

Best gluten free groceries to have on hand:

Food Staples:

- **Legumes:** Organic canned lentils, beans, or chickpeas (soak/rinse overnight for easier digestion)
- **Canned tuna or salmon**
- **Gluten free sausage:** Chicken, pork, or turkey
- **Gluten free beef and turkey jerky**
- **Frozen chicken breast**
- **Frozen shrimp and salmon**
- **Eggs**
- [Tempeh](#)
- **Pea Protein**
- **Collagen**
- **Frozen veggies:** Individual and mixed veggies
- **Frozen berries**
- **Canned fruit:** Pineapple, Mandarin oranges, and apricots, in their natural juice
- **Canned artichoke hearts and heart of palm**
- **Gluten free bread**
- **Corn tortillas or grain free tortillas**
- **Salsa**
- **Gluten free BBQ sauce** or natural ketchup
- **Broth or stock:** Chicken, vegetable, and beef, plus beef bone broth
- **Tomato juice (low sodium)**
- **Canned peppers:** jalapeños and green chiles
- **Rice and quinoa**
- **Gluten free oats and/or oatmeal**
- **Gluten free pasta,** or chickpea or lentil pasta

- **Potatoes:** Sweet potatoes and russet potatoes
- **Cauliflower** or frozen cauliflower rice
- **Shelf-stable fresh fruit:** Fruit that is more shelf stable includes grapes, oranges, and apples
- **Raw nuts**
- **Greek yogurt** or other non dairy yogurt of choice
- **Nut butter**
- **Olive oil and balsamic vinegar**
- **Sweeteners:** Maple syrup and honey
- **Hummus** or make homemade hummus!
- **Avocado**
- **Tomatoes:** fresh and canned
- **Lemons and/or limes**
- **Any favorite seasonings and spices** (i.e cinnamon, sea salt, garlic, pepper, etc.)