

## GLUTEN FREE LUNCH IDEAS



It's lunchtime! Are you starving?? What are you going to eat?! Save time and \$\$ by eating at home or packing a lunch instead of eating out. Here are some simple ideas that you tweak to make your own.

GF = Gluten Free

### At Home:

- Pacific or Amy's GF soup and an open-face cheese sandwich (Udi's or Rudy's GF or French Meadow multi-grain bread topped with mustard, cheese and a tomato slice), toast in toaster oven or oven
- Pre-cooked brown rice or quinoa, topped with frozen veggies and canned wild salmon; layer in a bowl, top with San-J GF teriyaki sauce and heat in microwave.
- Burrito or taco made with French Meadow tortilla, Food For Life Brown Rice Tortilla or Mission Corn Tortilla, refried black beans, shredded cheese and salsa, leftover diced chicken or avocado
- Spinach salad with plain sunflower seeds, canned lentils, feta cheese, cucumbers, tomatoes, mint and olive oil
- Stuffed baked potato with broccoli, cheese and diced chicken (try canned chicken); make ahead, freeze and heat in microwave; top with plain Greek yogurt.
- Amy's Vegetarian GF Chili and a side salad with Lighthouse dressing
- Pizza with Udi's pizza crust topped with marinara sauce with shredded mozzarella, sliced tomatoes and basil leaves
- Pizza with Udi's pizza crust topped with OrganicVille or Annie's Naturals GF BBQ sauce with shredded mozzarella, cilantro and diced chicken
- Cottage cheese or plain yogurt topped with defrosted frozen peach slices, sprinkled with Udi's GF Granola or Gluten Freeda granola, sprinkled with cinnamon

### Packed Lunch:

- Turkey sandwich on Udi's or Rudy's GF Multi-Grain bread with Boar's Head or Dietz and Watson or Applegate Farms deli meat, lettuce, tomato, cucumbers, sprouts and avocado; baby carrots and fresh fruit
- Mary's Gone Rice Crackers, hummus, cucumber slices, cubes of feta cheese and dates
- Mixed salad greens with shredded carrots and cabbage, cherry tomatoes and cauliflower florets (buy all these veggies pre-cut) topped with garbanzo beans, canned light tuna and olive oil (season with oregano if desired)
- Salmon apple salad made with canned salmon, canola oil mayo, diced apples and celery, season with curry powder if desired; serve on salad greens, with Crunchmaster GF crackers or in Food for Life Brown Rice Tortilla
- Tacos with Mission Corn Tortillas, canned black beans, defrosted frozen corn, shredded cheese, shredded cabbage and salsa
- Natural peanut butter or almond butter sandwich with honey on Udi's or Rudy's GF bread, carrot sticks, a small carton of yogurt, and an apple