

Food suggestions

You don't have to use these but they ARE probably the easiest way to put gut-healing foods into your life ...

Premade salad bags (buy 3)

Salad in 5 ... Minutes (make 5 ... you're done!)

Pre-packaged cut-up fruit

Bananas (skin and freeze for smoothies)

Bagged veggies (for steaming)

Amy's frozen (many Gluten Free options)

Premade cole slaw (everyone LOVES it!)

Gluten Free "crunchies" (GF croutons, tortilla strips, nuts, seeds, unsweetened dried fruit)

What else can you think of?