

GLUTEN-FREE SHOPPING LIST

PROTEINS & DAIRY

- 5 large eggs
- 1 8-oz container full-fat yogurt
- 1 lb boneless, skinless chicken thighs
- 1 lb boneless, skinless chicken breast
- 2 8-oz striploin steaks
- 2 5-oz cans solid white tuna
- 1 block cheddar cheese
- 1 small container full-fat sour cream

VEGGIES & FRUIT

- 1 bag frozen pitted cherries
- 1 lemon
- 2 limes
- 1 yellow onion
- 1 red onion
- 1 3-inch piece ginger
- 1 head garlic
- 2 carrots
- 4 celery ribs
- 2 oz kale
- 2 zucchini
- 1 bunch green onions
- 24 oz cauliflower rice
- 6 oz broccoli florets
- 2 oz snap peas
- 4 portobello mushrooms
- 2 oz baby spinach
- 6–8 cocktail tomatoes
- 2 sweet potatoes
- 5 oz red cabbage
- 1 bunch basil
- 1 bunch fresh thyme
- 1 bunch fresh cilantro
- 1 avocado

NUTS, SEEDS & OILS

- 1 jar coconut oil
- 1 bottle extra-virgin olive oil
- 1 bottle sesame oil
- 1 jar avocado oil mayonnaise
- 1 bag almond flour
- 1½ ounces raw almonds
- 1 jar sesame seeds

PANTRY STAPLES

- 1 bag white quinoa
- 1 bag green lentils
- 1 carton low-sodium chicken broth
- 8 almond flour tortillas
- 1 jar Dijon mustard
- 1 jar pickled jalapeños
- 1 bottle reduced-sodium tamari
- 2 bottle coconut aminos
- 1 bottle sriracha sauce
- 1 jar honey
- 1 bottle balsamic
- 1 bag rolled oats
- 1 bag coconut sugar
- 1 bottle arrowroot
- 1 can baking powder
- 1 bottle ground cinnamon
- 1 bottle ground turmeric
- 1 bottle chipotle chile powder
- 1 bottle ground cumin
- 1 bottle Italian seasoning
- 1 bottle sea salt
- 1 bottle ground black pepper