

Gluten Free Dairy Free Meals in a Pinch

Prep the cashew cheese and sauce ahead of time for flavorful meals in a flash.

Brown Rice Bowl

1 cup greens + ½ cup brown rice + 1 hardboiled egg + 10 almonds + 2 tbsp creamy cashew sauce + sliced cucumber + ¼ avocado + splash lemon juice



Provides: 470 calories, 21 grams fat (3 grams saturated), 58 grams carb, 17 grams protein, 8 grams fiber

Coco-nut Oatmeal

1 cup gluten-free oatmeal + 2 tbsp sunflower seeds + 15 cashews + ¼ cup shredded coconut + 1 tbsp cocoa + 3 dried apricots



Provides: 450 calories, 25 grams fat (9 grams saturated), 54 grams carb, 13 grams protein, 11 grams fiber

Veggie Tacos

2 corn tortillas + ½ cup black beans + radish + shredded cabbage + 1 chipotle pepper in adobo + 1 tbsp cashew "parm" + ½ avocado + 1 cup pineapple



Provides: 420 calories, 9 grams fat (1 grams saturated), 73 grams carb, 13 grams protein, 17 grams fiber

The Elvis

2 slices gluten-free bread + 2 tbsp peanut butter + ½ banana + 2 slices bacon + carrot sticks



Provides: 530 calories, 27 grams fat (4 grams saturated), 54 grams carbs, 18 grams protein, 7 grams fiber

Cashew "Parm"

3 tbsp nutritional yeast + ¼ cup cashews + ¼ tsp garlic powder + ¼ tsp salt + pulse



Provides (per tbsp): 20 calories, 2 grams fat (0 grams saturated), 1 gram carb, 0 grams protein, 0 grams fiber

Creamy Cashew Sauce

2 cups cashews (soak in water for 2 hours; drain) + 1¼ cup water + 1 clove garlic + 1 tsp salt + blend



Provides (per tbsp): 50 calories, 4 grams fat (1 grams saturated), 3 grams carb, 1 grams protein, 0 grams fiber