



50 Easy-to-Fix Snacks and Meals

1. Tuna salad on a bed of lettuce
2. Nachos with avocado and black beans
3. Quesadilla using corn tortilla, chopped chicken, and tomatoes
4. Fresh fruit with yogurt and nuts
5. Grits with berries
6. Polenta wedges with chili
7. Three-bean chili with corn chips
8. Lettuce-wrapped turkey burger
9. Omelet with vegetables and cheese
10. Stir-fried rice with meat & vegetables
11. Rice pudding with raisins
12. Baked potato with cheese and chives
13. Thai rice noodles with chicken and vegetables
14. Trail mix with nuts and dried fruit
15. Spaghetti sauce with rice noodles
16. Peanut butter and apple slices on rice cakes
17. Fresh vegetables and fruit with peanut butter for dipping
18. Banana split with plain yogurt and jam
19. Tortilla pizza with corn tortilla, pepperoni, spaghetti sauce & cheese
20. Quick vegetable soup with frozen vegetables and stewed tomatoes
21. Cottage cheese and fruit salad
22. Peanut butter and jelly on rice cakes
23. Turkey roll-up with cream cheese and asparagus spear
24. Bacon, lettuce and tomato on corn or rice tortilla
25. Easy chicken casserole with Thai noodles, pre-cooked chicken, Progresso Creamy Mushroom Soup, frozen broccoli, and red bell pepper
26. Soft shell corn tacos
27. Homemade curried chicken with rice and vegetables
28. Scrambled eggs with nutritional yeast (this is different from brewer's yeast, which may contain gluten)
29. Grits with cheese
30. Tuna melt on rice cake, polenta or tortilla
31. Fruit smoothie with yogurt, orange juice, banana and berries blended
32. Vegetables with hummus (chickpea) dip
33. Sorbet with fresh fruit
34. Iced coffee or mocha
35. Spiced roasted nuts (check ingredients if not homemade)
36. Grilled chicken salad with grapes, nuts and mayo on shredded cabbage
37. GF Oatmeal with fresh berries
38. Quinoa with lemon juice, chickpeas, and olive oil
39. Make your own vegetable "chips" by tearing kale into small pieces or thinly slicing vegetables such as beets, sweet potatoes, rutabagas, parsnips or carrots. Bake at a low temperature (200 degrees F) until crispy. Sprinkle with sea salt and enjoy.
40. Roasted chickpeas
41. Frozen banana popsicles
42. Edamame
43. Applesauce sprinkled with cinnamon
44. Popcorn with nutritional yeast (this is different from brewer's yeast, which may contain gluten)
45. Hardboiled egg
46. Salmon wrap using corn tortilla, canned salmon, vegetables/lettuce and cream cheese
47. Roasted sweet potato wedges tossed in olive oil, garlic, and red pepper flakes
48. Celery and peanut or almond butter, drizzled with honey
49. Fresh fruit with yogurt dipping sauce (sprinkled with cinnamon)
50. Yogurt parfait layered with plain yogurt, canned pumpkin and almonds. Sprinkle with cinnamon before serving.

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Other helpful information is available at www.GLUTEN.net.

Advances in celiac disease are fast-paced. If this document is more than 2 years old, please visit our Web site for updated documents.

This information should not be used to diagnose or treat anemia or celiac disease. For questions about anemia and celiac disease consult your healthcare team when considering this information.

Please consider your local GIG branch as another resource.

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GIG is a nonprofit 501c3 national organization providing support for persons with gluten intolerances, in order to live healthy, productive lives. GIG Branches provide support at a local level.

To make a donation or become a volunteer to GIG, visit our Web site or call the office at 253-833-6655.