



CHOMP SHOPPER

GLUTEN-FREE GROCERY LIST

FREE PRINTABLE

BEGINNER FRIENDLY

ABOUT 7 DAYS

2 ADULTS

WEEK OF _____

PRODUCE

12

- ☐ Potatoes 3 lbs
- ☐ Sweet potatoes 2 lbs
- ☐ Spring mix or spinach 2 bags (5 oz)
- ☐ Broccoli 2 heads
- ☐ Green beans 1 lb
- ☐ Bell peppers 3
- ☐ Yellow onions 2
- ☐ Carrots 1 lb bag
- ☐ Bananas 1 bunch
- ☐ Apples 4
- ☐ Blueberries 1 pint
- ☐ Lemons 2

CONDIMENTS

1

- ☐ Tamari or GF soy sauce 1 bottle

MEAT & SEAFOOD

3

- ☐ Chicken thighs 2 lbs
- ☐ Ground turkey 1 lb
- ☐ Salmon or cod fillets 1 lb

DAIRY & EGGS

4

- ☐ Eggs 1 dozen
- ☐ Milk ½ gallon
- ☐ Plain Greek yogurt 32 oz
- ☐ Cheddar cheese 8 oz block

BAKERY

2

- ☐ Corn tortillas 1 pack
- ☐ Gluten-free bread 1 loaf

PANTRY

4

- ☐ Rice 2 lbs
- ☐ Gluten-free pasta 1 lb
- ☐ Certified GF oats 1 bag
- ☐ GF chicken broth 32 oz

CANNED & JARRED

2

- ☐ Black beans 2 cans
- ☐ Diced tomatoes 2 cans

SNACKS

2

- ☐ Rice cakes 1 pack
- ☐ Popcorn kernels 1 jar

✖ SKIP OR LIMIT

Regular bread, pasta, crackers, cereal

Flour tortillas, couscous, bulgur

Beer and malt

Regular soy sauce

Breaded or battered foods

EASY SWAPS

~~Soy sauce~~ → Tamari

~~Pasta~~ → Gluten-free pasta

~~Regular oats~~ → Certified GF oats

~~Flour~~ → 1-to-1 GF flour blend

GLUTEN-FREE PANTRY STAPLES

- ☐ Tamari or GF soy sauce
- ☐ Quinoa
- ☐ Certified GF oats
- ☐ Cornstarch
- ☐ Gluten-free broth
- ☐ Vinegar (not malt)
- ☐ Plain nuts and seeds
- ☐ Tomatoes and tomato sauce
- ☐ Popcorn kernels
- ☐ Rice (white, brown, jasmine)
- ☐ GF pasta (rice or chickpea)
- ☐ 1-to-1 GF flour blend
- ☐ Canned beans and lentils
- ☐ Olive oil
- ☐ Single-ingredient spices
- ☐ GF breadcrumbs
- ☐ Rice cakes or GF crackers

SHOPPING TIPS

- 1 Start naturally gluten-free**
Fresh foods and rice cost less than specialty products.
- 2 Read every label, every time**
Look for wheat, barley, rye, malt and brewer's yeast.
- 3 "Wheat-free" isn't gluten-free**
Look for the words "gluten-free" or a certified mark.
- 4 Watch for hidden gluten**
Sauces, broths, bouillon and seasoning packets.
- 5 Freeze GF bread**
Toast slices as you need them.
- 6 Keep kitchen tools separate**
Toasters, colanders and butter tubs pick up crumbs.