



Shopping List

Week 1
Gluten Free

Produce:

Avocados
Lemons
Garlic
String beans
Bananas
Celery
Broccoli slaw
Spinach
Sweet potatoes
Thai basil
Green peppers
Tomatoes
Brussels sprouts
Zucchini
Mushrooms
Cilantro

Dairy and Eggs:

Feta cheese
Milk/Almond milk
Eggs
Sliced and/or
shredded cheddar
Plain greek yogurt

Canned goods:

Black beans
Chickpeas
Red kidney beans
Other beans of choice
Pitted black olives
Pumpkin
Coconut milk

Meat/Fish:

Tilapia filets
Chunk light tuna
packets
Chicken tenders
Chicken breasts or
Rotisserie chicken
Smoked salmon

Condiments:

Salsa
Dijon mustard
Sriracha hot sauce
Hummus

Pantry Staples:

Olive oil
Balsamic vinegar
Butter
Salt
Black pepper
Cinnamon
Vanilla extract
Chili powder
Cayenne pepper
Ground ginger
Pumpkin pie spice
Paprika
Garlic powder
Cumin

Dry goods/Grains/Breads:

Quinoa
Lentils
Sliced almonds
Rolled oats
Ground flaxseeds
Chia seeds
Other nuts and seeds of choice
(walnuts, pecans, hemp seeds,
pumpkin seeds, etc.)
Cornflakes
Gluten free pita bread
Corn tortillas
Gluten free bread or english
muffins