

Gluten-Free Casein-Free Cost-Cutter Shopping List

VEGETABLES

Fresh

- ___ Broccoli
- ___ Cabbage
- ___ Carrots
- ___ Celery
- ___ Garlic
- ___ Lettuce or Salad
- ___ Mushrooms-loose
- ___ Onions
- ___ Potatoes
- ___ Sweet Potatoes
- ___ Turnips
- ___ Fresh Vegetables in Season

Frozen

- ___ Broccoli
- ___ Corn
- ___ Classic Mixed Veggies
- ___ Corn
- ___ Green Beans
- ___ Greens: Collard, Kale, Mustard, Spinach, Turnip
- ___ Green Bell Peppers
- ___ Okra or Gumbo Mix
- ___ Stir-Fry Veggies
- ___ Peas
- ___ French Fries
- ___ Tater-Tots

Canned

- ___ Corn
- ___ Creamed Corn
- ___ Pumpkin
- ___ Spaghetti Sauce
- ___ Sweet Potatoes
- ___ Tomatoes
- ___ Tomatoes & Green Chiles
- ___ Tomato Paste
- ___ Tomato Sauce

FRUITS & JUICES

Fresh

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

Frozen Juice Concentrates

- ___ Apple Juice
- ___ Grape Juice
- ___ Orange Juice

Canned

- ___ Bottled Lemon Juice
- ___ Large Jar Applesauce
- ___ Mandarin Oranges

Mixed Fruit

- ___ Peaches
 - ___ Pears
 - ___ Pineapple
- Dried*
- ___ Raisins
 - ___ Other dried fruits on sale

MEATS & POULTRY

- ___ Regular Ground Beef
- ___ Ground Turkey
- ___ Turkey or Pork Sausage
- ___ Turkey or Pork Bacon
- ___ Turkey or Pork Ham
- ___ Chicken Leg Quarters
- ___ Whole Chicken or Turkey
- ___ Hot Dogs / Baloney
- ___ Lunch Meat, Ham or Turkey
- ___ Other Meats on Sale

FISH & SEAFOOD

- ___ Frozen Fish Fillets
- ___ Frozen Tiny Shrimp
- ___ Imitation Crab
- ___ Fish or Seafood On Sale

Canned

- ___ 5-oz can Tuna
- ___ 14-oz can Salmon

NONDAIRY & SOY

- ___ Fresh Eggs
- ___ Soymilk, Fresh, Shelf-Stable Box or Powdered
- ___ Tofu
- ___ Vegan Cheese*
- ___ Nutritional Yeast
- ___ Veggie Bacon Bits
- ___ Plain TVP
- ___ Canned Coconut Milk

LEGUMES

- ___ Peanut Butter
- ___ Peanuts
- ___ Soybeans
- ___ Black Beans
- ___ Black-Eyed Peas
- ___ Chickpeas
- ___ Kidney Beans
- ___ Lentils
- ___ Lima Beans
- ___ Pinto Beans
- ___ Split Peas
- ___ Small White Beans

BASIC GRAINS

- ___ Rice Flour
- ___ Cornstarch
- ___ Tapioca Flour
- ___ Soy Flour
- ___ Buckwheat Flour
- ___ Rolled Oats
- ___ Millet
- ___ Cornmeal
- ___ Grits
- ___ Rice

OTHER STARCHES

- ___ Oriental Rice Noodles
- ___ Gluten-Free Pasta*
- ___ Corn Tortillas
- ___ Corn Taco Shells
- ___ Rice Cakes
- ___ Instant Mashed Potatoes
- ___ Popcorn Kernels
- ___ Cornflakes or Corn Chex or Rice Chex

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

FATS

- ___ Vegan Margarine
- ___ Vegetable Oil
- ___ Shortening
- ___ Cooking Spray

CONDIMENTS

- ___ Bouillon Cubes or Broth Powder
- ___ Onion Soup Mix
- ___ Barbecue Sauce
- ___ Hot Sauce
- ___ Ketchup
- ___ Jam or Jelly
- ___ Mayonnaise

Mustard

- ___ Pickles / Relish
- ___ Salsa
- ___ Soy Sauce
- ___ Vinegar
- ___ Worcestershire Sauce

BEVERAGES

- ___ Coffee
- ___ Black Tea
- ___ Green or Herbal 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
- ___ Nutmeg
- ___ Turmeric
- ___ Red Pepper Flakes
- ___ Seasoned Salt

EXTRA GOODIES

- Optional, when cash allows
- ___ Chipotle Peppers, canned in Adobo Sauce
 - ___ Jalapeño Peppers
 - ___ Green Chile Peppers
 - ___ Roasted Red Peppers
 - ___ Mushroom Stems & Pieces
 - ___ Olives
 - ___ Coconut
 - ___ Canned Coconut Milk
 - ___ Chocolate Chips
 - ___ Marshmallows
 - ___ Nuts & Seeds (Almonds, Cashews, Walnuts, Pecans, Sunflower, Flax, Sesame, Tahini)
 - ___ Sesame Oil
 - ___ Honey
 - ___ Lime Juice
 - ___ True Lemon Packets