

LATEST GLUTEN-FREE PRODUCTS ON THE MARKET

Bakery	Calories/Serving	Carbohydrate (g)	Claims
Laird Superfood Homemade Chocolate Chip Cookie Mix	110 kcal/23 g	13	Gluten-free, suitable for vegans, dairy-free, no egg, no highly refined sugar, no preservatives, no artificial flavors
Simple Truth Puff Bunz	70 kcal/34 g	1	Keto friendly, gluten-free
CEREALS AND CEREAL BARS			
Lenny & Larry's Chocolate Almond Sea Salt The Complete Cookie-fied Bar	170 kcal/45 g	20	Non-GMO Project Verified, vegan, free from dairy, egg, soy, high-fructose corn syrup, and artificial sweeteners
Purely Elizabeth Grain-Free Apple Walnut Keto Granola Clusters	160 kcal/30 g	11	Keto certified, Paleo certified, non-GMO, made with MCT oil, gluten-free
CONFECTIONERY			
Bhu Keto Mint Cookie Dough Truffles	60 kcal/11 g	6	Suitable for vegans, gluten-free, Non-GMO Project Verified
Butterfinger Bites	140 kcal/30 g	20	No artificial flavors or colors, gluten-free
DAIRY ALTERNATIVES			
Chobani Oat Coffee Creamer	20 kcal/15 ml	4	Plant based, nondairy, no lactose, no nuts, no gluten, vegan friendly
Kite Hill Protein Dairy Free Plant-Based Yogurt, Plain Unsweetened	130 kcal/170 g	7	Non-GMO Project Verified, gluten-free, suitable for vegans
READY MEALS AND SIDE DISHES			
Good & Gather Gluten Free Chickpea Spaghetti	210 kcal/56 g	34	Certified Gluten-Free
Viida Shredded Beef Empanadas	280 kcal/128 g	33	Dairy-free, sugar-free, nothing artificial, gluten-free
SAUCES AND DRESSINGS			
Monte Bene Tomato Basil Pasta Sauce	60 kcal/125 g	9	No sugar added, gluten-free, Whole30 approved, Non-GMO Project Verified
Marie's Plant Based Creamy Dill Ranch Dressing	45 kcal/29 g	1	Plant based, gluten-free, dairy-free
SNACKS			
Nutchos Real Almond Chips With Guacamole Flavor	130 kcal/28 g	15	Paleo friendly, keto friendly, gluten-free, grain-free, Non-GMO Project Verified
Trader Joe's Spicy Porkless Plant Based Snack Rinds	130 kcal/28 g	15	Gluten-free, suitable for vegans
DRINKS			
Cusa Tea Cold Brew Herbal Tea	0 kcal	0	Naturally caffeine-free herbal tea, gluten-free, certified kosher, suitable for vegans, sugar-free
Vive Organic Immunity Boost Original Shot	20 kcal/59 ml	3	USDA Organic, no added sugars, plant powered, gluten-free, certified vegan, Non-GMO Project Verified
SPORTS NUTRITION			
Beyond Raw Burn MF	10 kcal/273 ml	4	Gluten-free, sugar-free
Labrada Pro Series Pump Dietary Supplement	60 kcal/24 g	0	No banned substances, soy, or gluten

SOURCE: THIS CHART IS A SAMPLE OF THE MANY GLUTEN-FREE PRODUCTS ON THE MARKET. ALL PRODUCT AND NUTRITION INFORMATION CAME FROM COMPANY WEBSITES.