

GLUTEN-FREE GROCERY GUIDE

PRODUCE

- Avocados
- Bell Peppers, Carrots, Celery, Cucumber, Snap Peas
- Brussels Sprouts, Broccoli, Cauliflower, Green Beans
- Potatoes and Sweet Potatoes
- SQUASH: Acorn, Butternut, Delicata, Spaghetti, Eggplant
- SALAD GREENS: Arugula, Mixed Greens, Romaine
- LEAFY GREENS: Kale, Spinach, Swiss Chard
- Garlic (fresh or jarred)
- Ginger
- Mushrooms
- Onions, Shallots
- Apples, Pears
- Bananas
- BERRIES: Blackberries, Blueberries, Strawberries, Raspberries
- CITRUS: Lemon, Limes, Oranges, Tangerines, Grapefruit
- DATES: Medjool, Deglet Noor
- MELON: Cantaloupe, Honeydew, Watermelon
- STONE FRUITS: Apricots, Nectarines, Peaches, Plums
- TROPICAL FRUITS: Pineapple, Mango, Kiwi, Papaya
- FRESH HERBS: Basil, Cilantro, Mint, Parsley

BAKERY

- Gluten Free Bread
- Flourless Brownies and Cake
- Cookies, Muffins and Tarts

FROZEN FOODS

- Cauliflower Crust Pizza
- Frozen Fruits and Vegetables
- Gluten Free Entrees
- Gluten Free Waffles
- Gluten Free Breads and Buns
- Gluten Free Ice Cream and Sorbet

MEAT, SEAFOOD & ALTERNATIVES

- Beef
- Chicken
- Deli Meat
- Gluten Free Sausage
- Pork
- Bacon (all natural and Gluten Free)
- Turkey
- FISH: Cod, Haddock, Halibut, Mackerel, Salmon, Sardines, Sea Bass, Snapper, Swordfish, Trout, Tuna
- SHELLFISH: Crab, Lobster, Mussels, Scallops, Shrimp
- Meat Alternatives
- Tofu

DAIRY & ALTERNATIVES

- Yogurt
- Non-Dairy Yogurt
- MILK: Nonfat, Low Fat, Whole
- MILK ALTERNATIVES: Almond, Oat, Cashew, Soy, Coconut
- Eggs and Egg Whites
- Cheese
- Butter, unsalted
- Creamer (dairy and non-dairy)

BAKING

- Active Dry Yeast (Gluten Free)
- Arrowroot Powder
- Baking Soda / Powder
- Chocolate Chips
- Cornstarch
- Coconut Flakes
- Pure Vanilla Extract
- Tapioca Starch
- Xanthan Gum
- Gluten Free Baking Mixes
- FLOUR: 1:1 Gluten Free Flour, Almond Flour, Coconut Flour, Oat Flour, Rice Flour
- SWEETENERS: Agave, Coconut Sugar, Honey, Maple Syrup, Monk Fruit (with Erythritol), Molasses, Organic Cane Sugar, Stevia, Allulose, Swerve
- OILS: Avocado Oil and Spray, Coconut Oil, Extra Virgin Olive Oil, Olive Oil, Vegetable Oil

GRAINS

- Quinoa
- RICE: Brown, White, Wild Rice
- Corn Tortillas
- Gluten Free Oats (old-fashioned rolled, steel cut)
- Cereal/Granola
- PASTA: Chickpea, Lentil, Brown Rice
- Gluten Free Mac and Cheese

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BEANS & LEGUMES

- Black Beans
- Cannellini Beans
- Garbanzo (Chickpeas)
- Lentils
- Kidney Beans
- Pinto Beans

CANNED/BOTTLED GOODS

- VINEGAR: Apple Cider, Balsamic, White, Red, Rice
- BROTH / STOCK: Beef, Bone, Chicken, Vegetable (Gluten Free)
- Coconut Milk
- Corn
- Tomatoes (diced, whole, paste)
- Pickles
- Olives
- NUT BUTTERS: (Almond, Cashew, Peanut Butter)
- Tuna (canned)
- Gluten Free Soups
- SAUCES & DRESSINGS: Coconut Aminos, Tamari, Curry Paste, Tahini, Hot Sauce, Salad Dressing, Fruit Preserves (Jams and Jellies), Pesto
- CONDIMENTS: Barbeque Sauce, Ketchup, Mustard (Dijon, Yellow, etc.), Mayonnaise

BOOSTS

- Protein Powder
- Protein Shakes

SEASONINGS & SPICES

- Nutritional Yeast
- Salt
- DRIED HERBS: Basil, Bay Leaves, Oregano, Rosemary, Thyme
- SPICES: Allspice, Black Pepper, Cayenne Pepper, Chili Powder, Ground Cinnamon, Ground Cumin, Curry, Garlic Powder, Paprika, Crushed Red Pepper, Turmeric
- SEASONINGS: Everything But The Bagel, Cajun Spice, Italian, Mediterranean, Northern Lights, Island Breeze, Reserve Aged Beef, Everyday Seasoning

SNACKS

- Salsa
- Guacamole
- Hummus
- Corn Nuts
- Crackers
- Gluten Free Pretzels
- Popcorn
- Tortilla Chips
- Potato Chips
- Rice Cakes
- Unsweetened Applesauce

BULK FOODS

- NUTS: Almonds, Walnuts, Cashews, Pecans, Peanuts
- SEEDS: Chia Seeds, Hemp Seeds, Flax Seeds, Sesame Seeds, Pumpkin Seeds (Pepitas)
- DRIED FRUIT: Blueberries, Cranberries, Raisins, Cherries, Mango, Bananas, Goji Berries

NOURISH ELEMENTS



CHOOSE REAL FOOD

Discover whole, pure foods to support a healthy lifestyle.



CREATE HARMONY

Take time to slow down, find balance and eat well.



ADD A BOOST

Support a healthy body with a boost of extra nutrients.



EXPAND YOUR PALATE

Explore a wide assortment of fresh and wholesome tastes.



EAT THE RAINBOW

Give your body the nutrients it needs by eating a colorful variety of foods.

LABELS TO LOOK FOR

