

# 7-DAY EASY GLUTEN-FREE INGREDIENT LIST

## PRODUCE

- 2/3 cup chopped mushrooms
- 1 cucumber
- 1 tomato
- 2 medium sweet potatoes
- 3 medium carrots
- 2 large onions
- 4 medium onions
- 1 small red onion
- 1/2 cup sliced green onions
- 1 bunch plus 1/4 cup fresh cilantro
- 1 bunch parsley
- 1 bulb garlic
- 1 small fennel bulb
- 3 cups fresh spinach
- 6 radishes
- 3 medium ripe bananas

## REFRIGERATOR

- 1 cup whole-milk ricotta cheese
- 1 cup grated Parmesan cheese
- 3/4 cup shredded reduced-fat Monterey Jack cheese or Mexican cheese blend
- 1 cup shredded part-skim mozzarella cheese
- 1/2 cup reduced-fat sour cream
- 3/4 cup fat-free milk
- 1/2 dozen large eggs
- 24 slices regular pepperoni
- 17 slices turkey pepperoni
- 1 pound lean ground beef (90% lean)
- 1/4 pound Italian turkey sausage links
- 1-1/4 pounds uncooked medium shrimp

## FREEZER

- 1 package (10 oz) frozen chopped spinach
- 1 cup frozen corn
- 1 package (12 oz) frozen vegetarian meat crumbles

## PANTRY

- Dried oregano
- Dried thyme
- Salt
- Pepper
- Sugar
- 1 bay leaf
- Ground cumin
- Ground ginger
- Cayenne pepper
- Chili powder
- Garlic powder
- Curry powder
- Dried minced onion
- 1 cup olive oil
- 2 tablespoons canola oil
- 1/2 cup red wine vinegar
- 2 tablespoons cider vinegar
- 1 can (6 oz) tomato paste
- 3 cans (14-1/2 oz each) diced tomatoes
- 2 cans (15 oz each) garbanzo beans
- 1 can (15 oz) cannellini beans
- 1 can (16 oz) red beans
- 2 cans (15 oz each) black beans
- 1 can (13.66 oz) light coconut milk
- 2 cans (8 oz each) no-salt-added tomato sauce
- 1 can (15 oz) pumpkin
- 1-1/2 cups dried lentils
- 1/2 cup pizza sauce
- 1/4 cup ripe olives
- 1 carton (32 oz) plus 3 cups vegetable broth
- 5 cups reduced-sodium chicken or vegetable broth
- 3 cups tomato juice
- 1/2 cup roasted sweet red peppers
- 8 oz uncooked gluten-free spiral pasta
- 1 package (16 oz) gluten-free linguine
- 1/4 cup honey
- Maple syrup
- Oatmeal
- 1-1/2 cups cornmeal
- 1/2 cup amaranth flour
- 1-1/2 cups almond flour
- 1 cup gluten-free all-purpose baking flour
- 5-1/2 teaspoons baking powder
- 1/2 teaspoon xanthan gum
- Baking soda
- 3 teaspoons vanilla extract
- 1/2 cup semisweet chocolate chips
- 1/2 cup roasted salted pumpkin seeds
- 2/3 cup gluten-free rice milk
- 1/4 cup unsweetened applesauce