

(Gluten-Free Staples) Grocery List

Protein

chicken breasts

Chicken Apple Sausage Links (Trader Joes)
ground beef (lean and extra lean)
whole chicken
fish (mahi, salmon, snapper, cod, shrimp, tuna -> some favorites)
tofu (there is a really great extra firm one at Trader Joes)
Turkey (lean and extra lean -> grounded and breasts)

Fruits

Note: I eat only whole fruits. I don't eat the canned fruit in sauces or juices. You have to be careful of those.

apple
banana
blackberry
blueberry
cantaloupe
grapes
mango
orange
peach
pear
raspberry
watermelon

Starchy Carbs

quinoa

sweet potato and yam
rice (basmati, white, brown)
rice noodles (be careful of these, though, as some are made with egg and those are typically not gluten free, gluten-free oats (Trader Joes or Bob's Red Mill)
steel cut oats (Coach's Oats)
rice cakes

Vegetables + Brassica + Beans

asparagus

bamboo shoots
beets
beans – light red kidney, garbanzo, black, pinto, mixed (I typically buy these in bulk, then soak overnight and cook.)
broccoli
brussels spouts
cabbage
carrots
cauliflower
celery
collard greens
cucumbers
green beans
spinach
lettuce (spring mix and romaine)
peppers (red, yellow, green and orange)
snow pea pods
sprouts
tomatoes
squash (spaghetti, acorn, butternut, winter, summer, yellow)
zucchini
edamame
kale
peas
pumpkin

Miscellaneous

almond milk (silk or blue diamond)

lara bar and pure bar
raisins
peanut butter, almond butter, coconut butter, cashew butter, walnut butter (all raw)
Laughing Cow Cheese
Greek yogurt (fage, chobani, oikos)
honey
coffee
herbs and spices (parsley, basil, cilantro, Litehouse Foods herbs and spices, rosemary, thyme, cumin, pepper, sea salt -> and many, many more – these are a gluten-free girl's flavor bff!)
capers
stevia
roasted seaweed snack (Trader Joes)
nuts (all raw)
lemon
apple cider vinegar
olive oil, fish oil, coconut oil