

# Wheat and Gluten Free Food List – 50friendly.com

---

## **SHIRATAKI NOODLES**

## **ALL FRUITS & VEGETABLES**

## **DAIRY PRODUCTS**

Buttermilk  
Cream  
Cream cheese  
Greek yogurt, unsweetened and unflavored  
Kefir, unsweetened and unflavored  
Milk  
Yogurt, unsweetened and unflavored  
Cheese (except Gorgonzola and blue cheese)

## **FISH AND SHELLFISH**

Catfish  
Clams  
Cod  
Crab  
Halibut  
Lobster  
Mahi Mahi  
Mussels  
Octopus  
Oysters  
Perch  
Red Snapper  
Salmon  
Shrimp  
Squid  
Trout  
Walleye

## **GRAINS – on occasion and consumed cautiously**

Amaranth  
Buckwheat  
Corn  
Millet  
Quinoa  
Rice, white and brown  
Sorghum

Teff

Wild Rice

## **HERBS AND SPICES**

Allspice  
Anise  
Basil  
Bay Leaf  
Caraway  
Cardamom  
Celery Seed  
Cilantro  
Cinnamon  
Clove  
Coriander  
Dill  
Fennel  
Fenugreek  
Garlic  
Marjoram  
Mint  
Mustard  
Oregano  
Paprika  
Parsley  
Pepper  
Rosemary  
Saffron  
Sage  
Salt, sea salt  
Star Anise  
Tarragon  
Thyme  
Turmeric  
Wasabi

# Wheat and Gluten Free Food List – 50friendly.com

---

## **LEGUMES**

Black Beans  
Black-eyed Peas  
Carob  
Chickpeas (garbanzo beans)  
Kidney Beans  
Lentils  
Mesquite  
Peanuts  
Peas  
Pinto Beans  
Red Beans  
Soybeans  
Spanish Beans  
Vanilla, vanilla beans

## **MEATS, POULTRY AND EGGS**

Beef  
Buffalo  
Chicken  
Duck  
Eggs  
Elk  
Lamb  
Ostrich  
Pheasant  
Pork  
Quail  
Turkey

## **NUTS AND SEEDS**

Almonds  
Brazil Nuts  
Cashews  
Chia Seeds  
Filberts  
Flaxseeds  
Hazelnuts  
Peanuts  
Pecans  
Pistachios

Pumpkin Seeds  
Sesame Seeds  
Sunflower Seeds

## **BAKING PRODUCTS**

Almond Meal and Flour – for muffins, cookies, and cakes

Coconut Flour – use as an additive to breads and a thickener for gravies. Used to modify the texture and flavor of nut meals.

Garbanzo Bean (chickpea) Flour – used to lighten up nut flours

Ground Golden Flaxseed – used as an addition to nut meals and flours. If used alone it will yield a crumbly texture.

Hazelnut Meal – an alternative to almond meal and flour

Pecan Meal – used as a replacement for almond meal. Used for pie crusts to replace graham crackers, or for muffins and cookies

Pumpkins Seed Flour

Sesame Seed Meal – for dishes that have cheeses, peppers, onions,

Sunflower Seed Meal – Can be added to more expensive flours to cut cost. Provides a heavier, chewier product like cookies. Not good for cakes.

Walnut Meal – good for pie and cheesecake crusts. Can be interchanged for almond meal or flour, but will have a heavy texture. Not good for cakes

# Wheat and Gluten Free Food List – 50friendly.com

---

## OILS

Coconut Oil – most versatile, cooking-friendly, heat tolerant and most healthy oil

EVOO – extra virgin olive oil. Rich in antioxidants and mono-unsaturates, and very delicious.

Flaxseed Oil – has a strong nutty flavor and can be bitter. Use with dishes that have a vegetal taste.

ELOO – extra light olive oil. Very useful in brownie and cupcake recipes

Walnut Oil – very baking compatible

Avocado Oil – useful for recipes with vegetal tastes. Great for cooking

Butter – use sparingly unless its pure organic

## SWEETENERS

Stevia – a versatile and safe sweetener, useful for nearly all recipes that sweetness is required without the calorie burden.

Erythritol – is a useful and safe sweetener for most of the wheat belly recipes

Xylitol – very baking friendly and add browning to the exterior of breads and muffins

Sucralose (Splenda) – has been proven to be safe in consumption, but have been reported to have potential adverse effects. Your choice whether to use or not.

Truvia (rebid a and erythritol) – provide a bit more rise to wheat free breads and muffins, more than stevia can do.