



MEAL & SNACK OPTIONS

GLUTEN FREE ♦ LOW GLYCEMIC ♦ DAIRY OPTIONAL

These are super easy and quick meal and snack options to keep you eating healthy and radiantly, even when you're busy! I recommend starting by picking a few options from each category (1-2 for breakfast, 4-6 for lunch/dinner, 2-4 snacks) and planning your grocery list for the week according to the ingredients you need for those. Write them all down or highlight them on this sheet, that way when you're wondering "what do I eat?!" you just have to look here! *Bonus Tip: Make enough for 2-3 meals with lunch/dinner options and have leftovers to save time!*

BREAKFAST

- KIND Bar + banana or other fruit
- Banana + 2tbsp PB or almond butter
- Macro Bar (flavors <10g sugar)
- 2 rice cakes topped with nut butter + 1/2 banana + cinnamon + cacao (opt)
- Food for Life GF bread/muffin w nut butter + 1/2 banana + cinnamon + cacao powder
- 1/2 c GF oats w 1c water or non-dairy milk + small handful nuts + superfoods + natural sweetener
- **Homemade powerballs:** combine 1 c GF rolled oats (dry) + 1/2 c favorite nut butter. Add Enjoy Life chocolate chips + 1/2c flaxseed + honey to taste + pinch sea salt + 1/2 tsp vanilla extract. Mix, refrigerate or freeze!

LUNCH AND DINNER

- GF Amy's Soup topped with 1 over-easy egg (optional) and fresh parsley
- 2 GF rice cakes topped with hummus + 2 eggs + sautéed spinach or kale + any other veggies + parsley or any fresh herbs

RADIANT BY NATURE

- **Collard Wraps*** - wrap fresh chopped veggies + avocado + hummus in de-stemmed collard green leaves (cherry tomatoes, carrots, cucumber, bell pepper) Add sunflower seeds for crunch and nutrient boost
- Fresh made green juice + crudité's: raw carrots + celery + bell pepper + GF rice crackers + hummus or homemade guac/avocado
- **RBN Power Green Smoothie:** 2 c spinach + maca powder + cacao powder + 3/4 c non-dairy milk + plant-based protein powder + 1 tbsp nut butter + 3/4 banana)
- **RBN Superfoods Salad:** broccoli or broccoli slaw + thinly sliced Napa (Chinese) cabbage + orange (or any citrus fruit) segments + walnuts + avocado + parsley + dressing (2:1 parts olive oil:apple cider vinegar + fresh lemon juice + salt & pepper + dash of honey). Top with chicken or fish for more protein.
- Leftovers from dinner the night before!
- **RBN On-the-Go Lunch:** 2 hardboiled eggs + handful plain nuts + fruit
- **RBN Stuffed Portabella Mushrooms:** stuff with favorite dark leafy greens + cooked GF grain like quinoa or wild rice + favorite nut + herbs and spices. Broil or bake
- **RBN Vegan Hummus Bowl**:** sliced and diced favorite veggies (carrots, cucumbers, cabbage, tomatoes, spinach, squash or sweet potatoes) + avocado + hemp seeds, pumpkin seeds, or sunflower seeds + big dollop of hummus + juice 1/2 lemon
- **Spinach + Kale Salad with Figs and Spicy Peanut Vinaigrette***:** equal parts spinach + kale (stems removed, massaged for 2 min) + carrots + dried figs, sliced + cheese (optional)
- **RBN Mediterranean Brown Rice Bowl:** rice + sautéed spinach and mushrooms + pine nuts + sun-dried tomatoes, garlic + lemon + salt/pepper + parsley
- Favorite fish or chicken (baked, grilled or on stovetop) + sautéed veggies + favorite spices
- Smashed avocado on gluten-free toast or rice cakes + lime + sea salt
- **Egg Scramble:** 2 eggs + any 2 veggies + cubed sweet potato (optional) + lemon, herbs & spices (wrap in GF tortilla for more filling meal)

SNACKS

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- Hard-boiled eggs
 - Cut carrots, celery, cucumbers, grape tomatoes + hummus or vinaigrette
 - PB/almond butter personal packet + banana/apple/celery
 - Hummus or nut butter or hard cheese + rice crackers
 - Whole fruit, frozen grapes
 - 3 dates stuffed with nut butter
 - Handful organic dark chocolate chips (Enjoy Life! makes great vegan chips)
 - Non-GMO tortilla chips + hummus or salsa or avocado
 - Sauerkraut or fermented veggies

RADIANT BY NATURE

- KIND bars or other bars (<10g sugar)
- Handful nuts

*adapted from Kris Carr's [Hummus Collard Wraps](#) **adapted from Oh She Glow's [The Big Vegan Bowl](#)

***Adapted from Dishing Up the Dirt. [Vinaigrette recipe can be found here](#)