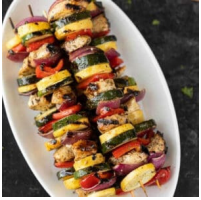




Gluten-Free Meal Plan

EATING on a DIME

Monday



Grilled Chicken Kabobs

Tuesday



Gluten-Free Hamburger Casserole

Wednesday



Herb Grilled Salmon

Thursday



Crock Pot Cilantro Lime Chicken

Friday



Sheet Pan Sausage and Potatoes

Breakfast



Over Hard Eggs

Dessert



Chocolate-Covered Potato Chips

Shopping List

PROTEIN

- 6 boneless chicken breast
- 1 lbs. ground beef
- 4 salmon fillets with skin
- 1 lb. kielbasa sausage
- 1 large eggs

DAIRY

- 1 cup milk
- 2 cups cheddar cheese
- 1/2 cup unsalted butter
- 1 tbsp. butter

PRODUCE

- 1 2/3 tbsp. minced garlic
- 1 red onion
- 1 onion
- 1 zucchini
- 1 yellow squash
- 1 red bell pepper
- 2 lemon
- 5 small potatoes
- 2 tsp. fresh parsley
- 1 bunch of cilantro
- 1 lime
- 1 1/2 lbs. red or yellow baby potatoes

SEASONING

- 1 1/3 tbsp. Italian seasoning
- 3 1/2 tsp. salt
- 2 1/2 tsp. pepper
- 1 tbsp. chili powder
- 1 tbsp. cumin
- 1 1/2 tsp. garlic powder
- 1 tsp. smoked paprika
- 1/2 tsp. dried thyme

CANNED GOODS

- 2 cans 10-oz. gluten-free cream of mushroom soup
- 1 15-oz. can tomato sauce

PANTRY STAPLES

- 1/4 cup extra virgin olive oil
- 1/4 cup red wine vinegar
- 2 tsp. honey
- 3 1/3 tbsp. olive oil
- 1 24-oz. bag semi-sweet chocolate chips
- 1 bag Ridged Potato Chips Ruffles