BEAUTY BITES

Gluten-Free Meal Plan GROCERY LIST

PRODUCE

- Bell peppers
- Tomatoes
- Cucumbers
- Spinach
- Lettuce
- Cabbage
- Cauliflower (2 large heads)
- Avocado
- Onion
- Zucchini
- Asparagus (if in season)
- Carrot
- Scallions
- Garlic
- Dill
- Parsley
- Basil
- Cilanrto
- Lemon
- Berries
- Lime leaves / Lemongrass
- Ginger

PANTRY

- Canned Chickpeas
- Canned Tuna
- Olive Oil
- Pickled Jalapenos
- Olives
- Gluten-free Oats
- Tahini (for hummus)
- Rice (like Arborio)
- Chia Seeds
- Nut Milk of choice
- Nuts of choice
- Honey / Maple syrup
- Coconut Milk
- Red Curry Paste
- Tamari Sauce / Coconut Aminos
- Sesame Oil
- Flaxseed
- Sunflower Seeds
- Almond Flour
- Coconut Flour
- Coconut Oil
- Baking Soda
- Cashews

MEAT, EGGS & DAIRY

- Eggs
- Feta Cheese
- Mozzarella Cheese
- Parmesan Cheese
- Salmon Fillet
- Shrimp
- Chicken (skinless, boneless)

HERBS & SPICES

- Mint
- Crushed Red Pepper
- Black Pepper Kernels
- Vanilla
- Cumin

OTHER

- Hummus (if desired)

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