

Gluten-Free Pantry Checklist

Gluten-Free Flours & Baking Essentials

- ☐ Almond flour
- ☐ Rice flour
- ☐ Coconut flour
- ☐ Tapioca flour
- ☐ Gluten-free all-purpose flour blend
- ☐ Cornstarch
- ☐ Potato starch
- ☐ Gluten-free baking powder
- ☐ Gluten-free baking soda
- ☐ Xanthan gum
- ☐ Unsweetened cocoa powder
- ☐ Vanilla extract (gluten-free)

Gluten-Free Grains & Seeds

- ☐ Quinoa
- ☐ Brown rice
- ☐ White rice (Jasmine, Basmati)
- ☐ Buckwheat
- ☐ Millet
- ☐ Certified gluten-free oats
- ☐ Amaranth
- ☐ Chia seeds
- ☐ Flaxseeds

Nuts, Legumes & Protein

- ☐ Almonds
- ☐ Walnuts
- ☐ Cashews
- ☐ Sunflower seeds
- ☐ Pumpkin seeds
- ☐ Dried lentils (green, red, black)
- ☐ Dried chickpeas or black beans

Condiments & Sauces

- ☐ Tamari (gluten-free soy sauce alternative)
- ☐ Coconut aminos
- ☐ Apple cider vinegar
- ☐ Balsamic vinegar (gluten-free)
- ☐ Dijon mustard (check label)
- ☐ Mayonnaise (check label for additives)

Spices, Herbs & Seasonings

- ☐ Salt
- ☐ Pepper
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika (smoked or sweet)
- ☐ Cumin
- ☐ Turmeric
- ☐ Chili flakes
- ☐ Dried herbs (oregano, thyme, rosemary, basil)
- ☐ Gluten-free stock cubes or broth

Sweeteners

- ☐ Raw honey
- ☐ Pure maple syrup
- ☐ Coconut sugar
- ☐ Stevia or monk fruit
- ☐ Brown sugar (ensure no additives)

Oils & Fats

- ☐ Olive oil
- ☐ Coconut oil
- ☐ Avocado oil
- ☐ Ghee or clarified butter

Snacks & Quick Bites

- ☐ Gluten-free crackers
- ☐ Gluten-free granola bars
- ☐ Popcorn (plain or lightly salted)
- ☐ Rice cakes
- ☐ Nut butters (peanut, almond, cashew)
- ☐ Trail mix (check for gluten-containing add-ins)
- ☐ Roasted chickpeas or lentil snacks

Optional Add-Ons

- ☐ Plant-based milk (Almond, Oat, Coconut)
- ☐ Gluten-free pasta (brown rice, lentil, quinoa)
- ☐ Gluten-free bread
- ☐ Gluten-free pancake or muffin mix
- ☐ Gluten-free cereal or muesli