

SWAP & STOCK

Your Must Have Gluten-Free Pantry Guide

Includes a

*'Swap out Guide for
Common Ingredients'*



*'Stock Your Pantry for
Success' Checklist*

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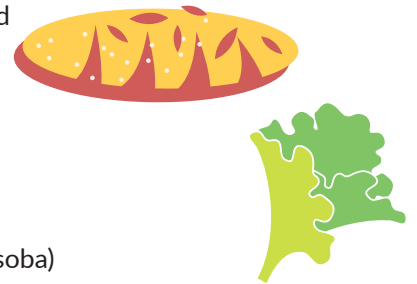


SWAP OUT GUIDE FOR COMMON INGREDIENTS

Gluten is not only in plain sight with pastas and breads, it is also hidden in all kinds of common foods, from soy sauce to couscous. With a little creativity and cooking know-how, swapping out ingredients for gluten-free alternatives is quick and easy, especially with the help of this guide!

1 Breads / Buns / Wraps

Gluten-free bread/buns/wraps, rice wafers, toasted kumara toast slices, toasted eggplant slices, egg wraps, corn tortillas, coconut based tortillas, lettuce or cabbage wraps, portobello mushrooms



2 Flour based Noodles / Pasta

Gluten-free pasta, pad thai rice noodles, vermicelli noodles, 100% buckwheat (soba) noodles, bean-based noodles (black bean, edamame, chickpea), spiralised veggie noodles, (zucchini, kumara, carrot, potato), spaghetti squash, kelp noodles, sweet potato noodles



3 Grains Containing Gluten (Farro, barley, bulgur, spelt, kamut, couscous, oats)

Rice, rice flakes, millet, quinoa, quinoa flakes, amaranth, polenta, buckwheat, cauliflower & broccoli rice



4 Crackers

Unflavoured rice crackers, rice/quinoa wafers, seedy crackers, gluten-free crackers, toasted corn tortillas, corn chips



5 Wheat Flour

Coconut flour, cornflour, white & brown rice flour, almond flour or meal, tapioca flour, potato flour, chickpea flour, sorghum flour, amaranth flour, quinoa flour, buckwheat flour, teff flour, arrowroot powder



6 Breadcrumbs

Gluten-free breadcrumbs, almond flour or meal, desiccated coconut, fine polenta, chia seeds, ground pumpkin seeds, nutritional yeast flakes or a combination of all



7 Pizza Crust

Gluten-free pizza crust, cauliflower pizza crust, portobello mushrooms, zucchini slices, eggplant slices, kumara slices, almond flour pizza crust



8 Sauces + Dressings (Soy Sauce, Worcestershire sauce)

Tamari, coconut aminos, gluten-free soy sauce, gluten-free Worcestershire sauce, fresh lemon or lime juice, balsamic vinegar, olive oil

'STOCK YOUR PANTRY FOR SUCCESS' CHECKLIST

Keep these items in your pantry and you'll never be far away from a great creation!

When you're embarking on something new, it can be overwhelming where to start. Please don't feel you need to get rid of everything in your pantry and start new, some ingredients will already be gluten-free and then as the others run out, replace them with gluten-free options. If you have coeliac disease, your transition will probably need to be a bit quicker.

Grains, Rice + Pasta

Having a selection of different grains available allows you to throw together a dish in less than 30 minutes

- Quinoa - Red or White
- Rice - Red or White
- Fine Polenta
- Gluten Free Penne/Spaghetti
- Wholemeal/Quinoa Rice Wafers
- Pad Thai Noodles
- Vermicelli Noodles
- Quinoa Flakes

Baking Essentials

Keep baking ingredients fresh by storing them in tightly sealed containers

- White Rice Flour
- Chickpea Flour
- Brown Rice Flour (optional)
- Coconut Flour
- Almond Flour (aka almond meal)
- Quinoa Flour (optional)
- Baking Powder
- Baking Soda
- Guar Gum or Xanthan Gum
- Vanilla Essence/paste
- Cacao Powder or Cocoa Powder
- Coconut Sugar or Brown Sugar
- Desiccated Coconut
- Pure Maple Syrup
- 70% Dark Chocolate or Dark Chocolate Drops

Herbs + Spices

I use fresh herbs whenever I can but dried is a great alternative. If you've had your spices for over a year, consider replacing them for best flavour

- Cumin Powder
- Coriander Powder
- Five Spice Powder
- Chilli Powder
- Chilli Flakes
- Bay Leaves
- Curry Powder
- Turmeric Powder
- Oregano
- Mixed Herbs
- Mixed Spice
- Ground Cloves
- Cinnamon
- Nutmeg

Legumes, Nuts + Seeds

If you're not going to use your nuts & seeds up within a month, store them in the fridge to keep them fresh. Choose raw nuts as they're least processed

- Walnuts
- Cashews
- Almonds
- Sunflower Seeds
- Pumpkin Seeds
- Chia Seeds
- Sesame Seeds (black + white)
- Flaxseeds - Whole & Ground (aka linseeds)
- Lentils (brown - dried)
- Chickpeas (dried)
- Medjool Dates

Canned + Jarred Goods

Opt for low sodium or no salt added varieties. Keep two kinds of beans on hand at all times, and keep your coconut milk stocked to make quick veggie curries

- Chopped Tomatoes
- Tomato Puree
- Tomato Paste
- Brown Lentils (or dried)
- Black Beans (or dried)
- Red Kidney Beans (or dried)
- Cannelini Beans (or dried)
- Chickpeas (or dried)
- Chicken, Vegetable & Beef Stock
- Red Curry Paste
- Coconut Cream & Milk
- Lemon + Pepper Tuna
- Whole Grain Mustard

Oils, Sauces + Vinegars

- Olive Oil
- Sesame Oil
- Coconut Oil
- Balsamic Vinegar
- Apple Cider Vinegar
- Fish Sauce
- Worcestershire Sauce
- Tamari Sauce
- Lemon + Lime Juice (fresh if possible)

Extras

- Nut Butter
- Tahini Paste
- Nutritional Yeast Flakes