



GROCERY LIST including Whole Foods
Gluten Free Favorites: www.wholefoods.com

PRODUCE

- Lemons and Orange
- Zucchini
- Pre-packed Veggie Noodles (Whole Foods)
- Asparagus
- Fresh Parsley /Cilantro
- Basil and Rosemary
- Fresh Garlic and Onion
- Organic Sweet Potatoes
- Micro greens or Sprouts (fresh or frozen)

- **Frozen or fresh green beans and carrots**
- **Squash**
- **Avocadoes**
- **Organic bunched Kale and/or Spinach leaves**

PANTRY STAPLES

- **Olives (sliced)**
- **Nuts/Seeds**
- **Organic BPA free Canned Tomatoes**
- **Gluten Free Pasta or Chickpea/lentil pasta**
- **Olive oil or Primal Kitchen Avocado Oil**
- **Spices/dried herbs**
- **Sea salt/Pepper**
- **Coconut Flour/Almond Meal**
- **365 Everyday Value® MCT Oil Unflavored**
- **Primal Kitchen Paleo Mayo**
- **Organic Broth (veggie or chicken)**
- **Maple Syrup or Honey**
- **Gluten free Rolled Oats**
- **Organic Rice**
- **Gluten Free Bread**
- **Potato starch or tapioca flour**
- **Sprouted pea protein or collagen (no sugar added)**

DAIRY/NON DAIRY

- **Organic Eggs**
- **Kite Cream Cheese (Vegan, soy free)**
- **Aged Hard Parmesan (if you tolerate dairy)**
- **Almond or coconut milk**

MEATS/SEAFOOD

- **Air chilled Chicken Breast**
- **Organic Pork loin**
- **Paleo Uncured bacon**
- **Wild Caught shrimp**
- **Atlantic Salmon Filets**

OTHER WHOLE FOODS GLUTEN FREE FAVORITES & SNACKS

- **Health Ade Kombucha**
- **Farm Culture Kimchi or Sauerkraut**
- **Epic Provisions Meat Bars**
- **Simple Mills Crackers (their baking mixes are also great for replacing almond flour)**

Please see my ***SHOP*** page for **MANY** of my favorite pantry staples and other kitchen tools to use.

Cheers!

www.cottercrunch.com