

GLUTEN FREE ONE BAG

Grocery List

the list

- Eggs
- Ground turkey or beef
- Cauliflower or broccoli
 - Avocado
- 2 Small Onions and Garlic Bulb
 - Coconut milk
 - Zucchini
- Tamari sauce (gluten free soy sauce)
 - Hot sauce or salsa
- Bell peppers and optional jalapeno pepper (2)
 - Grated Cheese
 - Cilantro
 - Green onion (scallion)
- Tomatoes (regular and cherry tomatoes)
 - Tomato sauce
 - Spinach and collard greens
 - Frozen corn
 - Quinoa and/or rice
- Organic stock or vegetable broth
 - A few lemons and limes

pantry staples

- Spices - cumin, paprika, salt, pepper, dried herbs, favorite spice mix.
 - Olive oil
 - Coconut oil
- Butter or plant based butter