

Wheat Free Kitchen Grocery List

www.wheat-free-kitchen.com

FRUIT	VEGGIES	SPICES/HERBS	PANTRY
Apples	Artichokes	Basil	Brown Rice
Apricots	Arugula	Cardamom	Gluten-Free Oats
Avocados	Asparagus	Cayenne pepper	Quinoa
Bananas	Beets	Chives	Coconut Water
Blackberries	Bell peppers	Cilantro - dried	Dry Beans
Blueberries	Broccoli	Cinnamon	Tea
Cantaloupe	Brussel sprouts	Cloves	RAW NUTS/SEEDS
Cherries	Cabbage	Cumin	<i>(no salt/not roasted)</i>
Coconuts	Carrots	Curcumin	Brazil Nuts
Cranberries	Cauliflower	Dill	Cashews
Dates	Celery	Mustard Seeds	Chia seeds
Figs	Chili peppers	Nutmeg	Flax Seed
Grapefruit	Cilantro - fresh	Oregano	Hemp Seeds
Grapes	Cucumbers	Paprika	Macadamia Nuts
Honeydew Melon	Fennel	Parsley	Pecans
Kiwi	Garlic	Pink Himalayan Salt	Pistachios
Lemons	Ginger	Sage	Pumpkin Seeds
Limes	Green Beans	Tarragon	Sesame Seeds
Mangos	Green Peas	Thyme	Sesame Tahini
Melons	Jalapeno	Turmeric	Sunflower Seeds
Oranges	Kale	SWEETENERS	Walnuts
Papayas	Leafy Greens	Raw Honey	FRIDGE
Pears	Mushrooms	Pure Maple Syrup	Hummus
Plums	Onions	Raisins	Free range chicken
Pomegranates	Parsnips	Dates	Grass fed beef/turkey
Raspberries	Peppers	Prunes	NOTES
Strawberries	Potatoes	Dried Apricots	
Tangerines	Pumpkin	OILS	
Watermelon	Radishes	Avocado Oil	
Wild Blueberries	Romaine lettuce	Coconut Oil	
	Spinach	Olive Oil	
	Sprouts		
	Sweet potatoes		
	Swiss Chard		
	Tomatoes		
	Winter Squash		
	Zucchini		