

## Fearless Dining - Master Gluten-Free Pantry List

Updated as of 4/8/26

<https://www.fearlessdining.com>

### Gluten-Free Pasta and Rice

- Edamame Spaghetti
- Rice Ramen
- Organic Manitu Rice Noodles
- Go Go Quinoa Organic Macaroni Pasta
- Healthy Noodle
- Manitu Rice Noodles
- TruRoots Pasta
- Organic Spirals Chickpea Pasta
- True Republic Cauliflower Linguini
- Royal Aborrio Rice
- Kirkland Organic Quinoa

### Gluten-Free Flour, Baking Ingredients, and Mixes

- Bob's Red Mill 1:1 Gluten Free Flour Blend
- Namaste Organic Gluten Free Flour Blend
- Namaste Gluten Free Waffle and Pancake Mix
- Namaste 6 Pack Brown Rice Flour
- King Arthur Measure for Measure
- Farmers We Know Gluten Free Rolled Oats
- Kirkland Almond Flour
- Volupta Cacao Powder
- Mrs. Jones Keto and Gluten Free Brownie Mix
- Simple Mills Banana Muffin Mix
- Thai Kitchen Organic Coconut Milk
- Olive oil and other types of cooking/baking oil
- Bulk Sugar and Brown Sugar
- Nestle Chocolate Chips
- Honey
- Nielsen and Massey Extracts

### Gluten-Free Granola

- Safe Fair Birthday Cake Granola
- Autumn's Gold Paleo Granola
- Purely Elizabeth Granola

- Nature's Own Gluten Free Granola
- Catalina Crunch
- NuTrail Keto Granola
- Two Moms in the Raw Granola
- Made Good Granola

## Protein Bars, Jerky, and More!

- The Perfect Bar
- Wella Bars
- Nogi Bars
- Pro Bars Fuel
- Square Bars
- Siren Snacks
- Ready Clean Protein Bars
- Lara Bars
- Bobo's PB&J; Bars
- Kirkland Steak Bites
- Smoke Show Seasoned Beef Sticks (free of the top 9)
- Organic Pure Fruit Bars
- Fichi Fig & Nut Bites
- Golden Island Pork Jerky
- Magic Spoon Protein Pastries (They look like Pop-Tarts!)
- Tosi Crunchy Bars (nuts and seeds)
- Tosi Crispy Protein Puffs
- Wilde Protein Chips

## Gluten-Free Bread

- BFree Gluten Free Pita Bread
- Canyon Bakehouse
- Franz Bakery Gluten-Free Multigrain Bread
- Franz Bakery Gluten-Free Sourdough - In select stores.
- Udi's (in some stores)

## Beans, Canned Goods, and Broth

- Kirkland Diced Tomatoes
- S&W; Black Beans
- Rosarita Refried Beans
- S&W; Garbanzo Beans
- Kirkland Organic Tomato Sauce

- Kirkland Organic Tomato Paste
- Kirkland Chicken Stock
- Bare Bones Bone Broth
- Canned Tuna
- Kirkland Chunk Chicken
- Kirkland Canned Salmon
- Del Monte Canned Corn
- Dole Mandarin Oranges
- Spam
- Pacific Roasted Red Pepper & Tomato Soup

## Gluten-Free Cereals

- Catalina Crunch Cereal
- EnviroKids Cereals
- One Degree Cereals
- Chex Cereals
- Cheerios

## Nut Butters, Condiments, and More

- Kirkland Peanut Butter
- Kirkland Almond Butter
- Nutt Zo Seed Butter
- Nutella
- Laird's Plant-Based Coffee Creamer
- Kirkland Coconut Oil
- Hidden Valley Ranch Dressing
- Kinder's Chicken Sauce
- Costco Fresh Salsa
- Orgain Protein Powder
- Starbucks and Peet's Coffee Beans