Specialty Shopping List: Gluten-Free Essentials

Basics

- ☐ ___ Gluten-Free Flour
- ☐ ___ Fresh Herbs & Spices
- ☐ ___ Cornstarch
- ☐ ___ Xanthan Gum
- ☐ ___ Arrowroot Powder
- ☐ ___ Guar Gum
- ☐ ___ Gluten-Free Boullion Cubes
- ☐ ___ Gluten-Free Vanilla Extract
- ☐ ___ Gluten-Free Soup Stock or Broth
- ☐ ___ Red Wine Vinegar or White Vinegar (Not Malt Vinegar)

Bread/Cereal/Baking Mixes

- ☐ ___ Gluten-Free Cereal
- ☐ ___ Gluten-Free Bread Mix
- ☐ ___ Dough Enhancer
- ☐ ___ Guar Gum
- ☐ ___ Gluten-Free Baking Mix
- ☐ ___ Gluten-Free Brownie Mix
- ☐ ___ Gluten-Free Cake Mix
- ☐ ___ Gluten-Free Pie Crust Mix
- ☐ ___ Gluten-Free Sweetener
- ☐ ___ Other
- ☐ ___ _____
- ☐ ___ _____
- ☐ ___ _____

Condiments

- ☐ ___ Gluten-Free Gravy Mix
- ☐ ___ Gluten-Free Steak Sauce
- ☐ ___ Gluten-Free BBQ Sauce
- ☐ ___ Gluten-Free Soy Sauce
- ☐ ___ Other
- ☐ ___ _____
- ☐ ___ _____
- ☐ ___ _____

Pasta

- ☐ ___ Rice
- ☐ ___ Gluten-Free Pasta/Noodles
- ☐ ___ Gluten-Free Macaroni & Cheese
- ☐ ___ Gluten-Free Pasta Sauce
- ☐ ___ Other
- ☐ ___ _____
- ☐ ___ _____
- ☐ ___ _____

Snacks

- ☐ ___ Gluten-Free Cookies
- ☐ ___ Gluten-Free Crackers
- ☐ ___ Rice Cakes
- ☐ ___ Rice Crackers
- ☐ ___ Corn Tortillas
- ☐ ___ Popcorn
- ☐ ___ Soy Crisps
- ☐ ___ Other
- ☐ ___ _____
- ☐ ___ _____
- ☐ ___ _____

Personal Care Items

- ☐ ___ Toothpaste
- ☐ ___ Other
- ☐ ___ _____
- ☐ ___ _____
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Other

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