

Freezer Friendly

GF MEAL PLAN GROCERY LIST

PROTIEN

- [Eggland's Best Organic Eggs](#) or Cage Free Eggs
- Kefir or Coconut Milk Yogurt
- Plain Greek Yogurt
- Hard Cheddar Cheese
- Nutritional Yeast
- Wild Salmon
- Free Range Chicken
- 95% lean ground meat (beef, chicken, or turkey)
- Uncured Bacon
- Medium Shrimp (fresh)

FRUITS & VEGGIES

- Bananas
- Berries
- Prunes (Dried Plums)
- Lemon
- Lime
- Cherry Tomatoes
- Cauliflower
- Broccoli
- Zucchini
- Asparagus
- Carrots
- Kale
- Red Onion
- Cucumber
- Sweet Potato
- Arugula

NUTS & SEEDS

- Flaxseed Meal
- Raw Cashews (Pesto recipe)
- Roasted Almonds (Pesto Recipe)

PANTRY STAPLES

- Flour (Coconut, Almond, Oat)
- Coconut Sugar
- Honey or Maple Syrup
- Baking Powder & Soda
- No Stir Creamy Nut Butter
- Unsweetened Coconut
- Vanilla Extract
- Apple Cider Vinegar
- Unsweetened Cocoa Powder
- Chocolate Protein Powder (Sugar Free)
- Cocoa Nibs or Dark Chocolate Chips
- Non Dairy Milk
- Vegetable Broth
- Oil (Olive, Coconut, Sesame)
- Gluten Free Asian Chili or BBQ Sauce
- Gluten Free Tamari or Coconut Aminos

SEASONING, SPICES, & HERBS

- Cilantro
- Mint
- Dill
- Basil
- Garlic
- Ginger
- Turmeric Powder
- Sea Salt or Kosher Salt
- Black Pepper
- Cumin
- Curry Powder
- Gluten Free Taco Seasoning
- Cinnamon

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