



50 GLUTEN-, DAIRY-, AND GRAIN-FREE LUNCH BOX IDEAS

by  **Nourishing Hope**[®]
Food & Nutrition for
ADHD, Autism, and Healthy Children

Protein (Choose 1)

- Sausage
- Chicken leg
- Chicken pancake
- Chicken salad
- Salmon chunks or salmon salad
- Bacon
- Salami
- Lunch meat
- Burger
- Meatballs
- Meatloaf
- Epic Meat Bar (or other protein bar)
- Deviled eggs
- Hardboiled eggs
- _____
- _____
- _____
- _____

Vegetables (Choose 1 or 2)

- Cherry tomatoes
- Kale chips
- Peas (frozen or fresh)
- Kale salad with raisins
- Carrot sticks or slices
- Celery sticks
- Jicama
- Red pepper slices
- Cucumber slices
- Frozen carrots, peas & veggie mix
- Nori seaweed
- Cauliflower tortilla (for sandwich wrap)
- Apple kraut
- Freeze dried peas
- _____
- _____
- _____
- _____

Fruit (Choose 1)

- Strawberries
- Blueberries
- Pineapple chunks
- Small banana
- Date pieces
- Freeze dried fruit
- Dried fruit
- Dried mango
- Fruit leather
- Gelatin gummies
- Date balls
- Apple sauce (pear or mango sauce)
- _____
- _____
- _____
- _____

Starches (optional, for those who include grains/starches)

- Sweet potato chips^x
- Carrot chips^x
- Rice cubes^x
- Crackers^x
- Pretzels^x
- Cold gluten-free pasta salad^x
- Chickpea roasted snack^x
- Quinoa cakes^x
- Bean Burgers^x
- Beans^x
- Hummus^x
- Non-dairy yogurt squeeze packs
- _____
- _____
- _____

("x" contains grains or starches. Avoid these on a grain-free or paleo diet)