



The Be Fit Minute

By Emily Gelsomin, RD, LDN



GLUTEN-FREE FOR ONE, ON THE FLY

Gluten-free meals don't have to be expensive or time-consuming. Here are five quick lunch or dinner options, plus 10 healthy, gluten-free snacks to pair with them. All suggested snacks are under 200 calories.

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Coffee Shop-Style Protein Box	Chickpea & Feta Chopped Salad	Black Bean Tacos	Tuna Cobb Salad	Pasta Salad
<i>Take a hard-boiled egg, apple, 1 oz cheese stick, 10 rice crackers, and 3 slices rolled deli turkey.</i>	<i>In a container with a tight-fitting lid, place 2 cups chopped romaine, ½ cup cherry tomatoes, ¼ cup hummus, ¼ cup feta, and ½ cup canned chickpeas. Add a squeeze of lemon.</i>	<i>Divide ½ cup black beans, ½ mashed avocado, 2 tbsp salsa, and 2 tbsp plain low-fat Greek yogurt between 2 six-inch corn tortillas. Top with chopped romaine.</i>	<i>In a container with a tight-fitting lid, place 2 cups chopped romaine, ½ can tuna, 1 hard-boiled egg, 2 tbsp crumbled blue cheese, ½ cup peas, and ½ avocado; add a squeeze of lemon. Add in a rice cake.</i>	<i>Mix 1 cup leftover gluten-free cooked pasta with ½ cup cherry tomatoes, ½ pepper diced, 1 celery stalk diced, ½ cup canned chickpeas, ½ oz salami, and 2 tbsp Italian salad dressing</i>
<u>To hard-boil eggs:</u> Place them in a pan of cold water and bring to boil; turn off the heat and let the eggs sit for 12 minutes. Drain and run under cold water.				
Calories: 425 Sat fat: 5g Carb: 47g Fiber: 4g Protein: 22g	Calories: 390 Sat fat: 4g Carb: 37g Fiber: 10g Protein: 20g	Calories: 395 Sat fat: 2g Carb: 60g Fiber: 14g Protein: 16g	Calories: 450 Sat fat: 7g Carb: 35g Fiber: 9g Protein: 32g	Calories: 525 Sat fat: 4g Carb: 76g Fiber: 12g Protein: 17g
<u>Need a snack?</u> Rice cake + 1 tbsp chocolate spread	<u>Need a snack?</u> Single-serving yogurt cup	<u>Need a snack?</u> 1 tbsp natural peanut butter + a small banana	<u>Need a snack?</u> Apple + roasted soybeans or chickpeas	<u>Need a snack?</u> Fruit leather or ½ cup canned fruit + ½ cup cottage cheese
<i>or</i> Celery sticks + ¼ cup hummus	<i>or</i> 10-15 tortilla chips + ¼ avocado, mashed	<i>or</i> 10 rice crackers + 2 slices deli turkey	<i>or</i> ¼ cup raisins	<i>or</i> ¼ cup mixed nuts

GLUTEN-FREE GROCERY LIST

Below are some brand names of products that are gluten-free. As always, ingredients can change so check the packaging (or consult the manufacturer) if you have any doubt. Please note: MGH does not endorse any of the products listed below.

FRUIT

- Del Monte canned fruit
- Stretch Island Fruit Co. fruit leather
- Sun-Maid raisins

NUTS/LEGUMES

- Sabra and Tribe hummus
- Trader Joe's roasted soybeans
- Biena roasted chickpeas
- Justin's chocolate nut spreads
- Peanut Butter & Co. dark chocolate dreams spread
- Planters mixed nuts

MEATS & DAIRY

- Litehouse and Organic Valley feta
- Horizon Organic cheese stick
- Athenos and Kraft blue cheese
- Boar's Head deli meat
- Hormel hard salami
- Stonyfield yogurt
- Chobani Greek yogurt (except Flip)
- Hood cottage cheese

CONDIMENTS

- Ken's and Kraft Italian dressing
- Newman's Own salsas

STARCHES

- Mission corn tortillas
- Ancient Harvest quinoa pasta
- King Soba organic noodles
- Ka-me rice crackers
- Lundberg and Quaker rice cakes
- Food Should Taste Good chips