

# Gluten-Free Grocery List

<http://www.fitnessandfreebies.com/>

## Bread/Grains

- gluten-free pasta
- corn tortillas
- rice crackers
- gluten-free cereal
- buckwheat
- quinoa
- rice
- flax
- \_\_\_\_\_

## Meat/Protein

- fish/shellfish
- hot dogs
- canned tuna
- tofu
- poultry
- lunch meat
- beef
- \_\_\_\_\_

## Beverages

- coffee/tea
- gluten-free beer
- juice
- water
- \_\_\_\_\_

## Dairy

- milk
- whipped cream
- cheese
- sour cream
- butter/margarine
- eggs
- yogurt
- gluten-free pudding
- \_\_\_\_\_

## Snacks

- rice cakes
- rice or soy crackers
- sunflower seeds
- popcorn
- dried fruit
- corn chips
- Jello
- \_\_\_\_\_

## Frozen

- vegetables
- fruits
- gluten-free ice cream or sherbet
- gluten-free waffles
- gluten-free frozen dinners/pizzas
- \_\_\_\_\_

## Cans/Jars

- vegetables
- fruits
- beans
- gluten-free soup
- applesauce
- pasta sauce
- canned milk
- nut butters
- jam
- honey
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments and Baking

- white or red wine vinegar
- shortening
- olive, canola, or vegetable oil
- salad dressing
- spices
- cornstarch/meal
- gluten-free flour
- cocoa
- syrup
- Xanthan gum
- arrowroot powder
- \_\_\_\_\_

## Fruits/Veggies

- fruits
- vegetables
- herbs
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

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