

Shopping list

Dry goods/ Specialty

- lasagna rice noodles
- Spaghetti rice noodles (x1)
- gf hot cereal (we use a premixed 7 grain)
- Corn starch (or other thickener) for gravy
- gf coleslaw dressing, Caesar dressing
- Chocolate pudding mix
- Protein pwd for smoothie
- 7 veggie prima vera sauce (x2 meals)
- Stewed tomatoes (x1 meal)

Meat/ Dairy

- Milk - 5 breakfasts, 2 hot cereals, 1 smoothie, 2 mashed potatoes, 1 batch pancakes, 1 week of bread
- Mozza (1 lasagna)
- Hmb: 2 meats
- Fryer chicken
- Enough cut up chicken or chicken breasts for cacciatore
- Sausages - freybe, and Butcher's Choice are gf
- Hot dogs - original Top Dogs in CA are gluten free.

Produce

- Fruit - x3 breakfasts plus snacks
- Blueberries for smoothie
- Romaine lettuce x 2 side salads
- Coleslaw mix x 2 side salads
- Cucumbers & tomatoes for side salad
- Fresh veggies, assorted x1 side plus snacks
- Eggs (1 week of bread, 2 sides, 1 batch of pancakes)

- Frozen peas, green beans, mixed veggies
- Frozen French fries

Check Pantry for:

- Bread-making supplies
- Jam, margy, peanut butter (or toppings for toast)
- gf vinegar & oil caesar & coleslaw dressings, gf veggie dip
- Potatoes (x2 meals), onions,
- Italiano seasoning, flax seeds, chicken bouillon,
- hot cereal
- Parmesan (side for 2 meals)
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