

# MAKE AHEAD MEAL PLAN

## *GF Grocery List*

### PROTIEN & DAIRY

- [Eggland's Best Eggs](#)
- [Eggland's Best Egg Whites](#)
- Unsweetened Almond Milk
- Canned Coconut Milk
- Heavy Cream
- 8 oz Plain Yogurt
- Sour Cream
- 8 oz Shredded Mexican Cheese
- Unsalted Butter
- Grated Parmesan Cheese
- Feta Crumbles
- 7-8 oz Diced Ham (nitrate-free)
- 2 pounds Bone-in, Skin-on Chicken Thighs (4 medium thighs)
- 2 lbs Boneless Beef Loin
- 2 lb Boneless, Skinless Chicken Breasts
- 5 oz Diced Chicken or Pork
- 1 lb Pork Loin

### FRUITS & VEGGIES

- Spinach
- Onion
- Frozen Corn
- 4-5 Yukon Gold Potatoes
- 2 Medium White Sweet Potatoes
- 2 heads of Garlic
- 1.5 lb Zucchini
- Butternut Squash
- Baby Bok Choy
- Green Onions
- Shallot
- Ginger
- 2 Avocado
- Cilantro
- Red Onion
- Green Bell Pepper
- Jalapeno
- Red Bell Pepper
- Stir Fry Vegetables
- Mung Bean Sprouts
- Celery
- Fresh Thyme
- Fresh Rosemary
- Okra
- 2 Heads of Cauliflower
- Pumpkin
- Brussels Sprouts
- Broccoli Florets
- Scallions
- 2 Large Sweet Potatoes
- Carrots
- Fuyu Persimmons
- 3 Bananas
- Lemon
- Apples
- Cranberries
- Blueberries

### PANTRY STAPLES

- Olive Oil
- Extra Virgin Olive Oil
- Avocado Oil
- Toasted Sesame Oil
- Nonstick Cooking Spray
- Arrowroot Flour
- Baking Powder
- 8 oz (2 cans) Chopped Pineapple
- Almond Flour

- Coconut Flour
- Baking Soda
- Baking Powder
- Nutmeg
- Vanilla Extract
- Amaretto
- Almond Extract
- Honey
- Dijon Mustard
- Whole-grain Mustard
- 4 oz can Green Chilies
- Lentils
- Vegetable Broth
- Beef Broth
- 3 Cartons Chicken Broth
- Salsa
- 13 oz Canned Tomatoes
- Chicken Bouillon
- Capers
- Apple Cider Vinegar
- 8 oz can Tomato Sauce
- Enchilada Sauce
- Gluten Free Pancake Batter Mix
- Coconut Sugar
- Powdered Sugar
- Chocolate Chips
- Dark Chocolate Chips
- 2 Gluten Free 6 inch French Bread Baguettes
- Gluten Free Rolled Oats
- Raisins
- Chopped Walnuts
- Flaxseed
- Maple Syrup
- Tahini
- No Stir Nut Butter
- Unsweetened Cocoa Powder
- GF Soy Sauce
- Organic Chunky Peanut Butter
- 8 oz Gluten Free Pasta
- 8 oz Albacore Tuna or Salmon
- Hummus
- Gluten Free Corn Chips

### SEASONINGS, SPICES, & HERBS

- Salt
- Pepper
- Cumin
- Cinnamon
- Ground Cloves
- Oregano
- Paprika
- Ground Ginger
- Red Pepper Flakes
- Cajun Mix Spice
- Cayenne
- Turmeric Powder
- Smoked Paprika
- Ground Coriander
- Taco Seasoning

#COTTERCRUNCH

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