

## Peanut-Free

### Shelf-Stable Meal Suggestions

*Breakfast • Lunch • Dinner*

All items listed are prepared **without peanuts or peanut ingredients** and require little to no preparation, helping you offer meals with care, clarity, and confidence.

#### Breakfast Meal Suggestions

- Plain instant oatmeal (prepared with water)
- Unsweetened applesauce or fruit cups packed in water
- Seed butter packets (sunflower or soy, peanut-free)
- Rice cakes or plain crackers labeled peanut-free
- Cinnamon packets
- Herbal tea bags

*Why this works:*

Breakfast foods are gentle, familiar, and nourishing while avoiding peanuts entirely.

#### Lunch Meal Suggestions

- Tuna, chicken, or salmon packets (plain and peanut-free)
- Rice cakes or crackers labeled peanut-free
- Hummus cups or canned beans (peanut-free)
- Low-sodium canned vegetables
- Olive oil or mustard packets (peanut-free)

*Why this works:*

Lunch items provide balanced protein and energy while remaining safe and clearly peanut-free.

#### Dinner Meal Suggestions

- Brown rice or quinoa microwave cups (plain, peanut-free)
- Low-sodium beans or lentils
- Peanut-free vegetable or bean soups (broth-based)
- Canned vegetables prepared without nut oils

*Why this works:*

Dinner options offer comfort and fullness while supporting safety for those with peanut allergies.

**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.**