

# Naturally Gluten-free Grocery List

## Protein

Poultry  
Red meat  
Legumes  
Seafood  
Nuts and seeds  
Tofu  
Tempeh  
Edamame  
Soy foods  
Eggs

## Fats & Oils

Olives & olive oil  
Butter and ghee  
Avocado & avocado oil  
Coconut oil  
Seed & vegetable oils

## Snacks & Sweets

Seed crackers  
Popcorn  
Hummus  
Nut butters  
Veggie straws  
Applesauce

## Milk & Dairy

Milk  
Plant-based milk  
Cheese  
Cream  
Cream cheese  
Sour cream  
Cottage cheese  
Yogurt

## Fruits & Veggies

Anything fresh! Such as:  
Bananas  
Apples  
Berries  
Watermelon  
Pears  
Tomatoes  
Bell peppers  
Greens  
Squash  
Mushrooms

## Condiments

Coconut aminos  
Vinegar: apple cider, white, distilled

## Beverages

Coffee  
Tea  
100% fruit juice  
Soda  
Sports & energy drinks  
Lemonade  
Hard cider, wine

## Grains

Brown rice  
Wild rice  
Quinoa  
Buckwheat  
Sorghum  
Tapioca  
Teff  
Millet  
Arrowroot  
Amaranth  
Oats (certified gluten-free)  
Corn  
Potatoes

## CHECK THE LABEL:

Lunch meats  
Ground meats  
Oats

Cooking sprays  
Ice cream  
Flavored dairy

Canned veggies  
Frozen fruits  
Dried fruits

Ketchup  
Marinades  
Dressings

Spices  
Chips  
Candy