

## 10.23 SIMPLY GLUTEN FREE GROCERY HAUL

**RECIPES:** Slow Cooker Bacon Cheddar Quiche | Sweet & Spicy Carrot Hummus | Spaghetti with Artichokes & Peas | Miso Glazed Salmon with Cauliflower Rice | Sweet Potato Leek Soup

**BOLDFACED** items denote pantry staples. These are great, not-so-perishable things to have on hand and things you will use time and time again.

PRO TIP: Always check your fridge/freezer/pantry inventory before heading to the store or ordering groceries. You likely have more on hand than you realize!

Questions about ingredients or swaps? Check out the [Allergy Friendly Swap Guide](#) inside your Member Hub or Email us [mealplans@simplygluten-free.com](mailto:mealplans@simplygluten-free.com)

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### FRESH PRODUCE

**1 white or yellow onion**  
**1 bulb garlic**  
**1 hunk fresh ginger root**  
**1 pound (4 small or 2 large) sweet potatoes**  
**1 pound bag carrots**  
1 (12oz) bag riced cauliflower (fresh or frozen)  
1 large tomato  
1 bunch celery  
1 leeks  
1 bunch green onions  
.25oz mint leaves

4 cups/pieces fruit of choice to serve with quiche: \_\_\_\_\_

### ANIMAL PRODUCTS/ MEAT SUBSTITUTE

**½ dozen eggs**

#### Soy Products

**1 container white miso paste**

#### Meat/Fish

½ pound nitrate free bacon  
2 (6oz) salmon filets

#### Dairy

1 quart full fat milk (or unsweetened dairy free alternative of choice)  
8oz cheddar cheese  
4oz manchego cheese

### DRY GOODS

#### Rice/Legumes:

**1 can garbanzo beans**  
**1 bag/box gluten free pasta of choice**

#### Nuts/Seeds

**1 jar creamy Sunbutter**

#### Baking

**1 can gluten free cooking spray**  
**1 box gluten free Bisquick mix**

#### Condiments

**1 bottle lemon juice** (this may be located in the produce section)

#### Canned Fruits/Veggies

**1 (12-15oz) jar/can artichoke hearts in water**

#### International

**1 can chipotle pepper in adobo sauce**  
**1 bottle mirin**  
**1 bottle gluten free soy sauce OR Tamari**  
**1 can full fat coconut milk**  
**1 jar red curry paste**

#### Breakfast

**1 jar honey**

### OILS & VINEGARS

**Vegetable oil**  
**Olive oil**  
**Coconut oil, cold pressed & unrefined**  
**Sesame oil**  
**Rice wine vinegar**

### SPICES

**Black pepper**  
**Sea salt or pink Himalayan salt**  
**Cumin**  
**Chipotle chili powder**  
**Sesame seeds**  
OPTIONAL: crushed red pepper

### SNACKS

**1 box brown rice crackers**

### FREEZER

**1 bag baby peas**  
OPTIONAL (if not buying fresh): 1 (12oz) bag riced cauliflower

### NOTES:

## MEAL PREP TIPS week of 10.23

1. Cook Quiche. Combine ingredients in the slow cooker & let this cook on Sunday afternoon! Store in the fridge for easy grab, reheat & go breakfast with fruit throughout the week.
2. Prepare Hummus. Divide into (4) containers and store in the fridge. Enjoy with celery & brown rice crackers for easy grab & go lunches throughout the week.
3. Wash & slice celery into snack sticks. Cover matchsticks in water, and store in the fridge to restore crisp-ness!
4. Make Sweet Potato Leek Soup. Cool, pop the lid back on the pot, and store in the fridge for a quick mid week meal.
5. Prepare Salmon Marinade. Store in an airtight jar/container for quick marinating on salmon day!

*PRO TIP: You will have extra chipotle peppers in adobo sauce. Transfer remaining peppers, with sauce, to a glass container with a lid. Store in the fridge with your condiments!*

Use food swaps where needed and allow grocery shopping to be easy & fun. Celebrate that you are showing up for yourself and the people that you cook with/for!