

Gluten Free Meal Ideas for Performing Artists

The items listed here are to help you eventually generate your own eating scaffold and plan. It's an idea and suggestion only, and not a rule

Breakfast

- Breakfast smoothie (milk/yoghurt, banana, berries and greens of choice)
- Chia pudding (milk/plant-based milk with fruits of choice e.g., blueberries and strawberries. You can even top it up with Nutella!)
- Any gluten free porridge, muesli or cereal with milk/yoghurt and fruits/nuts e.g., Carman's Deluxe Muesli Almond & Maple Muesli, Weet-Bix Gluten Free, or Kellogg's Sultana Bran Gluten Free Breakfast Cereal



- Any gluten free bread products with bacon, avocado, baked beans and eggs e.g., Woolworths Free From Gluten White Bread loaf, Helga's Gluten Free Wholemeal Loaf, Woolworths Free From Gluten English Muffins, or Woolworths Free From Gluten & Dairy Garlic Bread



Lunch

- Sushi rolls or Rice paper rolls (e.g. chicken, tofu and/or salmon)
- Fried rice with chicken/egg and vegetables
- Gluten free meat pies e.g., Bakehouse Gluten Free Chicken and Leek Pie and Chunky Aussie Beef Pie
- Tuna Quinoa Salad (e.g. from Woolworths)



- Gluten Free Wraps or Sandwich (e.g., chicken and avocado wrap; ham and salad sandwich; cheese and vegemite sandwich)
- Gluten free pasta salad (e.g., cherry tomatoes, chicken and avocado with gluten free spiral/penne pasta and vinaigrette)

Dinner

- Hearty soup e.g. with veggies, beans and rice or with gluten free toast on the side
- Sweet potato and lentil curry / Green chicken curry with rice
- Gluten Free Tacos / Enchiladas



- Pasta (e.g. pesto sauce with chicken/chorizo and veggies, or gluten free ravioli) and salad
- Gluten free chilled/frozen meal options: Woolworths Slow Cooked Beef Casserole, Dr. Oetker Ristorante Mozzarella Pizza, Woolworths Chilli Con Carne Frozen Meal, or Coco & Lucas' Green Chicken Curry Gluten Free

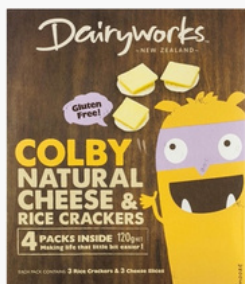


Snacks

- Popcorns (e.g. Woolworths Lightly Salted Popcorns or Cobs Popcorns – any flavour)
- Gluten Free Muesli bars (e.g. Carman's Roasted Nut Bars, Sam's Pantry Choc Cranberry With Roasted Almonds Nut Bar)



- Cheese and rice crackers (e.g. Dairyworks Colby Cheese & Rice Crackers)
- Gluten free choc chip biscuit (e.g. Woolworths Free From Gluten Chocolate Chip Biscuit or Arnott's Gluten Free Tiny Teddy Choc Chip Biscuits)



- Fruits (apple, pear, banana, grapes etc – anything in season)
- Yoghurt with fruits/nuts
- Fruit smoothie (milk + banana + honey/sugar + berries)
- Veggie sticks with hummus dips
- Sandwich triangles made with gluten free bread
- Any small/quick version of a main meal – the importance here is that it's convenient for you and sits well in your tummy