

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

Acovados
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
Chapstick