



## Gluten-Free



### Breakfast Meal Suggestions

- Certified gluten-free instant oatmeal packets
- Cinnamon packets
- Unsweetened applesauce cups
- Rice cakes or gluten-free crackers
- Nut or seed butter packets
- Fruit cups packed in water
- Gluten-free granola bars (clearly labeled)
- Herbal tea bags

*Why this works:*

Breakfast foods are simple, gentle, and comforting, offering reassurance and nourishment without gluten exposure.



### Lunch Meal Suggestions

- Tuna, chicken, or salmon packets (plain and gluten-free)
- Gluten-free crackers or rice cakes
- Hummus cups or canned beans (gluten-free)
- Corn tortillas (shelf-stable)
- Low-sodium canned vegetables

*Why this works:*

Lunch items provide balanced protein and energy while remaining familiar, filling, and gluten-free.



### Dinner Meal Suggestions

- Gluten-free vegetable or bean soups (broth-based)
- Brown rice or quinoa microwave cups labeled gluten-free
- Low-sodium black beans, lentils, or chickpeas
- Olive oil or gluten-free seasoning packets

*Why this works:*

Dinner options offer warmth, fullness, and comfort using naturally gluten-free staples.

**Meals and food suggestions shared by Nedavah are offered with care and thoughtful consideration. They are not intended to replace medical advice or dietary guidance from a healthcare professional. Individuals are encouraged to choose foods that best support their personal health needs.**