

Fearless Dining - Master Gluten-Free Pantry List

Updated as of 10/16/26

<https://www.fearlessdining.com>

Gluten-Free Pasta and Rice

- ☐ Edamame Spaghetti
- ☐ Rice Ramen
- ☐ Manitou Organic Rice Noodles
- ☐ Go Go Quinoa Organic Macaroni Pasta
- ☐ Healthy Noodle
- ☐ TruRoots Pasta
- ☐ Organic Spirals Chickpea Pasta
- ☐ True Republic Cauliflower Linguini
- ☐ Royal Arborio 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
- ☐ Miss 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-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
- ☐ Whitney Jordan Dried Persimmons
- ☐ Nature's Garden Probiotic Yoggies
- ☐ 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
- ☐ Siete Almond Flour Tortillas
- ☐ 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
- ☐ Sipping Snack 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