

Weekly Gluten Free Meal Plan Grocery List No. 2

Produce

- Sweet or yellow onion, medium size, 1
- Small red onion, 1/2
- Red, yellow, or orange bell pepper, 1
- Kale, 2 cups chopped
- Bag baby spinach or salad greens, 5 ounce bag
- Carrots or Carrot Sticks (side serving w/ quesadillas)
- Broccoli, 4 cups
- Red Potatoes, 6 small
- Garlic, 5 cloves
- Cilantro, optional (enchiladas)
- Green onions, optional (enchiladas)
- Fresh thyme, 1 ½ tsp OR ½ tsp dried
- Fresh cilantro, 2 tablespoons
- Fresh parsley, 2 tablespoons
- Avocado, 1 (Quesadillas) + extra Avocado, optional (enchiladas)
- Oranges, 3 (salad dressing + side serving w/ enchiladas)
- Lemon, 1
- Sweet Potato, 1 medium
- Oranges, ~2 (side serving w/ enchiladas)
- Strawberries, 1 package (side serving w/ quesadillas) OR other fruit
- Grapes, 1 bunch (side serving w/ salmon) OR other fruit
- Apple OR Pear, 1

Dairy, Eggs, & Fresh Refrigerated Food

- Cheddar Cheese or Mexican Cheese Blend, 8 ounces grated
- Feta or Goat Cheese, ¼ cup
- Queso Fresco OR Jack Cheese, 3 ounces
- Parmesan Cheese, grated, 4 tablespoons
- Greek yogurt, optional (enchiladas)
- Hummus, ½ cup

Meat/Poultry/Fish

- Roast Chicken, 1 {Pre-made OR roast your own chicken OR 8 oz cooked chicken}
- Wild Salmon, 4 fillets

Dry/Canned

- Low Sodium black or pinto beans, 1 15-ounce can
- Enchilada Sauce, 2 8-ounce packages
- Black Olives, optional (enchiladas)
- Dijon Mustard, 6 tablespoons + 1 teaspoon
- Corn tortillas, 8 (enchiladas) + 8 (for quesadillas) OR 8 gluten free flour tortillas/Siete foods tortillas
- Gluten Free Bread Crumbs, 1 cup
- Dried Cranberries, ¼ cup
- Pecans OR Walnuts, ¼ cup
- Avocado or Extra Virgin Olive Oil, ⅔ cup + 2 tablespoons
- Honey, 6 tablespoons (or maple syrup)

Spices

- Cumin, ½ teaspoon
- Paprika, ½ teaspoon
- Cinnamon, optional (to sprinkle on oranges)
- Salt & Ground Black Pepper

Frozen

- Frozen Corn, 1 cup
- Veggie Burgers, optional, (in place of salmon)