

Grocery List for GLUTEN FREE AND DAIRY FREE RECIPES

DAIRY/NON-DAIRY

- Eggs/Egg Whites
- Non-Dairy Milk
- Non-Dairy Yogurt

PROTEIN

- Ground Turkey
- Lean Pork Chops
- Fresh Salmon Filets
- Lean Stew Meat
- Plant-Based Protein Powder

PANTRY STAPLES

- Arrowroot Starch/Potato Starch
- Baking Powder/Baking Soda
- Blanched Fine Almond Flour
- Vanilla Extract
- Shredded Unsweetened Coconut Flakes
- Coconut Oil/Olive Oil
- Sugar (Coconut/Raw)
- Dairy-Free Dark Chocolate Chips
- Honey/Maple Syrup/Molasses
- Quinoa and GF Oats
- Chia Seeds & Flax Meal
- Canned Chickpeas
- Chopped Nuts
- Hemp Seeds and Sunflower Seeds
- Nut/Seed Butter (Almond, Peanut, Sunflower)
- Nutritional Yeast
- Vegan Cheese
- Orange Marmalade
- Canned Diced Tomatoes
- Black Olives
- Dijon Mustard
- GF Tamari
- Broth (Vegetable/Chicken)
- Tomato Paste/Puree
- Spaghetti Sauce

- GF Hot Dog Buns
- GF Spaghetti Noodles

PRODUCE

- Avocado
- Banana
- Broccoli/Cauliflower
- Carrots
- Cucumber
- Frozen Grapes
- Mushrooms
- Onion (White/Yellow/Red)
- Oranges (Slices/Juice)
- Peaches
- Potato (Golden/Sweet)
- Spinach (Leafy Greens)
- Strawberries
- Zucchini
- Lemon Juice

HERBS & SPICES

- Cayenne Pepper
- Chili Powder
- Cilantro
- Cinnamon
- Cumin
- Dried Herbs
- Garlic Powder
- Ginger
- Ground Coriander
- Ground Mustard
- Minced Garlic
- Onion Powder
- Parsley
- Red Pepper Flakes
- Smoked Paprika
- Turmeric

*GF = Gluten Free