

The Wheat Free Family

Living Life in a Gluten Free World!

Our Grocery List

Find Us Online!
www.wheatfreefamily.com...



Living Gluten Free is doable!

We can help!

Fruit

Apples
Oranges
Bananas
Grapes
Lemons
Limes
Seasonal :)
Fresh Herbs

Meats/Deli

Chicken
Roast
Steak
Ground Beef
Sausage
Lamb
Fish
Bacon
Shrimp

Bakery

Bread - Ener G
Corn Tortillas, 6" soft
Nacho Chips
Cereals
Gorilla Munch
Captain Crunch
RedMill Hot Rice
GF Granola

Baking Items

Potato Starch
Rice Flour
Corn Starch
Tapioca Starch
Choc Chips
Icing Sugar
Baking *Soda Powder*
Corn Syrup
Sugar *Brn Wh*
Yeast
GF Rolled Oats

Vegetables

Carrots
Cucumber
Tomato
Pepper *Grn Rd Ylw*
Onion *Gr Wh Yl Rd*
Garlic
Mushrooms
Broccoli
Cauliflower
Potatoes
Lettuce

Dressing/Oils

Vegetable Oil
Olive Oil
Cooking Spray
Apple Cider Vinegar
Jam
Peanut Butter
Almond Butter
Pancake Syrup

Spices/Condiments

Ketchup
Mustard
BBQ Sauce
Soya Sauce

Snacks

Chips
Popcorn
Peanuts
Chocolate
GF Granola Bars

Grooming

Body Soap
Shampoo/Condit
SunScreen
Toothbrush/paste
Shaving Cream
Floss
Deodorant
Razer Blades
Body Cream

Dairy

Eggs
Milk
Cottage Cheese
Sour Cream
Yogurt
Butter
Cheese

Canned

Pickles
Canned Salmon
Canned Tuna
Beans
Salsa
Spaghetti Sauce
Tomato Paste
Diced Tomatoes

Drinks

Orange Juice
Apple Juice
Tea
Coffee

Cleaning

Dishwashing Liquid
Dishwasher Liquid
Laundry Detergent
Fabric Softener
Air Fresheners
Garbage Bags
Sponges

Pasta

Rice Spaghetti
Rice Elbow Pasta
Rice Shells

Freezer

Ice Cream / Treats
Whipped Topping
Veggies / Berries
Fries / Hashbrowns
Pizza Shells

Pharmacy

Tylenol
First Aid Stuff

Paper Goods

Toilet Paper
Ziploc Bags *Lr Md Sm*
Plastic Containers
Paper Plates Napkins
Paper Towels