

Gluten-free Dairy-free Food List

| VEGETABLES | | |
|----------------|--------------------------|-------------------|
| kale | sweet potatoes or yams | eggplant |
| collard greens | potatoes (all varieties) | kabocha squash |
| spinach | carrots | sugar pie pumpkin |
| chard | beets | onions |
| cabbage | acorn squash | garlic |
| broccoli | butternut squash | shallots |
| leaf lettuce | zucchini | leeks |
| cauliflower | delicata squash | mushrooms |
| green beans | spaghetti squash | bell peppers |
| asparagus | tomatoes | avocado |

| WHOLE GRAINS |
|---|
| brown rice |
| quinoa |
| kasha (buckwheat) |
| quick-cooking, steel cut or rolled oats (choose "gluten-free" oats) |
| amaranth |
| teff |
| millet |
| popcorn |
| sorghum |
| wild rice |
| arborio rice |

| FRUITS | |
|--------------|-------------|
| apples | blueberries |
| cherries | raspberries |
| grapes | oranges |
| bananas | grapefruit |
| mangoes | lemons |
| apricots | limes |
| plums | tomatoes |
| peaches | watermelon |
| nectarines | honeydew |
| strawberries | cantaloupe |

| NUTS & SEEDS |
|-----------------|
| almonds |
| walnuts |
| cashews |
| pecans |
| pine nuts |
| pumpkin seeds |
| sunflower seeds |
| hempseeds |
| chia seeds |
| flax seed meal |
| sesame seeds |
| peanut butter |
| almond butter |

| BEANS |
|-------------------------------|
| black beans |
| chickpeas(aka garbanzo beans) |
| lentils |
| adzuki |
| cannellini (white beans) |
| fava |
| great northern |
| kidney |
| mung |
| pinto |

| MEAT, FISH & EGGS | | |
|-------------------------------------|-----------------------------------|------------|
| organic, grass-fed beef | gluten-free deli meat | fresh fish |
| organic, free-range chicken breasts | gluten-free chicken-apple sausage | eggs |
| organic turkey | pork chops | |

FIND MY TOP RECOMMENDED PRODUCTS BY CLICKING [HERE](#) AND [HERE](#).

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CANNED & PACKAGED PRODUCTS

| | | |
|--------------------------------------|------------------------------|--|
| gluten-free chicken stock | tamari gluten-free soy sauce | gluten-free brown rice or quinoa pasta |
| gluten-free vegetable broth or stock | barbecue sauce | gluten-free rice noodles |
| diced tomatoes | olives | gluten-free sandwich bread |
| tomato paste | chunk-light tuna | gluten-free crackers |
| tomato sauce | canned chicken | gluten-free corn tortilla chips |
| marinara/spaghetti sauce | canned beans | fruit & nut bars (Kind bars and Lara Bars are popular in my house) |

HERBS & SPICES

| | | |
|-------------------|-------------------|---------------------------|
| sea salt | oregano | curry powder |
| kosher salt | rosemary | chinese five spice powder |
| pepper | thyme | chili powder |
| garlic powder | cayenne pepper | ground ginger |
| onion powder | cinnamon | paprika |
| italian seasoning | cumin | smoked paprika |
| basil | nutmeg | mustard powder |
| bay leaves | red pepper flakes | |

DAIRY ALTERNATIVES

| | | |
|-------------------------------------|---------------------------------------|---------------------------------------|
| full-fat canned coconut milk | soy milk | Daiya cheese |
| Earth Balance soy-free vegan butter | cashew milk | Tofutti cream cheese |
| coconut milk | oat milk | Vegenaise (mayonaise) |
| almond milk | coconut oil | coconut or almond milk yogurt |
| hemp milk | coconut or almond milk coffee creamer | coconut milk or almond milk ice cream |
| rice milk | coconut cream | |

CONDIMENTS

| |
|--|
| fresh herbs (basil, parsley, cilantro, etc.) |
| hot sauce |
| ketchup |
| dijon mustard |
| whole grain mustard |
| yellow mustard |
| pickles |
| green olives |
| capers |
| sauerkraut |
| tamari soy sauce |
| bbq sauce |
| salsa |
| 100% whole fruit preserves |
| maple syrup |
| nut butters (almond butter, cashew butter, etc.) |
| hummus |

OILS & VINEGARS

| |
|--------------------|
| olive oil |
| coconut oil |
| sesame oil |
| toasted sesame oil |
| sunflower oil |
| grapeseed oil |
| balsamic vinegar |
| red wine vinegar |
| white wine vinegar |

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