

Gluten-free Grocery Essentials

For gluten-free shopping tips, read: vibrantlygfree.com/gluten-free-grocery-list/

Fresh Vegetables

- Bell Peppers
- Broccoli
- Carrots
- Cauliflower
- Garlic
- Ginger
- Leafy Greens
- Mushrooms
- Onions
- Potatoes
- Zucchini
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Fresh Fruits

- Apples
- Avocados
- Berries
- Lemons
- Limes
- Oranges
- Peaches
- Pears
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Frozen Foods

- Frozen fruits
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Plant-based Proteins

- Almond Butter
- Beans
- Chia Seeds
- Flax Seeds, ground
- Nuts
- Peanut Butter
- Seeds
- Tahini
- Tofu
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Other proteins

- Chicken
- Eggs
- Fish
- Ground Beef
- Tuna, Canned
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Dairy Alternatives

- Non-dairy milk (almond/soy)
- Non-dairy yogurt (almond/soy)
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Gluten-Free Grains

- Gluten-free Bread
- Gluten-free pasta
- Quinoa
- Rice noodles
- Rice
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Condiments

- Gluten-free soy sauce, tamari, or coconut aminos
- Mayonnaise
- Mustard
- Sriracha
- Salsa
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Cooking Ingredients

- Broth or bouillon
- Dried fruit
- Oils
- Olives
- Vinegars
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Canned Goods

- Beans
- Coconut Milk
- Coconut Cream
- Pumpkin
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Baking Ingredients

- Almond flour
- Baking soda
- Chocolate, dairy-free
- Cocoa powder, unsweetened
- Flour, gluten-free 1-to-1 (cassava, rice, certified blends)
- Maple syrup
- Sugar (granulated, cane or coconut)
- Vanilla extract
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Beverages

- Tea
- Coffee
- Coconut water
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Snacks

- Baby carrots
- Crackers, gluten-free
- Dried fruit
- Nuts
- Rice Cakes
- Seeds
- Snack bars, gluten-free
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Spices

- Basil
- Black pepper
- Chili powder
- Cinnamon, ground
- Cumin, ground
- Curry powder
- Garlic powder
- Onion powder
- Oregano
- Paprika
- Red pepper flakes
- Rosemary
- Salt
- Turmeric, ground
- Thyme
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Kitchen Supplies

- Aluminum foil
- Baking/parchment paper
- Dish cloths
- Dish soap
- Dish sponges/brushes
- Food containers
- Zipper bags
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Notes:

