

cotter CRUNCH

Healthy Gluten Free Recipes One BITE at a Time!

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
- 1 Yellow Onions and red onion
- Broccoli
- Cherry tomatoes and celery
- Radishes
- Okra and frozen peas
- Red Bell Peppers
- 2 -3 Avocados
- Canned tomatoes

FRUIT

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

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)

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
- Lentils
- Canned Chickpea (BPA free)

GRAINS

- Quinoa
- Chickpea /Lentil gluten free pasta

MEAT & SEAFOOD

- 10-12 oz salmon fillet (or 2-3 small fillets)
- 6-8 oz peeled raw shrimp (without tail)
- 1-2 lbs ounces skinless, organic free-range chicken t breasts or skinless thighs
- Gluten free chicken sausage or chorizo

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
- Tamrai 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
- Olives (red and green)
- Unsweetened Shredded Coconut