



PlanetBox[®]

Back-to-school

MEAL PLAN

gluten-free

5 days of recipes to
kick off your school
lunch routine!



Life is more COLORFUL with a well- packed lunch!

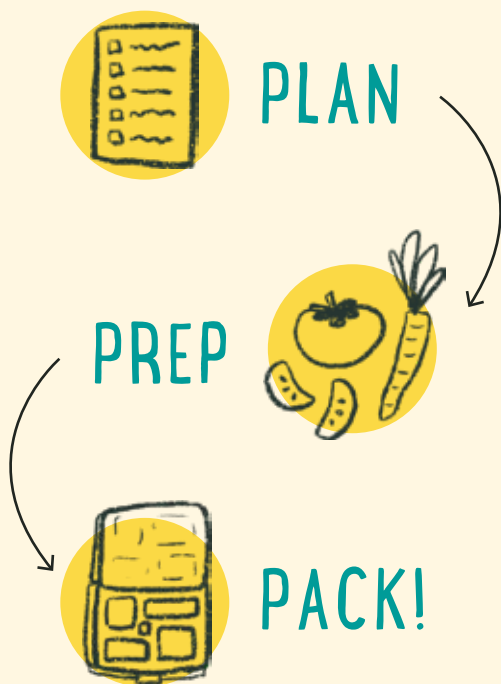
To help you get back into the school day routine, we've compiled a week's worth of meals that are easy on the tummy but heavy on the flavor and a handy gluten-free shopping list for your use and inspiration.

Happy lunching!

STOCK UP!

Gluten-free shopping list

Meal prepping is best when the fridge is stocked and the pantry fully loaded! Use this list to help plan out your weekly grocery shopping.



PROTEIN

- ½ pound ham slices
- 1 can tuna
- 1 pack chicken tenders
- 1 block seasoned tofu
- 1 pack ground chicken

PANTRY

- 1 pack rice noodles
- Quinoa
- 1 jar tomato sauce
- Walnuts
- White chocolate chips

DAIRY

- 1 mozzarella cheese round
- 1 block cheddar cheese
- 1 package Parmesan cheese
- 1 dozen eggs
- 1 pint milk

SNACKS

- Fruit rollup
- Gluten-free granola
- Veggie straws
- Seeded crackers
- Gummies

PRODUCE

- 1 bunch carrots
- 1 cucumber
- 1 tomato
- 1 pack zucchini noodles
- Shelled edamame
- 2 apples
- 1 basket strawberries
- 1 basket raspberries
- 1 bunch green grapes
- 1 bunch red grapes
- 2 mandarin oranges
- 1 melon

CONDIMENTS

- Gluten-free ranch dressing
- Olive oil
- Mayonnaise
- Rice vinegar
- Sesame oil
- Brown sugar
- Tamari or Liquid Aminos



Apple rings

Fruit roll

Carrot sticks



Granola

Egg bites

Ham & Cheese Egg Bites

An egg (bite) that's hard to beat! Serve with a side of fruit and granola and you've got a balanced breakfast.

INGREDIENTS:

5 eggs
2 tbsp milk
¼ cup diced ham
¼ cup grated mozzarella
Salt & pepper

INSTRUCTIONS:

Preheat oven to 350°. Whisk together the eggs and milk. season with salt and pepper to taste. Add the ham and cheese. stir to combine. Evenly distribute among 6 silicone muffin cups and bake for 20-25 minutes (tops will rise and become puffy). Remove from oven and allow to cool. Freeze leftovers for up to two weeks!



Rice Noodle Salad

Oodles of noodles! This cold noodle dish has room for additional toppings, like green onions or peanuts.

INGREDIENTS:

- 1 cup rice noodles, cooked
- 1 small carrot, shredded
- 1/3 cup cooked edamame, shelled

FOR DRESSING:

- | | |
|---------------------|-------------------|
| 1 tbsp rice vinegar | 1 tsp sesame oil |
| 1 tbsp Tamari | 1 tsp brown sugar |

INSTRUCTIONS:

- Cook rice noodles according to directions. Drain and rinse in cold water.
- Toss noodles with carrot, edamame, and sesame oil (to keep noodles from sticking). Combine dressing ingredients and mix until well combined. Pour into dipper.



Shredded mozzarella

Raspberries

Chicken fingers

Parmesan Chicken Fingers

You don't need breadcrumbs for "breaded" chicken! This fun finger food is the classic workaround to Panko.

INGREDIENTS:

1 pack chicken tenders
1 egg, beaten
¼ cup shredded Parmesan cheese
Dash salt & pepper
1 tbsp oil or butter

INSTRUCTIONS:

Dip chicken first into egg and then cheese, shaking off the excess drippings.
Heat oil/butter in non-stick pan over medium heat. Cook strips about 4 minutes per side.
Season to taste with salt and pepper.

Veggie straws

White chocolate

Cheese & crackers

Berries & nuts

Tuna boats

Cucumber Tuna Boats

A lunch worth diving into! Crisp, crunchy cucumbers take the place of bread in this classic tuna remake.

INGREDIENTS:

½ cucumber, halved
1 can tuna
1 tbsp mayonnaise
¼ apple, chopped
¼ cup grapes, chopped
Dash salt & pepper

INSTRUCTIONS:

Mix tuna ingredients together in a large bowl. With a spoon, scoop seeds from cucumber halves until you have a nice boat shape. Fill cucumber boats with tuna mixture. Season to taste with salt and pepper.

Melon balls

Chicken meatballs

Caprese caterpillar



Chicken Meatballs

Meet the protein-packed meatballs that are so easy to prep you'll never want to do them another way!

INGREDIENTS:

1 pound ground chicken
½ cup cooked quinoa
1 egg, beaten
¼ cup grated Parmesan cheese
2 tbsp milk
Dash salt & pepper

INSTRUCTIONS:

Preheat oven to 400°. Line baking sheet with parchment paper. Combine ingredients in bowl. Measure out 1-2 tbsp and roll into balls. Bake 20-25 minutes. Serve with zucchini noodles and marinara sauce.

EXPLORE MORE RECIPES!



On our blog, we feature recipes, packing tips, eco-friendly hacks and more.

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