

cotter CRUNCH

30 MINUTE MEALS GLUTEN FREE GROCERY LIST

VEGETABLES

- Spinach
- Lettuce Leaves
- Microgreens or Sprouts
- Arugula
- Edamame
- Cucumber
- Zucchini
- Red Cabbage
- Heirloom Tomatoes
- Cherry Tomatoes
- Broccoli Florets
- Shallot
- Red Onion
- Onion
- Green Onion
- Bell Pepper
- Poblano Peppers
- Chili Red Pepper
- 1.5 Avocados
- Carrots
- Sweet Potatoes
- Sweet Baby Spring Turnips

FRUIT

- 2 Small Bananas
- Kiwi
- Blueberries
- Raspberries
- Strawberries
- Grapefruit
- Basil
- Lime Juice
- Oranges, Orange Juice, and Orange Zest
- Lemons and Lemon Juice
- Pineapple
- Dried Mango
- Dried Goji Berries

HERBS

- Cilantro
- Garlic
- Ginger
- Parsley
- Chives

NUTS & SEEDS

- Slivered Almonds
- Raw Almonds
- Sesame Seeds
- Sunflower Seeds
- Chia Seeds
- Flaxseed
- Chickpeas

GRAINS

- Gluten Free Bread
- Rice Paper Spring Roll Wrappers
- Gluten Free Tortilla or corn chips
- Cooked Quinoa

MEAT & SEAFOOD

- 3 cups Rotisserie Chicken
- 1 lb. chicken thighs
- 1.25 lbs. pork ribs loins
- 10 oz. wild caught canned tuna
- 1 lb. lean ground turkey
- 2/3 cup GF Sausage

DAIRY

- Almond Milk
- Coconut Milk
- Eggs
- Butter or coconut oil
- Cultured Plain Green Yogurt or Kefir Yogurt
- Paleo Mayo
- Crumbled Cheese (Parmesan or Feta)
- Cream Cheese or Sour Cream
- Parmesan Cheese (or Nutritional Yeast)

BAKING SUPPLIES

- Blanched Fine Almond Flour
- Gluten Free Oat Flour
- Coconut Flour
- Gluten Free Oats
- Coconut Sugar
- Sugar or Sugar Substitute
- Honey and/or Maple Syrup
- Baking Soda
- Tapioca Starch or Arrowroot Starch
- Egg White Powder or Protein
- Collagen Protein or Peptides (Vanilla, Lavender Lemon)
- Vanilla Plant Protein
- Unsweetened Cocoa Powder
- Amaretto
- Vanilla Extract
- Dark Molasses
- Dark Chocolate Chips
- Butterscotch Chips
- Candied Ginger Chips or Crystallized Ginger
- Shredded Coconut

PANTRY STAPLES

- Ground Cinnamon
- Ground Ginger
- Sumac
- Smoked Paprika
- Everything Seasoning
- Kosher Salt
- Sea Salt
- Onion Salt
- Black Pepper
- Red Pepper Flakes
- Peppercorns
- Cumin
- Mustard Powder
- Olive Oil
- Sesame Oil
- Vinegar
- Red Wine or Apple Cider Vinegar
- Tamari Sauce or Coconut Aminos
- Sriracha
- Sweet BBQ Sauce
- Tomato Sauce
- Salsa Verde
- Peanut or Almond Butter
- Pepperoncini
- Green Chilies
- 1 ½ cups Chicken Broth
- Olives or Pimentos
- Matcha Green Tea or Regular Green Tea Bags
- Matcha Powder

#CotterCrunch