

Gluten/Casein/Soy-Free Meal Ideas

Snacks

Frozen grapes
Apple butter
Rice/corn Chex
Dried fruit (raisins, apples, bananas, papaya, etc.)
Canned fruit
Chips (Utz, Lays)
Hard-boiled eggs
Popcorn
[Frozen fruit ice-cream](#)
[Smoothie pops](#)
Gluten-free pepperoni
Rice cakes
Popsicles
Coconut milk yogurt with fruit
Fruit/veggies (orange slices, apple, banana, cucumbers, peppers, etc.)
Applesauce
GFCF pretzels
GFCF crackers
Homemade fruit leather

Lunch

[Smoothies](#)
[Tomato soup](#)
Lunch meat (Hormel Natural Choice or Oscar Mayer) with rice cakes
Corn tortillas with peanut butter
Rice noodles with [dairy-free pesto](#)
Pancake sandwiches
Rice & veggies
Baked potatoes
Chicken nuggets made with almond meal
Egg salad
Chicken salad
[Carrot salad](#)
Hot dogs (Coleman Natural, Applegate Farms, Oscar Mayer?)

Breakfast

[Smoothies](#)
Coconut yogurt with fruit
[Steel-cut oatmeal](#) with fruit
[Quinoa](#)
Rice/corn Chex with almond milk
Gluten-free pancakes or waffles (from gluten-free Bisquik or [blender pancakes](#))
Eggs
Baked apple with coconut-milk yogurt

Dinners

Chicken quesadillas with homemade taco seasoning
Rice pasta with pasta sauce (Prego Meat)
Rice pasta with [dairy-free pesto](#) and chicken or shrimp
Chicken fingers with almond-meal coating
[Barbecue chicken burgers](#), no cheese or bun
Pulled pork
Chicken and rice
Chili
Chicken noodle soup
Sloppy joes
GFCF frozen pizza

Side Dishes

[Cauliflower with pine nuts and bacon](#)
[Butternut squash with walnuts](#)
[Mashed potatoes](#) (with Earth Balance soy-free butter alternative)
Homemade rice-a-roni ([Everything Beans Book](#))
Baked beans
[Pesto quinoa](#)

Desserts

Grain-free fudgy brownies ([Everything Beans Book](#))
Toasted marshmallows
Coconut milk ice cream
Gluten-free Rice Krispie treats