



RICE CAKE LUNCH PLATE



INGREDIENTS

ITEM	QUANTITY
• Plain Rice Cakes	2
• Natural Almond Butter	1 Tbsp.
• Hard-boiled Egg	1
• Low-fodmap Chicken Salad or Tuna Salad	½ Cup
• Sliced Cucumber	½ Cup
• Carrot Sticks	½ Cup
• Low-fodmap Berries	1 Portion

SERVING SIZE 1



PREPARATION

- Arrange the rice cakes, almond butter, hard-boiled egg, chicken or tuna salad, cucumber, carrots, and berries on a plate or in a divided lunch container.
- Spread the almond butter over the rice cakes when ready to eat.
- Serve the chicken or tuna salad alongside the rice cakes.