

BREAKFAST

INGREDIENTS

- Apples
- Bananas
- Berries
- Coconut

Muffins, Pancakes & Waffles

- Almond Flour
- Coconut Flour
- Hazelnut Flour
- Arrowroot Flour
- Cassava Flour
- Bob's Red Mill Paleo Baking Flour

READY-MADE OPTIONS

- Caveman Grain Free Granola Crunch with non-dairy milk or yogurt
- Caveman Grain Free Granola Bars
- Simple Mills Almond Flour Pancake & Waffle Mix
- Birchbender's Pancake & Waffle Mix
- Eat My Waffles!
- Pamela's Products Pancake Mix
- Daily Kneads Grain Free Bread
- Base Culture Paleo Bread
- Simple Mills Banana Muffin Mix

LUNCH & DINNER

INGREDIENTS

- Meat (of course!)

Marinades, Dressings & Sauces

- Coconut Milk
- Coconut aminos (soy sauce alternative)
- Garlic
- Bone broth

Pasta, Rice, and Sides

- Zucchini noodles
- Sweet potato noodles
- Spiralized butternut squash
- Roasted spaghetti squash
- Cauliflower rice
- Broccoli rice
- Sweet potato fries

Sandwiches, Tacos, Wraps

- Lettuce (as a "bun")
- Sweet potato slices (as "toast")

READY-MADE OPTIONS

Marinades, Dressings & Sauces

- Paleo Nom Nom Stir Fry Marinades
- The New Primal Hot & Spicy or Citrus Herb
- Tessemae condiments

Pasta, Rice, and Sides

- Miracle Noodle Shirataki Pasta/Rice
- Wild Zora Paleo Meals To Go
- Good To-Go Meal Kits
- Udi's Gluten-Free Meals

Sandwiches, Tacos, Wraps

- Siete Grain Free Taco Shells or Cassava Coconut Flour Tortillas
- Daily Kneads Grain Free Bread or Base Culture Paleo Bread
- Smart Baking Company Smartbun



GLUTEN & GRAIN FREE GROCERY LIST for Your Pantry



Learn more about grain-free ingredients at CavemanFoods.com

A good shopping list makes grocery shopping so much easier. And that's especially true if you're eating a specific diet. As grain-free eating has increased in popularity, so has the number of grain-free options. This list will make it easy to have a well-stocked and healthy grain-free pantry.



SNACKS

INGREDIENTS

- Almonds
- Cashews
- Pecans
- Sunflower seeds
- Pumpkin seeds
- Chia
- Nut butters
- Guacamole
- Dried dates, figs, apricots
- Raisins
- Baby carrots
- Celery sticks
- Sliced Bell peppers
- Broccoli florets

READY-MADE OPTIONS

- Caveman Nutrition Bars
- Caveman Grain Free Granola Bars
- Caveman Grain Free Protein-rich Snacks
- Caveman Collagen Bars
- Caveman Protein Bars
- Chips and Crunchy Snacks
- Caveman Grain Free Granola Crunch
- Rhythm Superfoods Beet Chips
- FitJoy Grain Free Pretzels
- Brad's Crunchy Kale
- Avolov Avocado Chips
- Banana or Terra Plantain Chips
- Siete Grain Free Tortilla Chips