.com/gluten-free/>  
8 Ciabatta Rolls (my go-to when dinner rolls are demanded)

Against the Grain, [www.againstthegraingourmet.com](http://www.againstthegraingourmet.com)  
Original and Rosemary Baguettes (these are truly to-die!)  
Vermont Country Rolls (these too)

## **Tortillas**

Rudi's, <http://www.rudisbakery.com/gluten-free/>  
Fiesta Tortillas (there are other flavors too; I like these because they're the most pliable of gluten-free tortillas and wraps)

Corn tortillas (any, preferably homemade)

## **Pizza**

Smart Flour Foods, [www.smartflourfoods.com](http://www.smartflourfoods.com) (there are many other gluten-free pizzas, and I eat them too, but I like this best)  
Uncured Pepperoni Pizza

## **Macaroni and Cheese**

Amy's, [www.amys.com/products/product-categories/gluten-free](http://www.amys.com/products/product-categories/gluten-free)  
Rice Macaroni and Cheese (also non-dairy; I've tried EVERY frozen Mac & Cheese because it's one of my fave comfort foods and this wins hands-down)

## **Pasta and Pizza Sauces**

Classico, [www.classico.com](http://www.classico.com)  
Red and white sauces

Ragu Sauces, [www.ragu.com](http://www.ragu.com)

Boboli, [www.boboli.com](http://www.boboli.com)  
Pizza sauce (Gluten and Casein Free)

(Most pasta sauces are gluten-free but check the label to be sure)

## Pastas

OMG, I've tried ALL of these and most are GREAT! Gluten-free pastas are much better than they used to be, and you can't really go wrong with any of them but these are definitely my faves!

Nuovo, [www.nuovo.com](http://www.nuovo.com), FRESH

Potato, Basil Potato and Sweet Potato Gnocchi  
Five Cheese Ravioli

RP's, [www.rpspasta.com](http://www.rpspasta.com), FRESH

Linguini, Fettuccine, Spinach Fettuccine, Fusilli, Lasagna sheets

Trader Joe's, [www.traderjoes.com](http://www.traderjoes.com), DRIED

Brown rice spaghetti (a staple on my shelves for years)

Ancient Harvest, [www.ancientharvest.com](http://www.ancientharvest.com), DRIED

Quinoa fusilli  
Black bean and quinoa elbows  
Supergrain spaghetti

DeBole's, [www.deboles.com](http://www.deboles.com), DRIED

Rice spaghetti, fettuccine, spirals, penne, lasagna  
Multigrain spaghetti, penne  
Corn spaghetti, elbows

## Cereals

Arrowhead Mills, [www.arrowheadmills.com](http://www.arrowheadmills.com)

Sprouted corn flakes COLD (these are also fruit-juice-sweetened)  
Rice and Shine HOT

## Flours

Bob's Red Mill, [www.bobsredmill.com](http://www.bobsredmill.com)

1 to 1, All Purpose baking flours  
Quinoa, Brown Rice, White Rice and other gluten-free flours  
Xanthan gum (used to stabilize gluten-free baked goods)

Better Batter, [www.betterbatter.org](http://www.betterbatter.org)

All-purpose gluten-free flour

Betty Crocker, [www.bettycrocker.com](http://www.bettycrocker.com)

Gluten-free Bisquick