

Thyroid Dietitian Shopping List: Grain Free

Fresh Produce

- Spinach
- Carrots
- Sweet potatoes
- 2-3 more veggies of your choice:
- _____
- _____
- _____
- Pick 3 fresh fruits (at minimum):
- Apples or pears
- _____
- _____
- _____
- Basil or other herb: _____
- Garlic
- Onion

Frozen Produce

- Frozen strawberries/berries
- Frozen green beans
- Frozen peas
- Frozen cauliflower

Seasonings

- Balsamic vinegar
- Olive oil
- Coconut oil
- Raw or local honey
- Stevia ("Sweet Leaf")
- Unsweetened coconut flakes
- Vanilla (pure)
- Garlic powder
- Chipotle chili powder
- Salt (Himalayan, Sea; Kosher salt if you need iodine free)
- Oregano (plain dried herbs of your choice):
- _____
- _____
- _____

Dairy (Optional)

- Butter: Grass fed, organic
- Kefir (fermented yogurt drink)
- Cheese (organic when possible)

Dry Goods

Dry beans and peas (or canned if needed for quick prep):

- Chickpea/Garbanzo bean
- Black bean
- Lentils
- _____
- 1 nut of your choice _____
- 1 seed* of choice _____
- Dried fruit of choice
- Tuna (canned)
- Olives
- Artichoke hearts

Baking and Specialty:

- Chickpea flour
- Coconut flour
- Whey, pea protein (no grain), or egg white protein powder
- **Pseudo-cereals (see below)
- _____
- _____

Cold Foods

- Eggs
- Hummus
- Meats (organic when possible)
- Natural deli meat
- Fish/Seafood of your choice
- Frozen Meat and Fish:

Misc.

- Snack bar: Lara, Kind
- Freeze dried fruit
- "Turkey jerky" (look for gluten free)
- Dark chocolate
- Tea
- La Croix seltzer
- Coconut milk or almond milk (unsweetened)
- _____
- _____
- _____
- _____
- _____

Notes:

Tips and Recommendations:

- *Buy sprouted sunflower or pumpkin seeds for ease of digestion when you can. These are often sold at Whole Foods, health foods stores, and online.
- Soak your beans and peas (for 12-24 hours in a clean, covered bowl filled with clean water) to let them sprout as well for easier digestion and optimal nutrition.
 - This only works with dry beans/peas, not canned.
- **Pseudo-cereals**: These are actually seeds with grain-like qualities. You may eat these on a “grain free diet”, but there is often cross contamination with the other *true* grains. Make sure to buy gluten free labeled versions of these:
 - Quinoa
 - Buckwheat
 - Amaranth (often used to make a porridge)

Check your products to make sure they are free of the following grains:

- Wheat, rye, barley, barley malt
- Bran
- Bulgur
- Couscous, orzo
- Farina, Kamut
- Semolina
- Sorghum
- Spelt
- Corn, Cornflour, Cornmeal
- Rice, Wild Rice
- Oats
- Millet
- Teff, Montina flour, Graham flour (wheat)
- Commercially made stock: like chicken, beef or vegetable stock in either powder or liquid usually contains some kind of grain.
- Beer (made from grains)