

# Gluten Free Meals

## BUDGET-FRIENDLY GROCERY LIST

### MEAT AND FISH

- ☐ Large Eggs
- ☐ Cooked Ham
- ☐ Canned Tuna
- ☐ Chicken Tenderloins

### DAIRY/NON-DAIRY

- ☐ Non-Dairy Milk
- ☐ Hummus
- ☐ Organic Sour Cream

### PANTRY STAPLES

- ☐ Nut Butter
- ☐ Baking Powder
- ☐ Flax Meal/Flax Seeds
- ☐ Oil (Extra Virgin Olive Oil, Sesame Oil)
- ☐ Quinoa
- ☐ Canned Chickpeas
- ☐ Gluten Free Rolled Oats
- ☐ Chia Seeds
- ☐ Maple Syrup
- ☐ Gluten Free Pasta/Noodles
- ☐ Sweet and Sour Sauce
- ☐ Broth (Chicken/Vegetable)
- ☐ Canned Crushed Tomatoes
- ☐ Balsamic Vinegar
- ☐ Blanched Almond Flour
- ☐ Sunflower Seeds
- ☐ Hot Sauce
- ☐ Cooking Oil Spray
- ☐ White Vinegar
- ☐ Buffalo Sauce

### HERBS & SPICES

- ☐ Sea Salt and Black Pepper
- ☐ Cinnamon
- ☐ Maple Syrup
- ☐ Sweet and Sour Sauce
- ☐ Red Pepper Flakes
- ☐ Italian Seasoning
- ☐ Ground Turmeric
- ☐ Garlic Powder
- ☐ Onion Powder
- ☐ Taco Seasoning

### PRODUCE

- ☐ Sweet Potato
- ☐ Cherry Tomatoes
- ☐ Avocado
- ☐ Spinach
- ☐ Lemons
- ☐ Blueberries
- ☐ Onion (Red, White, Scallions)
- ☐ Bell Pepper
- ☐ Pineapple
- ☐ Fresh Herbs (Parsley, Cilantro, Oregano)
- ☐ Cauliflower and Broccoli Florets
- ☐ Garlic Cloves
- ☐ Cremini Mushrooms
- ☐ Zucchini
- ☐ Shredded Carrots
- ☐ Jalapeños
- ☐ Lacinato Kale