

Rice, Cereal & Legumes

- ☐ Certified gluten free old fashioned oats
2.5 cups

Frozen Foods

- ☐ Frozen chopped spinach 12 oz

Baking

- ☐ Barilla gluten-free oven-ready lasagna
2 boxes
- ☐ Coconut oil ½ cup
- ☐ Corn starch 2tbsp
- ☐ Gluten-free all-purpose flour blend
2tbsp
- ☐ Vanilla 1tbsp

Meat

- ☐ Beef cubes 2 lbs
- ☐ Beef sirloin 1.5 lbs
- ☐ Chicken breast 2 lbs
- ☐ Lean ground beef 1 lb
- ☐ Pork breakfast sausage 6 oz

Snacks

- ☐ Pecan halves cup

Vegetables

- ☐ Fresh green beans ½ lb
- ☐ Fresh parsley 1 tbsp
- ☐ Shallots 1 cup

Canned Goods

- ☐ Gluten-free pasta sauce 48 oz

Condiments & Spices

- ☐ Baking Soda 2tsp
- ☐ Cinnamon 1tsp
- ☐ Pure maple syrup ¼ cup + 2tbsp
- ☐ Vinegar 2tbsp

Dairy

- ☐ Parmesan cheese 1.1 cup
- ☐ Ricotta cheese 15oz
- ☐ Shredded mozzarella cheese 16oz
- ☐ Sour cream 0.5 cup