



# Gluten-Free Meal Prep Weekly Shopping List



## THIS WEEK'S MEALS

Monday: Rice Bowls  
Tuesday: Tacos  
Wednesday: Pasta & Pesto  
Thursday: Leftovers  
Friday: Veggies Pad Thai  
Saturday: Fried Rice  
Sunday: Blueberry Muffins

## PROTEIN

Ground Beef  
Ground Turkey  
Chicken

## PRODUCE

Avocados  
Salad  
Spinach  
Peas & Carrots (Frozen)  
Shallots  
Shredded Carrots & Bean  
Sprouts  
Limes

## DRY GOODS

White Rice  
Rice Noodles  
Gluten-Free Pasta  
Gluten-Free Flour  
Taco Shells & Tortillas  
Granola

## DAIRY/EGGS

Eggs  
Dairy-Free Sour Cream  
Cheddar Cheese  
Parmesan Cheese  
Coconut Yogurt  
Oat Milk  
Ghee

## MISCELLANEOUS

Hand Soap  
Lotion  
Chopstick