



## Meals on The Fly

### The Top Ten Must-have Items to Keep on Hand:

- Aleia's Gluten-Free Bread Crumbs (Italian, Plain, Panko & Coat & Crunch)
- Stock (chicken, beef or vegetable)
- White Rice Flour
- Basmati Rice
- Dried Herbs (Thyme, Oregano, Parsley)
- Aleia's Stuffing (Plain or Savory)
- Dijon Mustard
- Olive Oil
- Apple Cider Vinegar
- Cooking Wine (Sherry, Marsala, Port)