

# Gluten Free Pantry List

## Gluten Free Whole Grain Flours

- oat flour
- brown rice flour
- millet flour
- sorghum flour
- buckwheat flour
- corn flour
- mesquite flour
- quinoa flour
- sweet potato flour
- teff flour
- amaranth flour

## Gluten Free White Flours/Starches

- white rice flour
- tapioca flour
- sweet rice flour
- arrowroot flour
- cornstarch
- potato flour
- potato starch

## Gluten Free Nut Flours

- almond flour
- coconut flour
- chestnut flour
- hazelnut flour

## Gluten Free Bean Flours

- roasted soy bean flour (kinako)
- fave bean flour
- garbanzo bean flour

## **Gluten Free Snacks (choose GF products)**

- Pretzels
- Crackers
- Nuts
- Tortilla chips
- Seeds (sunflower, pumpkin, chia, flax)
- Seaweed
- fresh fruit
- fresh veggies
- pickles

## **Gluten Free Main Meal**

- Meats
- Dairy (cheeses, milk, cream cheese, sour cream, etc)
- Quinoa
- Couscous
- Beans (pinto, black, kidney, lima, navy, white, black-eyed peas, garbanzo, pink, adzuki, fava, northern)
- Buckwheat (not truly a member of the wheat family and is 100% gluten free)
- Pastas (it will take trial and error to find a good GF pasta you and your family like)
- Gluten free breads

## **Gluten Free Seasonings**

- Real sea salt
- Pepper
- Your favorite spices (mine include curries, cumin, turmeric, cinnamon, garam masala, ginger and many more)
- Dried and fresh herbs (dill, basil, oregano, thyme, parsley, rosemary, sage)
- Coconut Aminos (used like soy sauce without the soy)
- Vinegars (red wine, apple cider, white wine, rice)
- Oils (olive, coconut, sunflower, stay away from vegetable and canola because of health reasons)
- Condiments (mayo, mustard, ketchup, relish)