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