

Stocking Your Grain Free & Dairy Free Kitchen

www.yogakicksmiyasana.wordpress.com

Flour Replacements:

Blanched Almond Flour
Coconut Flour
Tapioca Starch
Arrowroot Starch
Flaxseed Meal

Milk & Dairy Replacements:

Almond Milk or Cashew Milk
Canned Coconut Milk
Ghee and/or Grass Fed Butter
Daiya (personal choice to consume)

Pantry & Refrigerator Staples:

Almond Butter
Olive Oil
Coconut Oil
Coconut Sugar
Balsamic Vinegar
Apple Cider Vinegar
Raw Honey
Baking Powder (without corn starch)
Pure Maple Syrup (Grade B)
Coconut Aminos (soy free seasoning)
Eggs
Chia Seeds

Nuts:

Recommended to soak nuts before consuming.
Nuts & seeds are approved minus peanuts which are actually a legume. Eat in moderation.

Vegetables:

Most legumes are not approved.

Carrots
Spinach
Kale
Peppers
Avocado
Brussels Sprouts
Zucchini
Cabbage
Cauliflower
Eggplant
Sweet Potatoes
Butternut Squash
Spaghetti Squash

Fruits:

Apples
Bananas
Pineapple
Berries
Melons
Citrus
Grapes

Healthy Fats:

Avocado
Olive Oil
Coconut Oil
Grass Fed Butter