

# Gluten-Free Go-To's

Easy, healthier, ready to go g-free brands for specialty products. Don't forget naturally gluten-free options, too!



## Bars

- Go Macro bars®
- Larabars®
- Pure bars®
- Kind bars®
- Bumble Bars®
- NuGo bars®
- Zingbars®
- Rise bars®
- RX bars®

## Snacks

- Bhuja Snacks®
- Caveman Cookies®
- Enjoy Life® (allergen friendly)
- Hail Merry's®, Coco-roons
- Just Tomatoes® Fruits & Veggies
- Mary's Gone Crackers®
- Nuts.com has a variety of options®

## Veggie Burgers:

- Dr. Praeger's® Gluten-free California Veggie Burgers
- Hilary's® Eat Well Gluten-Free Veggie Burgers
- Qrunch burgers®
- Sunshine burgers®

## Quick meal options:

- Amy's Organics® has frozen entrees, with vegan and vegetarian options
- Certified g-free oatmeal (many brands). Look for purity protocol!
- CookSimple® has a variety of boxed meals (some gluten-free, some not)
- Garden of Eatin' has a variety of vegan and vegetarian options
- Glutenfreeda® has a wide variety of options
- GoPicnic® has pre-packed meals that are shelf-stable. Most, but not all are GF
- Soups! Amy's®, Dr. Mc Dougall's®, Pacific Foods®, & Progresso® have GF options
- St. Dalfour® has tinned meals (some gluten-free, some not)
- Tasty Bite®

