

# GLUTEN FREE MONTHLY MEAL PLAN

## Shopping List



### Week 1

#### Produce

Lettuce  
Carrots  
Pineapple  
Bag of baby spinach leaves  
Romaine lettuce heads  
1 red onion  
1 lb. bag baby carrots  
2 peppers for crudité  
4 green peppers  
1 bunch broccoli  
2 small eggplants  
4 medium zucchini  
3 medium yellow squash  
4 large tomatoes  
1 garlic head  
Small bag potatoes  
Small bag white onions  
Avocado  
Green beans  
1 pint cherry or grape tomatoes  
Variety of fruit for breakfast and lunch – bananas, cantaloupe, berries  
Almonds  
Strawberries

#### Meats

Pork shoulder roast  
1 lb. ground beef  
2 pkg. boneless skinless chicken breasts  
1 pkg. bacon

#### Dairy

Milk  
Cheese slices or cubes or block  
Cottage cheese  
Plain or lightly sweetened yogurt  
2 dozen eggs  
Butter or margarine  
Cream Cheese  
Sour cream  
Shredded cheddar cheese

#### Freezer

12 oz. bag frozen peas

#### Aisles

Chex cereal, or other GF cold cereal  
1 15 oz. can Mandarin oranges  
1 15 oz. can green beans  
1 15 oz. can black beans  
1 15 oz. can red beans  
1 15 oz. can white beans  
3 15 oz. cans diced tomatoes  
1 15 oz. can white cannelloni beans  
Rice pasta spaghetti noodles  
Rice pasta penne or rotini noodles  
GF crackers  
1 lb. bag small red beans

#### Staple Ingredients

Italian seasoning  
Garlic powder  
Onion powder  
Chili powder  
Ginger  
Sesame Seeds  
Soy sauce  
Sesame oil  
Olive oil  
Vinegar  
Cinnamon  
Vanilla  
Baking powder  
Baking soda  
Salt and pepper  
Parmesan cheese  
Brown rice  
GF Caesar salad dressing (or homemade)  
Quinoa

#### Recommended Amazon Products

**Quinoa**  
**GF All-Purpose Baking Mix**

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### Week 2

#### Produce

4 small peaches  
Bag of baby spinach leaves  
Romaine lettuce heads  
1 red onion  
1 lb. bag carrot sticks  
1 lb. bag baby carrots  
2 peppers for crudité's  
2 green peppers  
1 red pepper  
1 bunch broccoli  
1 large cabbage  
1 medium zucchini  
1 large tomato  
1 garlic head  
1 lb. box sliced mushrooms  
Green onions bunch  
Small bag potatoes  
Small bag white onions  
1 pint cherry or grape tomatoes  
Variety of fruit for breakfast and lunch – bananas, cantaloupe, berries

#### Meats

2 pkg. boneless skinless chicken breasts  
1 pkg. pork chops  
¾ lb. ham  
1 ¼ lb ground turkey  
1 lb. chorizo sausage or spicy Italian sausage

#### Dairy

Milk  
Cheese slices or cubes or block  
Cottage cheese  
Plain or lightly sweetened yogurt  
2 dozen eggs  
Butter or margarine  
Sour cream  
Shredded cheddar cheese

#### Aisles

Chex cereal, or other GF cold cereal  
1 15 oz. can green beans  
1 15 oz. can black beans  
1 15 oz. can red beans  
1 15 oz. can white beans  
2 15 oz. cans diced tomatoes  
1 15 oz. can pinto beans  
1 10 oz. can Rotel diced tomatoes with green chilies  
1 8 oz. tomato sauce  
Rice pasta spaghetti noodles  
Rice pasta penne or rotini noodles  
GF crackers  
1 lb. bag small red beans  
1 lb. bag green lentils  
Cans tuna

#### Staple Ingredients

Italian seasoning  
Garlic powder  
Onion powder  
Ginger  
Creole seasoning  
Sesame Seeds  
Soy sauce  
Sesame oil  
Olive oil  
Vinegar  
Lime juice  
Cinnamon  
Vanilla  
Baking powder  
Baking soda  
Salt and pepper  
Parmesan cheese  
Mayonnaise  
GF Caesar salad dressing  
Poppyseed salad dressing  
Brown rice

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### Week 3

#### Produce

Bag of baby spinach leaves  
Romaine lettuce heads  
1 red onion  
1 lb. bag baby carrots  
2 peppers for crudités  
2 green peppers  
1 bunch broccoli  
1 medium zucchini  
1 medium yellow squash  
1 garlic head  
Small bag potatoes  
Small bag white onions  
2 avocados  
Green beans  
4 corn cobs  
1 pint cherry or grape tomatoes  
Variety of fruit for breakfast and lunch – bananas, cantaloupe, berries

#### Meats

1 lb. ground beef  
2 pkg. boneless skinless chicken breasts  
3/4 lb. beef for stir-fry

#### Dairy

Milk  
Cheese slices or cubes or block  
Cottage cheese  
Plain or lightly sweetened yogurt  
2 dozen eggs  
Butter or margarine  
Cream Cheese  
Sour cream  
2 cups shredded cheddar cheese  
1 cup shredded pepper jack cheese

#### Freezer

12 oz. bag frozen corn  
12 oz. bag frozen pepper and onion blend

#### Aisles

Chex cereal, or other GF cold cereal  
1 15 oz. can Mandarin oranges  
1 15 oz. can green beans  
2 15 oz. can black beans  
2 15 oz. can red beans  
2 15 oz. can white beans  
4 15 oz. cans diced tomatoes  
1 4 oz. can green chilies  
Rice pasta spaghetti noodles  
Rice pasta penne or rotini noodles  
GF crackers  
1 lb. bag small red beans  
2 Cans tuna  
1 medium jar salsa  
Corn tortillas

#### Staple Ingredients

Italian seasoning  
Garlic powder  
Onion powder  
Chili powder  
Ginger  
Sesame Seeds  
Soy sauce  
Sesame oil  
Olive oil  
Vinegar  
Cinnamon  
Vanilla  
Baking powder  
Baking soda  
Salt and pepper  
Parmesan cheese  
Mayonnaise  
GF Caesar salad dressing  
Brown rice

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### Week 4

#### Produce

Bag of baby spinach leaves  
Romaine lettuce heads  
1 lb. bag carrot sticks  
1 lb. bag baby carrots  
2 peppers for crudité's  
1 tomato  
1 bunch broccoli  
1 garlic head  
Green onions bunch  
Small bag potatoes  
Small bag red onions  
1 pint cherry or grape tomatoes  
1 bunch kale or mustard greens  
Variety of fruit for breakfast and lunch – bananas, cantaloupe, berries  
Strawberries  
Almonds

#### Meats

2 pkg. boneless skinless chicken breasts  
1 pkg. boneless skinless chicken thighs  
1 lb. chorizo sausage or spicy Italian sausage  
¾ lb. ham  
1 lb. beef stew meat

#### Dairy

Milk  
Cheese slices or cubes or block  
Cottage cheese  
Plain or lightly sweetened yogurt  
2 dozen eggs  
Butter or margarine  
2 8 oz. sour cream  
2 cups shredded cheddar cheese  
1 cup shredded mozzarella cheese  
2 cups Mexican blend shredded cheese

#### Freezer

12 oz. bag frozen peas  
12 oz. bag frozen mixed veggies  
10 oz. box frozen spinach

#### Aisles

Chex cereal, or other GF cold cereal  
1 15 oz. can green beans  
2 15 oz. can black beans  
1 15 oz. can red beans  
1 15 oz. can white beans  
4 15 oz. cans diced tomatoes  
1 15 oz. can pinto beans  
1 15 oz. can corn  
2 10 oz. can Rotel diced tomatoes with green chilies  
1 8 oz. tomato paste  
Rice pasta spaghetti noodles  
Rice pasta elbow noodles  
GF crackers  
GF Caesar salad dressing (or homemade)  
1 lb. bag black eyed peas (or 2 15 oz. cans)  
1 lb. green lentils  
Cans tuna  
Apple juice or cider

#### Staple Ingredients

Italian seasoning  
Garlic powder  
Onion powder  
Curry powder  
Ginger  
Sesame Seeds  
Soy sauce  
Sesame oil  
Olive oil  
Vinegar  
Lime juice  
Cinnamon  
Vanilla  
Baking powder  
Baking soda  
Salt and pepper  
Parmesan cheese  
Mayonaisse  
Poppyseed dressing  
Brown rice

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