

GLUTEN FREE SHOPPING LIST

Quick Reference Grocery Ingredients



Cabana Thyme

naarish, grow & thrive

GLUTEN FREE SHOPPING LIST

FRESH VEGETABLES

- Asparagus
- Baby spinach
- Bell Peppers
- Broccoli
- Butter nut squash
- Cabbage
- Carrots
- Cauliflower
- Celery
- Garlic
- Ginger
- Green beans
- Kale
- Leafy Greens
- Mushrooms
- Onions
- Potatoes
- Pumpkin
- Scallions
- Sweet potatoes
- Zucchini

FRESH FRUITS

- Apples
- Apricot
- Avocados
- Bananas
- Blueberries
- Blackberries
- Cranberries
- Grapes
- Grapefruit
- Kiwi
- Lemons
- Limes
- Mango
- Oranges
- Passion fruit
- Peaches
- Pears
- Pineapple
- Raspberries
- Strawberries
- Sweet cherries
- Watermelon

PLANT-BASED

PROTEIN

- Almond butter
- Beans
- Black-eyed peas
- Chia seeds
- Chickpeas
- Flax seeds
- Green peas
- Hemp seeds
- Fennel seeds
- Legumes
- Lentils
- Nuts
- Red kidney beans
- Peanut butter
- Pumpkin seeds
- Soya bean
- Tofu

SPICES

- Basil
- Black pepper
- Cajun
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Cumin
- Curry
- Garlic powder
- Nutmeg
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper flakes
- Rosemary
- Salt
- Turmeric
- Thyme

DAIRY ALTERNATIVES

- Almond milk
- Cashew milk
- Coconut milk
- Oat milk
- Soy milk
- Almond yogurt
- Greek yogurt
- Coconut yogurt

GRAINS

- Gluten-Free Bread
- Gluten-Free pasta
- Cornmeal
- Chickpea pasta
- Quinoa
- Rice
- Rice noodles
- Tortilla chips

ANIMAL PROTEIN

- Chicken
- Eggs
- Lamb
- Organic Ground Beef
- Salmon
- Shellfish
- Tuna fish
- Turkey
- Wahoo

CONDIMENTS

- Gluten-free soy sauce
- Gluten-free ketchup
- Mayonnaise
- Mustard
- Peanut butter
- Salsa
- Relish

BAKING

- Almond flour
- Corn flour
- Rice flour
- Oat flour
- Gluten-free flour
- Cassava
- Sugar
- Stevia powder
- Maple syrup
- Nutritional yeast
- Vanilla extract

COOKING

- Beef broth
- Chicken broth
- Vegetable broth
- Avocado oil
- Coconut oil
- Olive oil
- Pesto
- Apple cider vinegar
- Water

SNACKS

- Applesauce
- Apple slices with nut butter
- Hummus
- Popcorn
- Mixed nuts
- Fresh fruit popsicles
- fresh fruit salad
- smoothies
- Fruit kabobs
- Sherbet
- Ice-cream

BREADS & CEREALS

- Oatmeal
- Oat bread
- Corn flakes
- Rye bread



Cabana Thyme
seasonal, grown & curated