



Love Food Nourish

simple, delicious gluten, dairy & refined sugar free recipes

The Ultimate Gluten Free, Dairy Free, Refined Sugar Free
Shopping List to Stock your Pantry!

+ Tips on Refined Sugar Alternatives

Meat, Seafood & Eggs

<input type="checkbox"/> Beef	<input type="checkbox"/> Chicken
<input type="checkbox"/> Lamb	<input type="checkbox"/> Turkey
<input type="checkbox"/> Venison	<input type="checkbox"/> Pork (bacon, ham etc)
<input type="checkbox"/> White fish	<input type="checkbox"/> Salmon
<input type="checkbox"/> Tuna	<input type="checkbox"/> Shellfish
<input type="checkbox"/> Eggs	

Nuts & Seeds

<input type="checkbox"/> Almonds	<input type="checkbox"/> Walnuts
<input type="checkbox"/> Macadamia Nuts	<input type="checkbox"/> Pecans
<input type="checkbox"/> Cashew Nuts	<input type="checkbox"/> Pumpkin Seeds
<input type="checkbox"/> Sunflower Seeds	<input type="checkbox"/> Chia Seeds
<input type="checkbox"/> Flaxseeds (Linseed)	

Beans & Legumes

<input type="checkbox"/> Chickpeas <input type="checkbox"/> Lentils <input type="checkbox"/> Cannellini or White Beans <input type="checkbox"/> Kidney Beans	<input type="checkbox"/> Black Beans <input type="checkbox"/> Adzuki Beans <input type="checkbox"/> Mung Beans <input type="checkbox"/> Black - Eye Peas
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Vegetables

<input type="checkbox"/> Onions <input type="checkbox"/> Broccoli <input type="checkbox"/> Leafy Greens (kale, collards, spinach, bok choy) <input type="checkbox"/> Tomatoes <input type="checkbox"/> Squash <input type="checkbox"/> Sweet Potato <input type="checkbox"/> Zucchini (Courgette) <input type="checkbox"/> Capsicum (Peppers) <input type="checkbox"/> Chilies <input type="checkbox"/> Celery <input type="checkbox"/> Brussel Sprouts <input type="checkbox"/> Corn	<input type="checkbox"/> Garlic <input type="checkbox"/> Cauliflower <input type="checkbox"/> Lettuce/Salad Greens <input type="checkbox"/> Avocado <input type="checkbox"/> Pumpkin <input type="checkbox"/> Potatoes <input type="checkbox"/> Parsnips <input type="checkbox"/> Eggplant (Aubergine) <input type="checkbox"/> Cucumber <input type="checkbox"/> Carrots <input type="checkbox"/> Bean Sprouts <input type="checkbox"/> Mushrooms <input type="checkbox"/> Fresh Herbs
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Fruit

<ul style="list-style-type: none"><input type="checkbox"/> Bananas<input type="checkbox"/> Apples<input type="checkbox"/> Oranges<input type="checkbox"/> Pineapple<input type="checkbox"/> Apricots<input type="checkbox"/> Mango<input type="checkbox"/> Kiwifruit<input type="checkbox"/> Cherries<input type="checkbox"/> Tamarillo<input type="checkbox"/> Lemons	<ul style="list-style-type: none"><input type="checkbox"/> Pears<input type="checkbox"/> Plums<input type="checkbox"/> Berries<input type="checkbox"/> Grapes<input type="checkbox"/> Guava<input type="checkbox"/> Nectarine<input type="checkbox"/> Peaches<input type="checkbox"/> Passionfruit<input type="checkbox"/> Feijoa<input type="checkbox"/> Grapefruit
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Dairy Alternatives

<ul style="list-style-type: none"><input type="checkbox"/> Almond, Soy, Rice or Coconut milk<input type="checkbox"/> Coconut Yoghurt<input type="checkbox"/> Nutritional Yeast (can be added to recipes or sprinkled on top of food to give a “cheesy” savoury flavour)	<ul style="list-style-type: none"><input type="checkbox"/> Silken Tofu<input type="checkbox"/> Coconut Cream<input type="checkbox"/> Butter replacements: (coconut oil, olive oil, tahini, avocado)<input type="checkbox"/> Make your own nut milk with any of your favourite nuts such as cashews or macadamia
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Gluten Free Wholegrains

<ul style="list-style-type: none"><input type="checkbox"/> Quinoa<input type="checkbox"/> Rice (brown, white, wild, arborio)<input type="checkbox"/> Amaranth<input type="checkbox"/> Corn (Polenta)	<ul style="list-style-type: none"><input type="checkbox"/> Buckwheat<input type="checkbox"/> Millet<input type="checkbox"/> Certified Gluten Free Oats
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Gluten Free Cereal Alternatives

<ul style="list-style-type: none"><input type="checkbox"/> Certified Gluten Free Oats<input type="checkbox"/> Rice Cereal<input type="checkbox"/> Puffed Amaranth<input type="checkbox"/> Homemade muesli/granola with gluten free oats & nuts & seeds<input type="checkbox"/> Chia Seed Porridge - Example: Chia Seed Porridge with Cinnamon Pears & Feijoas	<ul style="list-style-type: none"><input type="checkbox"/> Millet Cereal<input type="checkbox"/> Rice Flakes<input type="checkbox"/> Buckwheat (can be made into porridge)<input type="checkbox"/> Chia Seed Layered Smoothie - Example: Creamy Coconut Chia, Acai & Strawberry Layered Smoothie
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Gluten Free Flour Alternatives

<ul style="list-style-type: none"><input type="checkbox"/> Gluten Free Flour Blend<input type="checkbox"/> Rice<input type="checkbox"/> Buckwheat<input type="checkbox"/> Pea<input type="checkbox"/> Potato<input type="checkbox"/> Millet<input type="checkbox"/> Quinoa	<ul style="list-style-type: none"><input type="checkbox"/> Coconut<input type="checkbox"/> Chickpea<input type="checkbox"/> Soya<input type="checkbox"/> Amaranth<input type="checkbox"/> Almond Meal/Flour<input type="checkbox"/> Corn
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Baking Items

<ul style="list-style-type: none"><input type="checkbox"/> Baking Soda<input type="checkbox"/> Cacao Powder<input type="checkbox"/> Cornstarch<input type="checkbox"/> Xanthan Gum	<ul style="list-style-type: none"><input type="checkbox"/> Baking Powder<input type="checkbox"/> Natural Vanilla Essence<input type="checkbox"/> Arrowroot Powder<input type="checkbox"/> Dairy Free Chocolate Chips
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Refined Sugar Alternatives

<ul style="list-style-type: none"><input type="checkbox"/> Honey<input type="checkbox"/> Coconut Sugar<input type="checkbox"/> Dates (can be blended and used in baking)	<ul style="list-style-type: none"><input type="checkbox"/> Maple Syrup<input type="checkbox"/> Rapadura Sugar<input type="checkbox"/> Stevia<input type="checkbox"/> Fruit such as banana or applesauce can sometimes be used as sugar substitutes
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*See note on sugar below

Pasta, Bread, Crackers & Other Packaged Alternatives

<ul style="list-style-type: none"><input type="checkbox"/> Gluten Free Pasta (rice, corn or quinoa)<input type="checkbox"/> Black Bean Pasta<input type="checkbox"/> Rice Noodles<input type="checkbox"/> Rice Paper Rolls<input type="checkbox"/> Polenta<input type="checkbox"/> Gluten Free Bread<input type="checkbox"/> Gluten Free Pizza Bases<input type="checkbox"/> Gluten Free Rice Crackers<input type="checkbox"/> Gluten Free Corn Thins<input type="checkbox"/> Nori Seaweed Snacks<input type="checkbox"/> Bliss Balls - Bought or homemade. Example: Creamy Blueberry, Cacao & Coconut Balls	<ul style="list-style-type: none"><input type="checkbox"/> Edamame & Mung Bean Pasta<input type="checkbox"/> Rice (brown, white, wild, arborio)<input type="checkbox"/> Quinoa<input type="checkbox"/> Gluten Free Tortilla Chips or Tacos<input type="checkbox"/> Gluten Free Burger Buns<input type="checkbox"/> Gluten Free Rice Cakes<input type="checkbox"/> Popcorn<input type="checkbox"/> Paleo snack bars or homemade nut bars. Example: Paleo Nut Bars with Goji Berries.
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Oils & Vinegars

<ul style="list-style-type: none"><input type="checkbox"/> Olive Oil<input type="checkbox"/> Coconut Oil<input type="checkbox"/> Peanut Oil<input type="checkbox"/> Macadamia Oil<input type="checkbox"/> Avocado Oil<input type="checkbox"/> Sesame Oil<input type="checkbox"/> Grapeseed Oil	<ul style="list-style-type: none"><input type="checkbox"/> Apple Cider Vinegar<input type="checkbox"/> Balsamic Vinegar<input type="checkbox"/> Red Wine Vinegar<input type="checkbox"/> White Wine Vinegar
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Condiments, Spreads & Sauces

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| <ul style="list-style-type: none">❑ Tahini❑ Tamari Soy Sauce❑ Mustard❑ Whole Fruit Preserves❑ Saurkraut❑ Avocado - can be used to make creamy sauces or dips. Example: Creamy Dairy Free Avocado Sauce❑ Cashew Nuts - can be used to make creamy sauces. Example: Creamy Cumin Cashew Sauce❑ White Beans - can be used to make a creamy spread or dip. Example: Creamy White Bean Dip with Garlic & Sage | <ul style="list-style-type: none">❑ Hummus❑ Liquid Aminos❑ Sugar Free Tomato Sauce❑ Guacamole (homemade with no added dairy)❑ Nut Butters (peanut, almond, cashew, brazil)❑ Miso Paste (can use as a nice spread, soup or use as stock)❑ Pesto - use a dairy free pesto with no added cheese or make your own. Example: Kale, Basil & Walnut Dairy Free Pesto |
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Packaged Products for Cooking

<ul style="list-style-type: none"><input type="checkbox"/> Gluten Free Beef, Chicken or Fish Stock<input type="checkbox"/> Tamari Soy Sauce<input type="checkbox"/> Miso Paste (can be used as stock or soup base)	<ul style="list-style-type: none"><input type="checkbox"/> Gluten Free Vegetable Stock<input type="checkbox"/> Liquid Aminos
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Herbs & Spices

<ul style="list-style-type: none"><input type="checkbox"/> Sea Salt<input type="checkbox"/> Rosemary<input type="checkbox"/> Turmeric<input type="checkbox"/> Coriander<input type="checkbox"/> Garlic Powder<input type="checkbox"/> Cinnamon<input type="checkbox"/> Nutmeg<input type="checkbox"/> Chili powder<input type="checkbox"/> Cayenne pepper<input type="checkbox"/> Basil	<ul style="list-style-type: none"><input type="checkbox"/> Pepper<input type="checkbox"/> Oregano<input type="checkbox"/> Cumin<input type="checkbox"/> Curry Powder<input type="checkbox"/> Onion Powder<input type="checkbox"/> Ginger<input type="checkbox"/> Chinese Five Spice<input type="checkbox"/> Italian Seasoning<input type="checkbox"/> Bay Leaves<input type="checkbox"/> Thyme
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Hope's tips on refined sugar alternatives:

Although many of the sugar replacements in the shopping list are not refined and contain more nutrients than white sugar, they are still treated by the body as sugar. Therefore they still need to be eaten in moderation i.e as a treat.

If you are wanting to avoid sugar as much as possible are looking for a sugar replacement to use daily - (such as adding sugar or sweetener to tea or coffee) - I would recommend using Stevia. Stevia is a natural sugar alternative sourced from the stevia plant and does not have the same impact on blood sugar levels or the liver that sugar (refined or not) does. Stevia also has zero calories.

Be careful that the Stevia that you buy is actually Stevia and is not highly processed and altered with Stevia being only a small proportion of the ingredients listed on the packet. Check the ingredients on the packet!

Stevia is much sweeter than sugar and this can vary depending on whether you buy the extract or the powder, so play around with it to get the sweetness you desire.

Dates can replace sugar in many recipes, they can give a nice caramel flavour to a sweet recipe. Fresh mejool dates can easily be blended and made into a paste. If you are using the less expensive dried dates then soaking them in a bowl of hot water covered with a paper towel for 15 minutes will help them to blend easily into a paste. This is also helpful if you do not have a powerful blender or food processor. Dates are high in nutrients and fibre, compared to processed sugar which is void of any nutrition. Fibre slows down the absorption of sugar to your liver, which helps to regulate how your insulin responds. Fibre can lessen the impact that the sugar in dates has on blood sugar levels. However dates are still high in fructose (sugar) and should to eaten in moderation and counted as a treat.

I hope you have found this list helpful! Please check out www.lovefoodnourish.com for more gluten, dairy & refined sugar recipes.

Hope x