

Gluten Free Meals

30 MINUTES OR LESS

GROCERY LIST

MEAT AND FISH

- Ground Meat (Chicken, Turkey, or Beef)
- Chicken Tenderloins
- Canned Tuna

DAIRY/NON-DAIRY

- Non-Dairy Milk
- Sour Cream
- Mayo
- Dairy Free Queso or Salsa Con Queso
- Eggs

PLANT-BASED MEAT

- Tempeh

BAKING STAPLES

- Chia/Flax/Hemp Seeds
- Collagen/Protein Powder
- Cocoa Powder
- Gluten-Free Oats
- Vanilla Extract
- Dairy-Free Dark Chocolate Chips
- Coconut/Olive Oil
- Almond Flour/Coconut Flour
- Grass-Fed Gelatin Powder
- Maple Syrup/Honey
- Instant Coffee
- Unsweetened Coconut Flakes
- Arrowroot or Cornstarch
- Pantry Staples
- Quinoa
- BBQ Sauce
- Apple Cider Vinegar
- Crushed Canned Tomatoes
- Red Curry Paste
- Black Beans
- Unsweetened Tomato Sauce
- Apple Cider Vinegar
- Sriracha
- Sesame Oil

- Gluten-Free Soy Sauce
- Diced Green Chiles
- Mustard
- Dried Unsulphured Figs
- Herbs and Spices
- Cilantro
- Mint
- Ginger
- Turmeric
- Red Pepper Flakes

PRODUCE

- Blueberries/Raspberries
- Spinach
- Grapefruit
- Pineapple
- Banana
- Kiwi
- Avocado
- Lemons + Limes
- Sweet Potatoes
- Red and Green Onion
- Cherry Tomatoes
- Leafy Greens
- Corn
- Zucchini
- Cauliflower
- Carrots
- Garlic
- Frozen Peas and Carrots

SNACK BOARD DINNER EXTRAS!

- Nut Butter and Nuts
- Variety of Cheese/Non-Dairy Cheese
- Hummus
- Fruit & Veggie Slices of Choice
- Gluten-Free Crackers
- Veggie Chips
- Cream Cheese
- Dips of Choice
- Uncured Meat Slices
- Olives and Pickles