

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.