

Single-Ingredients to Avoid

Baguette	Barley	Beignet
Bran	Brioche	Bulgur
Burrito	Couscous	Crepe
Croutons	Durum	Einkorn
Emmer	Farina	Farro
Focaccia	Fu	Gnocchi
Graham Flour	Gravy	Kamut
Hydrolyzed Wheat Starch	Hydrolyzed Vegetable Protein	Modified Food Starch
Matzo	Orzo	Panko
Ramen	Roux	Rusk
Rye	Seitan	Semolina
Soba	Spelt	Strudel
Tabbouleh	Tart	Triticale
Textured Vegetable Protein	Vital Wheat Gluten	Wheat Bran
Udon	Wheat Germ	Wraps

Substitutions for Wheat Flour

Almond Meal	Almond Flour
Coconut Flour	Garbanzo Bean (Chickpea) Flour
Ground Golden Flaxseed	
Hazelnut Meal	Pecan Meal
Pumpkin Seed Flour	Sesame Seed Meal
Sunflower Seed Meal	Walnut Meal

Healthy Oils for G-F Lifestyle

Coconut Oil	Flaxseed Oil
Extra-Virgin Olive Oil	Extra-Light Olive Oil
Walnut Oil	Avocado Oil
Organic Butter	

Nonnutritive Sweeteners

Stevia (Rebiana)	Sucralose (Splenda)
Xylitol	Erythritol

Essentials for G-F Pantries

Almond Meal	Almond Flour
Almond Milk, Unsweetened	
Baking Powder	Cauliflower
Cheeses	Chia Seed
Chocolate	Chocolate Chips
Cocoa Powder, Unsweetened	
Coconut, shredded and unsweetened; Coconut Flakes	
Coconut Flour	Coconut Milk
Cream of Tarter	Dried Fruit
Eggs	Extracts
Flaxseeds	Guar Gum
Ground Nut Meals	Nut and Seed Butters
Nuts	Oils
Seeds	Sweeteners
Shirataki Noodles (Refrigerated)	Xanthan Gum



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