

**Vegan, GF Food  
List-**

**From Binkies and  
Briefcases**

Apples	Cranberries	Plums
Artichokes	Cucumbers	Popcorn
Asparagus	Edamame	Potatoes
Avocado	Eggplant	Quinoa
Bananas	Grapes	Raisins
Beans	Granola	Rice
Berries	Green Beans	Salads
Bread (GF)	Herbs	Seeds
Broccoli	Lemons	Smoothies
Butternut Squash	Lentils	Spices
Cantaloupe	Lettuce	Spinach
Carrots	Limes	Sugars
Cauliflower	Nuts	Sweet Potatoes
Celery	Maple Syrup	Tofu
Cherries	Oatmeal	Tomatoes
Chick Peas	Oils	Tomato Sauce
Chocolate	Onions	Turnips
Coconut	Oranges	Vegetable Stock
Corn	Pasta (GF)	Watermelon
Couscous	Peaches	Zucchini
	Peanuts	
	Peppers	
	Plantains	