# Holiday GF Meal Plan

## Grocery List

### Meat & Fish
- Bone-in Skin-on Chicken Thighs
- Lamb Shoulder / Loin Roast
- Skin-on Salmon Filets
- Uncured Bacon

### Dairy / Non-Dairy
- Butter / Vegan Butter
- Cream Cheese
- Full Fat Coconut Milk
- Greek Yogurt
- Heavy Cream / Non Dairy Cream
- Non Dairy Milk
- Parmesan Cheese
- Sharp Cheddar Cheese

### Pantry Staples
- Almond Flour
- Almond Meal
- Apple Cider Vinegar
- Arrowroot Flour
- Avocado Oil / Olive Oil
- Baking Soda
- Chicken Stock
- Coconut Flour
- Coconut Sugar
- Dark Chocolate Chips
- Dijon Mustard
- Eggs
- Gluten Free Graham Crackers
- Gluten Free Bread
- Maple Syrup
- Pine Nuts
- Pumpkin Puree
- Quinoa
- Raw Honey
- Raw Walnuts or Pecans
- Pumpkin Seeds
- Salsa
- Slivered Almonds
- Tapioca Starch
- Coconut Sugar / Brown Sugar
- Unsweetened Cocoa Powder
- Unsweetened Shredded Coconut
- Vanilla Extract
- Vegetable Stock
- Whole Grain Mustard

### Herbs & Spices
- Allspice
- Bay Leaves
- Black Pepper
- Chili Powder / Cayenne Pepper
- Cinnamon Sticks
- Dill Weed
- Dried Thyme
- Fresh Parsley
- Fresh Rosemary Sprigs
- Fresh Thyme Leaves
- Garlic Powder
- Ground Cinnamon
- Ground Nutmeg
- Kosher or Sea Salt
- Paprika
- Smoked Paprika
- Star Anise
- Whole Cloves

### Produce
- Apples
- Asparagus
- Avocado
- Bartlett Pears
- Brussels Sprouts
- Carrots
- Celery
- Cremini or Button Mushrooms
- Fresh or Frozen Whole Cranberries
- Garlic Cloves
- Leeks
- Lemons
- Oranges and Juice
- Pineapple Chunks and Juice
- Raw Cauliflower
- Shallot
- White/Yellow Onions
- Yukon Potatoes or Sweet Potatoes

### Alcohol & Mixers
- Dry White Wine
- Spiced Rum or Rum Extract
- Ginger Ale