



# Gluten-Free Shopping List



## Grains & Starches

- Quinoa
- Rice (brown, white, wild)
- Corn
- Buckwheat
- Millet
- Amaranth
- Gluten-free oats
- Tapioca flour
- Potato (sweet potatoes, regular potatoes)

## Protein Sources

- Chicken
- Turkey
- Beef
- Fish (salmon, tuna, cod)
- Shellfish (shrimp, lobster, crab)
- Eggs
- Tofu
- Legumes (lentils, chickpeas, black beans)

## Fruits & Vegetables

- Apples
- Bananas
- Oranges
- Berries (strawberries, blueberries, raspberries)
- Grapes
- Spinach
- Broccoli
- Carrots
- Bell peppers
- Tomatoes
- Kale
- Cauliflower

## Dairy & Alternatives

- Milk (dairy-free options: almond milk, coconut milk)
- Yogurt (gluten-free brands)
- Cheese (cheddar, mozzarella, feta)
- Butter
- Cottage cheese

## Nuts & Seeds

- Almonds
- Walnuts
- Cashews
- Chia seeds
- Flaxseeds
- Sunflower seeds
- Pumpkin seeds

## Snacks

- Gluten-free crackers
- Rice cakes
- Popcorn (plain, without additives)
- Dark chocolate (check labels for gluten-free certification)



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

