

GLUTEN FREE MEAL IDEAS

(All ingredients must be gluten-free)

BREAKFAST:

- Gluten free cereal mixed with fruit and milk (add some ground flax seed for additional fiber)
- Yogurt mixed with fresh fruit and nuts
- Gluten free bread, bagel, or muffin topped with cream cheese, peanut butter, preserves, or honey
- Homemade French toast prepared with gluten free bread, made with egg and topped with gluten free syrup and fruit
- Fruit smoothie made with yogurt and fresh or frozen fruit (check ingredients on frozen packaging)
- Cooked cereal mixed with chopped dried fruit such as raisins or dates, mixed with brown sugar or cinnamon
- Eggs and omelets with vegetables, Canadian bacon, turkey bacon, or cheese

LUNCH:

- Sandwiches on gluten free bread (choose bread with more than 3 grams of fiber per slice) topped with vegetables, gluten free lunch meat
- Open face sandwich on a gluten free waffle
- Chicken, tuna, or egg salad with gluten free bread or gluten free crackers
- Homemade pizza with a gluten free crust topped with gluten free pizza sauce, cheese, and fresh vegetables
- Salad with chopped vegetables, toasted almonds or sunflower seeds, lean meats (chicken, tuna, ham), hardboiled eggs, or beans
- Leftovers (casseroles, pasta, meat, potatoes, chicken, rice, quinoa)
- Wraps made with lettuce or corn tortillas stuffed with rice noodles, meat, vegetables, or cooked rice
- Rice cakes topped with peanut butter and jelly, banana, or cheese
- Baked potatoes topped with cheese, vegetables, and chili
- Gluten free hot dogs with gluten free bun
- Gluten free crackers, hummus, raw vegetables, and fresh fruit

DINNER:

- Gluten free lasagna
- Meatloaf made with lean turkey or beef, gluten free bread crumbs, egg, and herbs/spices
- Barbecue chicken, beef, pork, or fish with rice pilaf, quinoa, or buckwheat salad
- Gluten free pizza
- Gluten free tacos, fajitas, or quesadillas made with corn tortillas
- Turkey or beef chili, corn chips, and raw vegetables
- Beef or chicken kabobs served with rice
- Stir fry made with meat, poultry, seafood, fresh vegetables, gluten free soy sauce, served over rice

SNACKS:

- Yogurt and nuts
- Gluten free pretzels with peanut butter or cheese
- Fresh, dried, or canned fruit
- Apple or banana with peanut butter
- Hardboiled egg
- Popcorn
- Fresh vegetables and gluten free dip
- Gluten free snack bars
- Rice cakes or rice crackers with cheese, hummus, or peanut butter
- Nachos made with corn chips with melted cheese and salsa
- Homemade gluten free trail mix (gluten free cereal, raisins, nuts, and gluten free chocolate candies)
- Fruit and nuts
- String cheese
- Cottage cheese with fruit

DESSERTS:

- Pudding, ice cream or yogurt topped with berries and whipped topping
- Gluten free baked goods like cookies, muffins, brownies, cakes
- Fresh fruit with yogurt or chocolate dip/sauce
- Puppy chow with gluten free Chex
- Gluten free crepes filled with fruit, ice cream, Nutella, jam