

## Gluten-Free Family Pantry List

*Here's your Healthy Shopping List to bring with you to the food store and farmers market.*

### Condiments

Extra-virgin olive oil  
Flaxseed oil  
Grapeseed oil  
Cold-pressed (olive, flax, safflower, sesame, almond, sunflower, walnut, coconut and pumpkin) oils  
Champagne vinegar  
Bragg's apple cider vinegar  
Balsamic vinegar  
Organic Dijon mustard  
Organic coarse, seeded mustard  
San J wheat-free tamari soy sauce  
Amy's Organic salsa  
Sun-dried tomatoes  
Hummus (Tribe, Wild Garden, Sabra, Cedar's)  
Sriracha hot sauce  
Miso Paste (white and red)  
Organic Lemon Juice  
Organic unsweetened whole fruit jams/ preserves (ginger, raspberry, blueberry and apricot)  
Bragg Liquid Aminos  
Coconut Liquid Aminos  
Nama Shoyu  
Extra Virgin Olive Oil  
Crofter's Jelly/ Jam  
Balsamic Vinegar  
Blue-Green Algae  
Bee Pollen

### Seasonings

Black pepper  
White pepper

Maldon salt  
Coarse or kosher salt  
Garam masala  
Celery seeds  
Cinnamon (whole and ground)  
Cumin (whole and ground)  
Chili powder  
Smoked Paprika  
Red pepper flakes  
Fennel seeds  
Coriander seeds  
Nutmeg  
Pumpkin Pie Spice  
Black peppercorns  
Dried whole chilies  
Saffron  
Cloves (whole and ground)  
Ground ginger  
Wasabi powder  
Bonito flakes, kombu, wakame  
Kimchi (found in Asian grocery stores or online)  
Nori Sheets (Seaweed)  
Dulse Flakes (Seaweed)  
Chipotle Adobe Peppers

### **Jarred and Boxed Items (No Canned Goods)**

Eden Organic tomatoes (Glass Jars)  
Pomi Strained Tomatoes  
Pomi Chopped Tomatoes  
Imagine boxed soups  
Pacific Foods boxed soups  
Pacific Foods Organic Reduced-sodium broths (chicken, vegetable)  
Dry beans: cannellini, black, kidney, chickpeas, lentils

### **Gluten-Free Grains**

Gluten-Free pasta  
Gluten-Free bread (Rudi's, Udi's, Glutino, Canyon Bakehouse)

Sprouted bread (Ezekiel)

Rice: Brown Basmati, wild, risotto, long grain, Bomba rice (for paella)

Bob's Red Mill gluten-free oats

Mary's Gone Crackers breadcrumbs

Millet

Corn

Buckwheat

Amaranth

Quinoa

Teff

Potatoes (Sweet potatoes and purple potatoes)

Beans (mung, white, black, chickpeas)

Lentils (yellow, red, brown, green, black and vertes du Puy)

Split Peas

### **Baking & Sweeteners**

Buckwheat Flour

Almond Flour

Peanut Flour

Garbanzo Bean Flour

Chickpea Flour

Coconut Flour

Brown Rice Flour

Pamela's All-Purpose gluten-free flour

Baking powder

Baking soda

Cornstarch

Guar Gum

Xanthan Gum

Arrowroot

Potato Starch

Tapioca

Dark and light brown sugar

Granulated sugar

Nu Naturals Stevia Liquid and Stevia Powder

Navitas Naturals Organic Maca Powder

Organic Honey

Dagoba Dark chocolate (70% cocoa, bittersweet)

Karob Bars  
Navita's Naturals Raw Cacao Nibs  
Justin's Nut Butter Vegan Peanut Butter Cups  
100% Real Vermont maple syrup  
Brown Rice Syrup  
Coconut Nectar  
Yacon  
Coconut Oil  
Coconut Butter

### **Nuts, Seeds & Dried Fruit**

Dry roasted, unsalted pecans, almonds, Brazil nuts, pistachios, walnuts (store in freezer)  
Seeds (hemp, sunflower, pumpkin and sesame)  
Peeled Snacks dried apricots, dates, cranberries, cherries, golden raisins  
Nut Butters (Arrowhead Mills, I.M. Healthy Soy Nut Butter, Barney Butter, Justin's Nut Butter, Sunflower Seed Butter)  
Barlean's ground flaxseeds  
Manitoba Harvest hemp seeds  
Salba chia seeds  
Eden Organic GoMasio Sesame seeds  
Tahini

### **Dairy/ Dairy-Free Alternatives and Eggs**

Stonyfield Organic Oikos Greek Plain Yogurt  
Manitoba Harvest Hemp milk  
Organic Valley Organic Eggs  
Organic Valley Egg Whites  
Earth Balance Vegan Butter  
SoDelicious Ice Cream  
SoDelicious Unsweetened Almond milk  
SoDelicious Unsweetened Coconut Milk  
SoDelicious Greek Yogurt or Coconut Milk Yogurt  
SoDelicious Ice Creams  
Lisanatti Almond Cheese

## **Crackers**

Rice Thins Rice Cakes  
Lundberg Farms Brown Rice Cakes  
Crunchmaster Crackers  
Mary's Gone Crackers

## **In the Freezer**

Unsweetened frozen fruit (berries, peaches, bananas, pineapple)  
Artichoke hearts  
Broccoli  
Cauliflower  
Lima beans  
Spinach  
Pureed winter squash  
Large uncooked shrimp  
Pre-portioned organic chicken breast  
Vital Choice low mercury fish and seafood  
Seapoint Farms Frozen Edamame  
Cascadian Farms Frozen Organic Vegetables  
365 Brand Whole Foods Petite Brussels Sprouts

## **Other Protein Sources**

Woodstock Farms Firm Tofu  
Nasoya Lite Firm Tofu  
Tempeh  
Applegate Farms Organic Turkey  
Applegate Farms Organic Chicken  
Lean Ground Turkey Breast  
Ground Bison  
Chicken Breasts/ Chicken Tenders  
Salmon

## **Produce In the Fridge**

Fresh lemons, limes  
Eggplant  
Zucchini, squash

Avocado  
Spinach  
Brussels sprouts  
Tomatoes  
Mixed Greens  
Scallions  
Onions  
Fresh herbs (cilantro, parsley, basil, rosemary)  
Fresh ginger root  
Jicama  
Leeks  
Fennel  
Bok Choy  
Asparagus  
Kale, Collard Greens, Swiss Chard  
Pears  
Apples  
Berries  
Oranges  
Melon  
Lemons  
Limes

### **Beverages**

Poland Spring Seltzer  
Celestial Seasonings Lemon Zinger/Red Zinger Tea  
Traditional Medicinals Roasted Dandelion Root Tea  
Tazo Passion Tea  
Yogi Green Tea  
Eden Organic Green Tea  
Amazing Grass Wheat Grass  
Spirulina  
Chlorella

### **Safe Non-Toxic Cleaners**

Mrs. Meyer's  
Seventh Generation

