

HEALTHY GUT GF MEAL PLAN *Grocery List*

PROTIEN

- Chicken (skinless, pulled or shredded)
- 95% Organic Lean Beef
- Kefir or Coconut Milk Yogurt
- Plain Greek Yogurt
- Safe Caught Tuna or Salmon
- Cage Free Eggs
- Non Dairy Milk

FRUITS & VEGGIES

- Apples
- Banana
- Berries
- Kiwis
- Lemon & Lime
- Orange Juice
- Pineapple (juice & fruit)
- Dried fruit (Blueberries, Goji Berries, Raisins)
- Avocado
- Peppers (Bell & Jalapeño)
- Broccoli Florets
- Carrots
- Celery
- Cucumber
- Cabbage-green, red
- Onion-red, yellow, green
- Spinach
- Zucchini

NUTS & SEEDS

- Sunflower Seeds
- Chia Seed
- Sesame Seeds
- Raw Nuts of choice for Salad Toppings

PANTRY STAPLES

- Gluten Free All Purpose Baking Flour
- Baking Powder
- Arrowroot or Tapioca Starch
- Honey or Maple Syrup
- Raw Sugar (Turbinado)
- Pure Vanilla Extract
- Vegetable Broth
- Oil (Coconut, Olive, Sesame)
- Apple Cider Vinegar
- Gluten Free Soy Sauce or Coconut Aminos
- Jasmine Rice
- Gluten Free Oats or Granola
- Vanilla Protein Powder
- Matcha Powder
- No Stir Creamy Nut Butter
- Can of Whole Peeled Tomatoes
- Chickpeas
- Coconut Cream

SEASONING, SPICES, & HERBS

- Black Pepper
- Cayenne
- Cinnamon
- Cumin
- Everything Seasoning
- Ground Cloves
- Salt: Sea & Kosher (or pickling)
- Onion Powder
- Paprika
- Red Pepper Flakes
- Turmeric
- Garlic
- Ginger
- Cilantro
- Mint Leaves
- Parsley

LOW FODMAP SPECIFIC RECIPES

- Medium Shrimp (shell off)
- 14 ounce Can Fire Roasted Tomatoes (diced work best)
- Chicken (skinless, pulled or shredded)
- Strawberries
- Blueberries
- Spinach
- Radishes and Cucumber
- Avocado (in moderation)
- Almonds and Sunflower Seeds
- Cashews (for sprouting/activating)
- Gluten Free Rice Tortillas
- Quinoa
- Unsalted Butter
- Gluten Free 1:1 Flour
- Cane Sugar
- Salt/pepper
- Paprika or Cayenne
- Herbs

FODY FOODS

- [Fody Foods Taco Sauce and Other Marinades](#)
- [Fody Foods Infused Oils](#)
- [Fody Foods Snacks](#)
- [Fody Foods Seasonings](#)
- [Fody Foods Salad Dressings](#)

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