# Cotter Crunch

## Nut Free & Dairy Free Recipes

### Grocery List

#### Vegetables
- Cauliflower
- Lettuce and Spinach
- Potatoes (2 russet)
- Jalapenos and canned chipotle peppers
- Large Carrots
- Shallots and Garlic bulb
- Large Sweet Potato
- 3 Yellow Onions and red onion
- Broccoli
- Cherry tomatoes and celery
- Radishes
- Okra and frozen peas
- Red Bell Peppers
- 2-3 Avocados
- Canned tomatoses

#### Herbs
- Ginger
- Basil
- Herbs or greens (parsley, microgreens, cilantro)
- Sage leaves

#### Nuts & Seeds
- Roasted Pumpkin Seeds
- Sesame Seeds
- Chia Seeds/flax seed
- Pepitas (Pumpkin Seeds)
- Sunflower Seeds
- Leetsils
- Canned Chickpea (BPA free)

#### Fruit
- 3 Small Banana and 3 plantains
- Kiwi
- Pineapple and pineapple juice
- Blueberries
- Lemons and Lime
- Grapefruit
- Raspberries
- 4 peaches
- Dried Apricots

#### Grains
- Quinoa
- Chickpea/Lentil gluten free pasta

#### Meat & Seafood
- 10-12 oz salmon filet (or 2-3 small filets)
- 6-8 oz peeled raw shrimp (without tail)
- 1-2 lbs ounces skinned, organic free-range chicken breasts or skinless thighs
- Gluten free chicken sausage or chorizo

#### Dairy
- Eggs
- Coconut Milk
- Naturally Refined coconut oil

#### Baking Supplies
- Baking Powder/Baking Soda
- Arrowroot Starch or Tapioca Starch
- Honey and/or Maple Syrup
- Dark Chocolate and Dark chocolate chips (Enjoy Life Allergy Friendly)
- Vanilla Extract
- Vanilla Pea Protein Powder
- Collagen or Collagen Protein
- Baking Stevia or xylitol
- Coconut Sugar
- Unsweetened Cocoa
- Powdered sugar or swerve sugar substitute
- Coconut Flour
- Gluten Free Oats
- Gluten Free 1:1 Flour (Bob’s Redmill)

#### Pantry Staples
- Ground Cinnamon
- Paprika and Cayenne
- Cayenne
- Ground Ginger
- Red Chili Flakes
- Garlic Powder
- Ground Cumin
- Kosher Salt
- Mustard
- Black Pepper
- Red Pepper Flakes
- Turmeric
- Tamari sauce (gluten free) or coconut aminos for paleo
- Sesame Oil or Avocado Oil
- Olive Oil
- Balsamic Vinegar
- Rice Vinegar
- Apple Cider Vinegar
- Coconut Milk (canned) and coconut drinking milk
- Chicken Broth and veggie broth
- Chili Sauce
- Tahini or sunflower seed Butter
- Olivos (red and green)
- Unsweetened Shredded Coconut

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