

Miss Maggie's Basic GFCF Market List

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VEGETABLES

Fresh

- ___ Cabbage
- ___ Carrots
- ___ Celery
- ___ Garlic
- ___ Lettuce/Salad*
- ___ Onions
- ___ Potatoes
- ___ Sweet Potatoes
- ___ Turnips
- ___ Fresh Veggies in Season

Frozen

- ___ Broccoli
- ___ California Mixed Veggies
- ___ Classic Mixed Veggies
- ___ Oriental Stir-Fry Veggies
- ___ Peas
- ___ Spinach
- ___ French Fries
- ___ Tater Tots

Canned

- ___ Corn
- ___ Creamed Corn
- ___ Green Beans
- ___ Greens: Turnip, Collard, Mustard, Kale, Spinach
- ___ Mushroom Stems & Pieces*
- ___ Peas
- ___ Spaghetti Sauce
- ___ Sweet Potatoes
- ___ Tomatoes, low-sodium
- ___ Tomatoes with Green Chiles
- ___ Tomato Paste
- ___ Tomato Sauce
- ___ Chipotle Peppers canned in Adobo Sauce*
- ___ Jalapeño Peppers*
- ___ Green Chile Peppers*
- ___ Roasted Red Peppers*

FRUITS & JUICES

Fresh

- ___ Apples
- ___ Bananas
- ___ Oranges
- ___ Fresh Fruit in Season

Frozen

- ___ Orange Juice Concentrate
- ___ Apple Juice Concentrate
- ___ Grape Juice Concentrate*

Canned

- ___ Bottled Lemon Juice
- ___ Large Jar Applesauce
- ___ Mandarin Oranges
- ___ Mixed Fruit
- ___ Peaches
- ___ Pears
- ___ Pineapple
- ___ Tropical Mixed Fruit

Dried

- ___ Raisins
- ___ Other Dried Fruit*

MEATS

- ___ Ground Beef or Turkey
- ___ Sausage
- ___ Bacon
- ___ Turkey or Ham Lunch Meat
- ___ Chicken Leg Quarters
- ___ Frozen Fish Fillets
- ___ Other Meats On Sale*

Canned

- ___ 6-oz can Tuna
- ___ 14-oz can Salmon
- ___ 12-oz can Chicken*

NONDAIRY

- ___ Soymilk, fresh or dry
- ___ Shelf Stable Tofu
- ___ Refrigerated Tofu
- ___ Nutritional Yeast
- ___ Fresh Eggs

LEGUMES

- ___ Soybeans

- ___ Lentils
- ___ Split Peas
- ___ Pinto Beans
- ___ Kidney Beans
- ___ Black Beans
- ___ Lima Beans
- ___ Chick Peas
- ___ Small White Beans
- ___ Black-Eyed Peas

BASIC STARCHES

- ___ Rice Flour
- ___ Cornstarch
- ___ Soy Flour
- ___ Buckwheat Flour*
- ___ Rolled Oats
- ___ Oat Bran*
- ___ Cornmeal
- ___ Quick Grits
- ___ Brown Rice
- ___ Converted / Parboiled Rice
- ___ Instant Mashed Potatoes
- ___ Popcorn Kernels
- ___ Cornflakes / Puffed Rice

OTHER STARCHES

- ___ Oriental Rice Noodles
- ___ Gluten-Free Pasta*
- ___ Tortilla Chips/Fritos*
- ___ 100% Corn Tortillas
- ___ 100% Corn Taco Shells
- ___ Rice Cakes / Caramel Cakes

BAKING SUPPLIES

- ___ White Sugar
- ___ Brown Sugar
- ___ Powdered Sugar
- ___ Corn Syrup
- ___ Molasses
- ___ Yeast
- ___ Baking Powder / Baking Soda
- ___ Unsweetened Cocoa
- ___ Unflavored Gelatin
- ___ Vanilla Extract
- ___ Xanthan* or Guar Gum*

NUTS & GOODIES

- ___ Peanut Butter
- ___ Peanuts
- ___ Coconut*
- ___ Chocolate Chips
- ___ Marshmallows*
- ___ Ground Flax Seeds*
- ___ Other Nuts (Almonds, Cashews, Walnuts)*

FATS

- ___ Dairy-Free Margarine
- ___ Vegetable Oil
- ___ Regular or Butter Flavored Shortening
- ___ Non-Stick Cooking Spray

CONDIMENTS

- ___ Bouillon Cubes/ Broth Powder
- ___ Onion Soup Mix
- ___ Barbecue Sauce
- ___ Hot Sauce
- ___ Ketchup
- ___ Jam or Jelly
- ___ Mayonnaise
- ___ Mustard, Yellow or Brown
- ___ Pancake Syrup
- ___ Olives*
- ___ Pickles/Relish
- ___ Salsa
- ___ Soy Sauce
- ___ Vinegar
- ___ Worcestershire Sauce
- ___ True Lemon Packets

BEVERAGES

- ___ Instant Coffee/Ground Coffee
- ___ 100-count Tea Bags
- ___ Instant Tea
- ___ Herbal Tea/Green Tea

HERBS & SPICES

- ___ Salt
- ___ Black Pepper
- ___ Garlic Powder

- ___ Ground Red Pepper
- ___ Dried Onions
- ___ Onion Powder
- ___ Chili Powder
- ___ Italian Seasoning
- ___ Cinnamon
- ___ Dry Parsley
- ___ Poultry Seasoning
- ___ Curry Powder
- ___ Paprika
- ___ Ground Ginger
- ___ Basil
- ___ Oregano
- ___ Cloves
- ___ Nutmeg
- ___ Turmeric*
- ___ Celery Seed*
- ___ Red Pepper Flakes
- ___ Salt-Free Seasoning*

OTHER

- ___ Flip Top Sandwich Bags
- ___ Gallon Size Storage Bags
- ___ Aluminum Foil
- ___ Plastic Wrap
- ___ Waxed Paper
- ___ Pet Food
- ___ Dish Soap
- ___ Laundry Soap
- ___ Bleach
- ___ Ammonia
- ___ Pine Cleaner
- ___ Comet
- ___ Glass Cleaner
- ___ Spray Starch
- ___ Bath Soap
- ___ Shampoo / Conditioner
- ___ Deodorant
- ___ Toothpaste
- ___ Painkillers
- ___ Feminine Hygiene
- ___ Napkins / Paper Towels
- ___ Toilet Paper
- ___ Garbage Bags

*Optional but nice