

# Gluten Free Guide

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## Categories:

1. Flour Blends
2. Spice brands
3. Instant Pudding Mix
4. Baking Chocolate
5. Bread Mixes and blends
6. Premade Bread
7. Bagels/English Muffins
8. Pizza Crusts
9. Pasta
10. Tortillas/ Wraps
11. Oats/Muesli
12. Cold Cereal
13. Pancake Mix
14. Protein Shakes
15. Frozen Waffles
16. Salad Dressing
17. Mayo
18. Cream Cheese
19. BBQ Sauce
20. Soy Sauce/ Worcheshire sauce
21. Ketchup/Mustard
22. Cake Mixes
23. Brownie Mixes
24. Cookies/Cookie Dough
25. Premade Sweets
26. Ice Cream
27. Chips
28. Crackers
29. Rice Cakes
30. Pretzels
31. Bars