GLUTEN-FREE GROCERY CHECKLIST

Gfreeva | Print, shop, and check off your essentials

STAPLES

- [ ] Beans (pinto, kidney, black, chickpeas/garbanzo, etc.)
- [ ] Lentils* (red, yellow, brown, French)
- [ ] Split peas
- [ ] Nuts (walnuts, cashews, almonds, etc.)
- [ ] Seeds (sunflower, flax, chia, etc.)
- [ ] Dried fruit (raisins, cranberries, etc.)
- [ ] Gluten-free chicken, vegetable or beef broth

GRAINS & GRAIN-BASED FOODS

- [ ] Rice (brown, white, sushi, red, wild, arborio)
- [ ] Gluten-free bread (fresh or frozen)
- [ ] Gluten-free crackers
- [ ] Certified gluten-free oats**
- [ ] Corn tortillas
- [ ] Gluten-free cereals and granolas
- [ ] Popcorn
- [ ] Quinoa
- [ ] Millet
- [ ] Buckwheat
- [ ] Amaranth
- [ ] Polenta
- [ ] Gluten-free pasta (rice, corn, quinoa, amaranth, millet, legumes)
- [ ] Soba noodles (100% buckwheat; check label)
- [ ] Rice noodles
- [ ] Glass noodles / bean-thread noodles
- [ ] Spaghetti squash or spiralized zucchini

Tip: Gluten-free bread often tastes better toasted; slice fresh bakery loaves before freezing.

PRODUCE

- [ ] Tomatoes
- [ ] Broccoli
- [ ] Garlic
- [ ] Carrots
- [ ] Onions

- [ ] Celery
- [ ] Leafy greens
- [ ] Sweet potatoes
- [ ] Spaghetti squash
- [ ] Mushrooms
- [ ] Apples
- [ ] Oranges
- [ ] Melon
- [ ] Other favorite fruits and vegetables
- [ ] Frozen fruits and vegetables

Tip: Choose seasonal produce and keep frozen options on hand.

MEAT, DAIRY & FISH

- [ ] Yogurt
- [ ] Milk or milk substitute
- [ ] Cheese
- [ ] Eggs
- [ ] Fish (salmon, tilapia, tuna, etc.)
- [ ] Turkey
- [ ] Chicken
- [ ] Lamb
- [ ] Beef
- [ ] Pork

FREEZER

- [ ] Gluten-free bread, pizza/pizza crusts, tortillas or wraps
- [ ] Edamame
- [ ] Gluten-free chicken nuggets or ready-to-go meals
- [ ] Frozen vegetables
- [ ] Frozen fruits
- [ ] Homemade freezer meals (chili, spaghetti sauce, cooked beans)

CONDIMENTS & PANTRY EXTRAS

- [ ] Olive oil, vegetable oil, coconut oil
- [ ] Tamari or gluten-free soy sauce
- [ ] Gluten-free salad dressing
- [ ] Vinegar (avoid malt vinegar made from barley)
- [ ] Ketchup, mustard, mayonnaise (check labels)

- [ ] Hot sauce
- [ ] Jam
- [ ] Nut butters
- [ ] Olives and pickles
- [ ] Ginger (fresh, jarred, powdered)
- [ ] Pure spices; check mixed spice blends
- [ ] Dried herbs

Shared kitchen tip: Use squeeze bottles for condiments to reduce cross-contact from shared utensils.

BAKING ESSENTIALS

- [ ] Multi-purpose gluten-free flour blend
- [ ] Multi-purpose gluten-free baking blend
- [ ] Rice flour
- [ ] Almond flour
- [ ] Cornstarch or arrowroot powder
- [ ] Xanthan gum (if not in baking blend)
- [ ] Sugar
- [ ] Cocoa
- [ ] Baking powder, baking soda, vanilla extract
- [ ] Baking additions (cinnamon, nutmeg, maple syrup, chocolate chips, etc.)

* Choose gluten-free labeled or certified lentils and milled grain, seed, or legume products because of cross-contact risks.

** Choose uncontaminated certified gluten-free oats. If you have celiac disease, consult your clinician or dietitian about including oats.

Always check packaged food labels and preparation practices; ingredients and manufacturing can change. Adapted from a grocery list written for Gluten Intolerance Group by Maya Bar-Zvi, Bastyr University Dietetic Intern (2018).