

GLUTEN FREE GROCERY ESSENTIALS

FOR MORE GF RECIPES AND TIPS VISIT LAULIMAKITCHEN.COM

FRUITS

FRESH/FROZEN

- Apples
- Avocados
- Bananas
- Berries
- Lemons
- Limes
- Mangoes
- Peaches
- Pears
- Stone Fruits
- Watermelon

VEGETABLES

FRESH/FROZEN

- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Corn
- Garlic
- Ginger
- Kale
- Mushrooms
- Onions
- Potatoes
- Spinach
- Squash
- Swiss Chard
- Zucchini

CANNED GOODS

- Broth (Bone, Vegetable)
- Coconut Milk
- Pumpkin
- SPAM

PLANT-BASED

PROTEINS

- Beans
- Chia Seeds
- Edamame
- Flax Seeds
- Hummus
- Lentils
- Nut Butters
- Peanuts
- Peas
- Seeds
- Tahini
- Tempeh
- Tofu

OMNIVORE PROTEINS

- Beef
- Bison
- Chicken
- Eggs
- Fish
- Lamb
- Pork
- Seafood
- Turkey

GRAINS

- Bread (GF)
- Corn Tortillas
- Oats (GF)
- Pasta (GF)
- Quinoa
- Rice (brown, jasmine, white)
- Rice Noodles
- Rice Wrappers

BAKING

- All-Purpose Flour (GF)
- Baking Soda
- Baking Powder
- Brown Sugar
- Chocolate
- Cocoa Powder
- Glutinous Rice (Mochiko) Flour
- Maple Syrup
- Rice Flour
- Tapioca Flour
- Vanilla Extract

DAIRY

- Butter
- Cheese
- Cow's Milk
- Cream
- Ghee
- Sour cream
- Yogurt

NON-DAIRY ALTERNATIVES

- Non-dairy Milk
- Non-dairy Yogurt
- Vegan Butter
- Vegan Cheese

OILS

- Avocado Oil
- Coconut Oil
- Olive Oil
- Sesame Oil
- Sunflower Oil
- Vegetable Oil

CONDIMENTS

- Chili Oil
- Fish Sauce (GF)
- Hoisin (GF)
- Mayonnaise
- Mustard
- Miso Paste (GF)
- Oyster Sauce (GF)
- Rice Vinegar
- Sriracha
- Soy Sauce/ Tamari (GF)

BEVERAGES

- Coconut Water
- Coffee
- Electrolyte Powder
- Tea

SNACKS

- Corn Tortilla Chips
- Dried Fruit
- Energy Bar (GF)
- Nuts
- Pretzels (GF)
- Rice Cakes

KITCHEN

- Aluminum Foil
- Dish Soap
- Dish Sponges
- Parchment Paper
- Zip-top Bags
- Sharpie

REMINDER: ALWAYS CHECK THE LABEL OF EVERY FOOD PRODUCT