

# Build a Low FODMAP Kitchen: Grocery List

## REFRIGERATOR

### Vegetables

Arugula  
Green beans  
Bell peppers  
Bok choy  
Broccoli, heads  
Cabbage, common  
Carrots  
Collard greens  
Cucumbers  
Eggplant  
Ginger  
Jicama  
Kale  
Lettuce  
Parsnips  
Potatoes  
Spaghetti squash  
Spinach  
Swiss chard

### Fruits

Blueberries, 1/4 c  
Cantaloupe, 3/4 c  
Clementine, 1  
Grapes, 6  
Kiwi  
Lemons  
Limes  
Orange  
Papaya  
Passionfruit  
Pineapple  
Strawberries, 5  
Raspberries, 30

### Dairy / Eggs

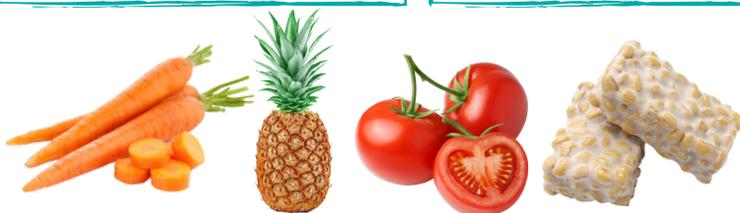
Eggs  
Cheddar cheese  
Feta cheese  
Goat cheese  
Mozzarella cheese  
Parmesan cheese  
Lactose-free dairy

### Other

Tempeh  
Tofu, firm

### Condiments

Capers  
GF soy sauce  
Hot sauce, 1 tsp  
Strawberry jams  
Mayonnaise  
Mustard



## FREEZER

### Vegetables

Carrots  
Broccoli  
Edamame  
Green beans  
Kale  
Herbs  
Ginger



### Fruits

Blueberries, 1/4 c  
Pineapple  
Raspberries, 30  
Strawberries, 5

### Other

Brown Rice  
Quinoa  
GF Bread

## REFRIGERATOR / FREEZER

### Animal Proteins

Cod	Whole, parts, and ground:
Flounder	Chicken
Salmon	Beef
Shrimp	Lamb
Trout	Turkey

## PANTRY

Chickpeas (canned), 1/4 c	Macadamia nuts
Lentils (canned), 1/4 c	Peanuts
GF Pasta	Pecans
GF Crackers	Chia seeds
GF Flours	Sesame seeds
	Rice cakes
	Walnuts