

# GLUTEN-FREE PANTRY ESSENTIALS

## BAKING ESSENTIALS

- Almond Flour
- Coconut Flour
- Rice Flour
- 1:1 Baking Powder
- Chocolate Chips
- Dried Fruits
- Shredded Coconut
- Flax Meal
- Protein Powder
- Collagen Powder
- Arrowroot Powder
- Gluten-Free Oats

## GRAINS AND SEEDS

- Chia Seeds
- Flax Seeds
- Hemp Hearts
- Basmati Rice
- Chickpea Noodles
- Quinoa Noodles
- Gluten-Free Bread
- Gluten-Free Wraps

## GLUTEN-FREE SNACKS

- RX Bars
- Glutino Pretzels
- Simply 7 Chips
- Larabar Snack Bars
- Made Good Snacks
- Almond Crackers
- Mary's Thin Crackers

## PRE-PACKAGED STAPLES

- Canned Beans
- Nut Butters
- Cereals
- Granola
- Gluten-Free Pancake Mixes

## SAUCES AND DRESSINGS

- Gluten-Free Soy Sauce
- Tamari
- Coconut Aminos
- Primal Kitchen Dressing

## NOTES:

