

Full Gluten and Dairy Free Food List

Proteins

- Chicken, turkey, beef, lamb
- Eggs
- Tofu and tempeh
- Lentils, chickpeas, black beans
- Fish and seafood
- Gluten-free protein powders

Grains

- Quinoa
- Brown rice
- Buckwheat
- Millet
- Certified gluten-free oats
- Gluten-free pasta or tortillas (made from rice, lentil, chickpea flour, etc.)

Fruits and Vegetables

- All fresh fruits and vegetables are naturally gluten and dairy-free
- Frozen fruits and vegetables

Healthy Fats

- Avocados
- Olive oil, coconut oil, avocado oil
- Nuts and seeds (almonds, chia, flaxseeds, hemp, walnuts)
- Nut butters (check for additives)

Dairy Alternatives

- Unsweetened almond, oat, coconut, or cashew milk
- Plant-based yogurts and cheeses (preferably minimal ingredient ones)
- Coconut cream or milk for cooking

Snacks

- Hummus
- Rice cakes
- Gluten-free granola
- Dark chocolate (check label for dairy)
- Homemade trail mix