

WEEK OF VEGETARIAN RECIPES (GLUTEN FREE GROCERY LIST)

DAIRY/NON-DAIRY

- Plant-Based or Real Cheese (Feta, Mozzarella, Parmesan)
- Eggs
- Non-Dairy Milk

PANTRY STAPLES

- Almond Flour
- Chia Seeds
- Cilantro Pesto
- Chopped Nuts
- Coconut Flour
- Coconut Oil
- Ground Flaxseed
- Gluten Free All-Purpose Flour
- Gluten Free Gnocchi
- Gluten Free Orzo Pasta
- Gluten Free Rolled Oats
- Hulled Hemp Seeds
- Honey
- Hummus
- Nutritional Yeast
- Nut/Seed Butter
- Olive Oil
- Pine Nuts
- Psyllium Husk Fiber
- Salad Dressings of choice
- Sunflower Seeds
- Tamari Sauce
- Tapioca/Arrowroot Starch
- Tomato Sauce
- Vanilla Extract
- Vanilla Plant-Based Protein
- Vegetable Broth
- Vinegar

PRODUCE

- Apple
- Avocado
- Bell Peppers
- Broccoli Florets
- Brussels Sprouts
- Cilantro
- Dates
- Green Beans
- Greens (Romaine, Kale, Spinach)
- Mixed Vegetables
- Red Onion
- Spaghetti Squash
- Sprouts
- Strawberries
- Sweet Potato
- Tomatoes

HERBS & SPICES

- Basil
- Garlic Powder
- Ground Cinnamon
- Minced Garlic
- Onion Salt
- Parsley
- Paprika