

GLUTEN FREE WHOLE GRAIN MEALS

Grocery List

DAIRY/NON-DAIRY

- Almond/Coconut Milk
- Butter
- Eggs
- Greek Yogurt
- Plant-Based or Real Cheese (Feta, Parmesan, Shredded)

PROTEIN

- Chicken Breast
- Pancetta or Cured Bacon
- Gluten Free Tempeh

PANTRY STAPLES

- Balsamic Vinegar
- Dijon Mustard
- Gluten Free BBQ Sauce
- Real Mayo
- Salsa
- Extra Virgin Olive Oil
- Chia Seeds
- Chickpeas
- Cocoa Nibs
- Flax Meal
- Maple Syrup or Honey
- Nuts/Seeds (Almonds, Pistachios, Sunflower, Etc.)
- Vanilla Extract
- Veggie Broth
- Buckwheat Groats
- GF Rolled Oats
- Hulled Millet
- Rice
- Quinoa

PRODUCE

- Apples (Juice, Sauce, Whole)
- Lemon Juice
- Avocado
- Bell Pepper
- Button Mushrooms
- Cabbage Slaw
- Carrots
- Celery
- Cherry Tomatoes
- Corn Kernels
- Figs (Dried or Fresh)
- Fruit (Berries, Kiwi, Peaches, Etc.)
- Green Beans
- Leafy Greens (Romaine, Spinach, Swiss Chard, Etc.)
- Onions (Green & Red)
- Shallot
- Squash
- Sweet Potato

HERBS & SPICES

- Cinnamon
- Cumin
- Garlic Powder
- Ginger
- Nutmeg
- Onion Powder
- Paprika
- Red Pepper Flakes
- Fresh Parsley
- Cilantro
- Fresh Mint
- Minced Garlic

#COTTERCRUNCH

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