

Gluten-Free Vegan Lunch Prep Checklist

Celiac-safe, plant-based, and worry-free lunch prep

Pre-Prep Verification

- All grains & flours are certified gluten-free
- Proteins (tofu, seitan alternatives) checked for hidden gluten
- Sauces & condiments verified gluten-free
- Snacks & packaged items have GF certification
- Labels reviewed for cross-contamination warnings

Kitchen Safety

- Use a separate prep area for gluten-free meals
- Only clean utensils, cutting boards & containers
- Ensure no airborne flour from recent baking
- Wash hands thoroughly before prep
- Wipe all surfaces clean with a fresh cloth

Packing & Transport

- Pack in dedicated GF lunch containers
- Include emergency snacks (nuts, GF bars)
- Bring eating utensils from home
- Carry a dietary needs card if eating out
- Keep a list of safe restaurants/backups