

Meals

monday

easy teriyaki
meatballs

tuesday

shredded pork
+rice+veggie

wednesday

vegan pasta

thursday

spinach and
artichoke dip
chicken sandwiches

friday

pizza night

Groceries

produce

1 pound of assorted
veggies like zucchini,
tomatoes, red onion
1/2 cup spinach
1 tsp fresh ginger
2 teaspoons of garlic fresh
1-2 cups broccoli (optional)
cauliflower rice
1/4 cup prepared hummus
favorite side veggie

dairy

4 oz cream cheese
1/4 cup grated parmesan
cheese
harvartie or provolone
cheese slices
Mozzarella Cheese (bar or
shredded for pizza)

freezer

meats

1 Rotisserie chicken
1 pound of ground beef
1 pound of ground pork
3.5-5 pound pork butt (pork
shoulder)

baking/spices

onion powder
garlic powder
black pepper
salt
1 bay leaf
steak seasoning
cumin
oregano
salt
3 cups of gluten free flour
blend
tapioca flour (starch)

snacks

canned

saucers/ condiments

25 oz jar of marinara
sauce
1/2 cup marinated
artichoke hearts
1/4 cup mayonnaise
roasted red pepper
1/2 cup coconut aminos

misc

gluten free bread
olive oil
1/2 tsp sesame oil
1 1/2 tsp orange juice
1/2 cup pineapple juice
Favorite pizza toppings

dry goods

1 pound of gluten
free pasta of
choice
favorite rice as side
dish with pork