

Gluten Free / Casein Free
Wheat Free / Dairy Free/Soy Free
Shopping List

GF CF Soy Free

Breads

EnerG

Tapioca
White Rice
Brown Rice
Brown Rice * Yeast Free
Frozen Dept.

Food for Life

Brown Rice Bread
Almond Brown Rice
Plain Rice Bread

TORTILLAS

100% Corn Tortillas
*Yeast Free

Rice Milk

Pacific

Rice Milk
Vanilla Rice Milk
Almond Milk
Hazelnut Milk

Wild Oats

Organic Rice Milk

Chips- Snacks

Kettles

Potato Chips
Henry's
Lightly Salted Popcorn
Real Foods
Corn Thins
Lundberg
Honey Nut Rice Cakes
Terra

Sweet Potato Chips

Enjoy Life

Snicker doodles Cookies
Gingerbread Cookies

Sesmark

Rice Thins Crackers (Plain)
Fritos

Corn Chips
100% Corn- corn oil- salt
Potato Chips
100% Potatoes- sunflower oil- salt

Cereals

Arrowhead Mills

Puffed Brown Rice
Puffed Corn
Amaranth
Rice Cereal
Amaranth O's

Enviro Kids

Amazon Corn Flakes
Gorilla Munch

Pasta

De Boles

Rice spaghetti pasta
Angel Hair pasta

French Fries

Cascadian Farms

French Fries
Tater Tots
Alexia
Sweet Potato Fries
Yukon Gold Plain Fries

Jerk

Knox Gelatin
Mix with 100% Fruit juice

Sugar

Stevia Liquid
Xylitol Powder

Bake Goods

Namaste

Muffin Mix
Cookie Mix
Vanilla Cake Mix
Spice Cake Mix
Pizza Crust

Flours

Bob's Red Mill

Flax Seed Meal
GF Bread Mix
GF Cookie Mix
Sorghum Flour
100% Corn Meal
Tapioca Flour

Oils

Olive oil
Safflower oil
Corn oil
Canola oil

Fruit Juice

L/A fruit juices
Coconut Pineapple Juice
Pear Juice

Meats

Fresh cuts of meat cooked with oil – salt- herbs
or with GF flours.

All Fresh fruits and vegetables