

# Gluten Free Meal Plan Grocery List

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## Produce:

kale - frozen or fresh, cauliflower,  
frozen raspberries  
kiwi (1), lemon (1), yellow and red peppers,  
carrots, cucumber, grape tomatoes,  
parsley, onion, celery, garlic  
frozen peas, acorn squash, apple,  
small yellow potatoes, pearl onions,

## Protein / Dairy:

non-fat Greek yogurt  
uncured bacon  
eggs, feta cheese,  
unsweetened almond milk (Califia)  
sweet Italian sausage, chicken breasts, London Broil,  
salmon, stew beef

## Pantry:

cocoa powder, honey,  
vanilla, olive oil, thyme, bay leaf, ginger, turmeric,  
cumin, chili powder, rosemary, olives  
stevia extract (Trader Joe's), quinoa, tomato paste,  
chia seeds, lentils, chickpeas, cannellini beans,  
canned tuna in water, diced tomatoes,  
gluten free chicken and beef stock, corn starch  
tamari, sesame oil, unsweetened coconut milk,  
corn tortillas, gluten free flour,