

GLUTEN FREE WHOLE GRAIN MEALS

Grocery List

GLUTEN FREE WHOLE GRAINS

- Gluten Free Whole Grain Pasta
- [Wild Rice](#)
- Long Grain White Rice
- [Hulled Millet](#)
- [Quinoa](#)
- [Gluten Free Rolled Oats](#)
- [Buckwheat Groats](#)
- [Polenta](#)

PROTEIN & DAIRY

- Almond Milk
- Coconut Butter
- Greek Yogurt
- Nitrate-free Uncured Bacon Strips
- Pancetta (4 oz)
- Chicken Sausage
- Eggs
- Liquid Egg Whites
- Parmesan Block
- Feta Cheese
- Shredded Mexican Cheese
- Shredded Monterey Jack Cheese

FRUITS & VEGGIES

- Fresh berries
- Banana (5)
- Pear
- Cranberries
- Figs (4)
- Garlic
- Cherry Tomatoes
- Tomato
- Red Onion (2)
- Avocado
- Spinach
- Carrots
- Shiitake Mushrooms (6 oz)
- Golden Beets
- Shallot
- White Onion (3)
- Broccoli
- Bell Pepper (2)
- Frozen Corn
- Celery
- Squash
- Green Beans
- Spinach
- Basil
- Parsley
- Mint

PANTRY STAPLES

- Coconut Flour
- Almond Flour
- Baking Powder
- Rice Flour
- Baking Soda
- Coconut Sugar
- Molasses
- Honey
- Maple Syrup
- Chopped Nuts
- Chia Seed
- Cocoa Nibs
- Flaxseed
- Nutritional Yeast
- Dried Figs
- Creamy Almond Butter
- Coconut Oil
- Extra Virgin Olive Oil
- Chickpeas
- Pistachios
- Gluten Free Whole Grain Bread
- Plain or Garlic Hummus
- Vegetable Broth (3)
- Orange Juice
- Pumpkin seeds
- Canned Italian Stewed Tomatoes (8 oz)
- Diced Tomato with Green Chilis (10 oz)
- Coconut Cream/Milk
- Paleo Mayo
- Salsa
- Black Beans

SEASONINGS, SPICES, & HERBS

- Kosher Salt
- Cinnamon
- Black Pepper
- Red Pepper Flakes
- Paprika
- Cumin
- Liquid Smoke
- Onion Powder
- Garlic Powder
- Chili Powder
- Mediterranean Spice Blend
- Vanilla

#COTTERCRUNCH

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