



Now Find Data Sheet:

The Gluten Free Pantry

This is by no means a comprehensive list of ingredients, but it will get you off to a good start. Use it with our app, Now Find Gluten Free, to build a shopping list of items that are safely gluten free.

Restock your pantry slowly at first, starting with frequently used items, and then filling in with others as you are able.

As always, please remember to read labels.

Pantry

Chicken Stock, Beef Stock, Vegetable Stock

May contain gluten - check label

Boullion

Cooking Wine Both red and white

Rice Recommended: Basmati, Arborio and Kokuho Rose

Gluten Free Bread Crumbs

Gluten Free Pasta

Gluten Free Matzo Meal

Great as a breading alternative

Quinoa

Whole Tomatoes Check the label on all tomato products to make sure they're gluten free

Diced Tomatoes

Tomato Paste

Tomato Sauce

Jarred Spaghetti Sauce

Cannelli Beans Beans can be dried or canned

Kidney Beans

Pinto Beans

Roasted Red Peppers

Artichoke Hearts

Olives Both black and green



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Pantry

Ketchup

Dijon Mustard May contain gluten - check label

Yellow Mustard May contain gluten - check label

Gluten Free Salad Dressing

Apple Ccider Vinegar

Balsamic Vinegar

Red Wine Vinegar

Rice Vinegar

White Vinegar

Maple Syrup

BBQ Sauce May contain gluten - check label

Franks Red Hot Sauce

Gluten Free Soy Sauce

Gluten Free Stir Fry Sauce

Worcestershire Sauce

Honey Recommended: raw organic honey

Oils

Coconut Oil

Olive Oil

Peanut Oil Great for frying

Sesame Oil Great for stir-fry and dressings

Spices

Basil

Bay Leaves

Cayenne

Celery Salt

Chili Powder



Now Find Data Sheet:

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Spices

Dill

Dry Mustard

Garlic Powder

Granulated Onion

Ground Black Pepper

Ground Cumin

Ground Mustard

Himalayan Rock Salt

Kosher Salt

Marjoram

Minced Garlic

Oregano

Paprika

A Peppercorn Blend

Rosemary

Sage

Thyme

Refrigerator

Butter

Eggs

Mayonnaise

Milk

Cheese

Plain Yogurt



Now Find Data Sheet:

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Produce items to keep on hand

Avocadoes

Carrots

Celery

Cucumbers

Fruits Fresh, favorite varieties

Garlic

Green Onions

Lettuce Different varieties

Onions Red and yellow

Peppers All colors

Potatoes All varieties

Shallots

Tomatoes All varieties

Compliments of NowFindFoods.com



Check out our FREE Apps to help you explore new products that fit your lifestyle and locate them at your local grocery store

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