

THE GFE* PANTRY

1. Apple cider vinegar	14. Coconut, shredded	27. Garlic	40. Parmesan cheese
2. Apples	15. Confectioner's sugar	28. GF flour mix (3 parts Asian white rice flour and 2 parts cornstarch); rice flour; cornstarch; tapioca starch	41. Peanut butter
3. Baking powder, baking soda, ~~xanthan gum, vanilla extract	16. Corn tortillas (grilled cheese, casseroles, quesadillas, fajitas, "crackers/chips" for soup topping/salsa)	29. GF soy sauce (~~San-J wheat-free tamari; La Choy regular-- <i>not</i> lite and <i>not</i> teriyaki; and you can even make your own soy sauce substitute using molasses)	42. Potato chips
4. Salt (regular and sea salt)	17. Cornmeal (e.g., Tender Bake, Indianhead)	30. Granulated sugar	43. Potatoes (Russet, white and sweet)
5. Balsamic vinegar	18. Cornstarch	31. Ground beef/venison	44. Rice (white, brown, Minute Brown Rice); Rice cereal (breeding)
6. Bananas	19. ~~Crackers (Blue Diamond Nut Thins, Crunchmaster)	32. Honey, maple syrup, and molasses	45. Salad "greens" (spinach, romaine, cole slaw mix, cucumbers, avocados)
7. Better than Bouillon (chicken, beef, ham, clam)	20. Cream cheese	33. Instant mashed potatoes (e.g., Idahoan, for breeding, "filler" like for meatballs)	46. Salsa (for chips and recipes like soup)
8. Brown sugar, coconut sugar	21. Dried cranberries	34. Ketchup (Heinz), mayo (Duke's), mustard (Dijon, brown)	47. Tapioca
9. Butter	22. Eggs (large and extra large)	35. Lemons/lemon juice and Limes/lime juice	48. Texas Pete hot sauce
10. Cheese blocks (cheddar, Swiss, etc. ... some in freezer)	23. Evaporated milk	36. Nuts (almonds, cashews, pecans, walnuts, etc. for nut "cereal," snacking, breeding)	49. Tortilla chips
11. Chili sauce (Heinz), Worcestershire sauce (Lea & Perrins)	24. Fresh vegetables (artichokes, broccoli, green peppers, red peppers, mushrooms, etc.)	37. ~~Oats (Gifts of Nature and others certified gluten free by GFCO or CSA)	50. Tuna
12. Chocolate chips and cocoa	25. Frozen/canned artichoke hearts	38. Olive oil (EVOO, extra light, mild), grapeseed oil, coconut oil	51. V-8, wine
13. Spices/herbs/seasonings (e.g., cinnamon, seasoned salt, Italian seasoning, dried parsley, Old Bay, cayenne pepper, smoked paprika, basil, rosemary)	26. Frozen/canned vegetables and fruit (tomatoes, peas, corn, green beans, kidney beans, chickpeas, lima beans, black beans, pumpkin, etc.)	39. Onions	52. ~~Van's frozen waffles (for bread crumbs)

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*Gluten Free Easily—Basic ingredients that are naturally gluten-free, with a few gluten-free specialty items. The GFE Pantry means the actual pantry, cabinets, refrigerator, and freezer---any place where food is stored.

~~Indicates gluten-free specialty item.