

Dinner

Spaghetti with Sauce

- Vegan & Vegetarian - Most spaghetti pasta is vegan/vegetarian. If you're already planning to make a big pasta dinner, we recommend just keeping pasta and sauces separate to let the team add on based on their diet or restrictions.
- Gluten Free - There are usually gluten free pasta brands available in most grocery stores.
- No Red Meat - If you usually make a pasta sauce with meat, we recommend using ground turkey.

Taco Bar

- Making a build your own taco bar gives the team a chance to add only items that they are able to eat to their taco.
 - Vegans & Vegetarians - Including, beans, corn, and onions, into your taco bar gives them more options.
 - Gluten Free - Buy corn tortillas as a gluten-free substitute for taco shells.
 - No Red Meat - Using ground turkey or chicken can make it easier to serve the whole team.

Beans & Rice

- Vegans & Vegetarians - this is an easy add on if your main meal includes meat. Black beans and rice cooked with some vegetables can go a long way.

Pizza

- Vegans - If you plan to order pizza, ordering a veggie pizza *without cheese*.
- Gluten Free - many pizza shops now have a gluten free crust option.

Salad

- Salad is a great catch-all that meets almost everyone's dietary restrictions. We recommend leaving croutons, cheese, and dressing on the side.

Burgers

- Vegans & Vegetarians - Using frozen black bean patties or portobello mushrooms is a great alternative for burgers. Or just grilling vegetables (first!) can be a great alternative - red peppers, zucchini, onions, mushrooms.
- No Red Meat - Turkey burgers are a good alternative for people that don't eat red meat.

Breakfast

Oatmeal

- This is an quick and easy breakfast for the entire team. Create an oatmeal bar to allow the team to add what they want to their own oatmeal.

- Vegan & Lactose Intolerant - Use water or almond milk to make the oatmeal in a crockpot, or you can leave the oatmeal uncooked and the teams can cook it individually in the morning.
- Fruit Allergies - There are some participants with allergies to fruit. Keep the oatmeal add-on items can allow them to still eat the oatmeal.
- Oatmeal bar ideas: peanut butter, almonds, cranberries, bananas, apples, nuts, etc.

Fresh Fruit

- Apples, Bananas, Oranges, Grapes, etc are all great to start the day.

Snacks

If you are planning to help supply the team with snacks, we've listed a few of their favorite go-to items that will meet most of the team's diets.

- Bars
 - Kind, Lara, RX, Clif bars are all mostly vegan and gluten free.
- Peanut Butter
- Hummus
- Vegetables
 - On the go veggies like baby carrots, celery, sugar snap peas, cucumbers, cherry tomatoes are great for the team.
- Fruit snacks
- Goldfish, pretzels, crackers
- Cookies
- Trail Mix
- Jerky
- Apple Sauce
- Fruit Leather