

# Miss Maggie's GFCF Market List

*Always read the label. Always.*

## BEVERAGES

- \_\_\_ Instant Coffee/Ground Coffee
- \_\_\_ Instant Tea
- \_\_\_ 100-count Tea Bags
- \_\_\_ Green Tea
- \_\_\_ Herbal Teas

## VEGETABLES

### Fresh

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

### Frozen

- \_\_\_ Broccoli
- \_\_\_ Brussels Sprouts
- \_\_\_ Cauliflower
- \_\_\_ Corn
- \_\_\_ Green Beans
- \_\_\_ Greens: Spinach, Turnip, Collard, Mustard, Kale
- \_\_\_ California Mixed Veggies
- \_\_\_ Classic Mixed Veggies
- \_\_\_ Oriental Stir-Fry Veggies
- \_\_\_ Okra
- \_\_\_ Peas
- \_\_\_ Peas & Carrots
- \_\_\_ French Fries
- \_\_\_ Tater Tots
- \_\_\_ Summer Squash

## Canned

- \_\_\_ Creamed Corn
- \_\_\_ Green Chile Peppers
- \_\_\_ Jalapeño Peppers
- \_\_\_ Mushrooms
- \_\_\_ Pimento/Roasted Red Peppers
- \_\_\_ Pumpkin
- \_\_\_ Spaghetti Sauce
- \_\_\_ Sweet Potatoes
- \_\_\_ Tomatoes, low-sodium
- \_\_\_ Tomatoes with Green Chiles
- \_\_\_ Tomato Paste
- \_\_\_ Tomato Sauce

## FRUITS & JUICES

### Fresh

- \_\_\_ Apples
- \_\_\_ Bananas
- \_\_\_ Oranges
- \_\_\_ Fresh Fruit in Season

### Frozen

- \_\_\_ Orange Juice Concentrate
- \_\_\_ Apple Juice Concentrate
- \_\_\_ Grape Juice Concentrate
- \_\_\_ Other Frozen Juice Con.
- \_\_\_ Large Bags of Frozen Berries or Mixed Fruit

### Canned

- \_\_\_ Bottled Lemon Juice
- \_\_\_ Bottled Lime Juice
- \_\_\_ Large Jar Applesauce
- \_\_\_ Mandarin Oranges
- \_\_\_ Mixed Fruit
- \_\_\_ Peaches
- \_\_\_ Pears
- \_\_\_ Pineapple
- \_\_\_ Tropical Mixed Fruit

### Dried

- \_\_\_ Apricots
- \_\_\_ Prunes
- \_\_\_ Raisins

\_\_\_ Bananas/Apples/Dates

## MEATS

- \_\_\_ Frozen Fish Fillets—Trout, Pollock, Flounder, Salmon, Cod
- \_\_\_ Frozen Salad Shrimp
- \_\_\_ Ground Turkey or Beef
- \_\_\_ Turkey Sausage
- \_\_\_ Chicken Leg Quarters
- \_\_\_ Other Poultry On Sale

## Canned

- \_\_\_ 7-ounce pouch Tuna
- \_\_\_ 14-oz can Salmon
- \_\_\_ Sardines
- \_\_\_ Other Canned Fish/Seafood

## NONDAIRY

- \_\_\_ Fresh Soy Milk
- \_\_\_ Orange Juice with added Calcium (cheapest)
- \_\_\_ Plain Powdered Soymilk
- \_\_\_ Dry “Better Than Milk” for drinking
- \_\_\_ Canned Coconut Milk
- \_\_\_ Shelf Stable Tofu
- \_\_\_ Refrigerated Tofu
- \_\_\_ Nutritional Yeast
- \_\_\_ Fresh Eggs
- \_\_\_ Vegan Cheese if Available

## LEGUMES

- \_\_\_ Soybeans
- \_\_\_ Lentils
- \_\_\_ Split Peas
- \_\_\_ Pinto Beans
- \_\_\_ Kidney Beans
- \_\_\_ Black Beans
- \_\_\_ Lima Beans
- \_\_\_ Chick Peas
- \_\_\_ Small White Beans—Great Northern or Navy Beans
- \_\_\_ Black-Eyed Peas

- \_\_\_ Vegetarian Baked Beans
- \_\_\_ Canned Beans as Necessary

## MEAT SUBSTITUTES

- \_\_\_ Plain Textured Soy Protein
- \_\_\_ Soy Bacon Bits
- \_\_\_ Sausage TVP
- \_\_\_ Beef TVP
- \_\_\_ Chicken TVP
- \_\_\_ Ham TVP

## BASIC STARCHES

- \_\_\_ Rice Flour
- \_\_\_ Cornstarch
- \_\_\_ Soy Flour
- \_\_\_ Buckwheat Flour
- \_\_\_ Rolled Oats
- \_\_\_ Oat Bran
- \_\_\_ Flax Seed Meal
- \_\_\_ Cornmeal
- \_\_\_ Quick Grits
- \_\_\_ Brown Rice
- \_\_\_ Converted/Parboiled Rice
- \_\_\_ Instant Mashed Potatoes
- \_\_\_ Popcorn Kernels
- \_\_\_ Cornflakes
- \_\_\_ Crispy Rice Cereal
- \_\_\_ Toasted Oat Cereal

## OTHER STARCHES

- \_\_\_ Oriental Rice Noodles
- \_\_\_ Gluten-Free Pasta—Spaghetti, Macaroni or Penne
- \_\_\_ 100% Corn Tortilla Chips
- \_\_\_ 100% Corn Tortillas
- \_\_\_ 100% Corn Taco Shells
- \_\_\_ Rice Cakes/Caramel Cakes

## BAKING SUPPLIES

- \_\_\_ White Sugar
- \_\_\_ Brown Sugar

- \_\_\_ Powdered Sugar
- \_\_\_ Honey
- \_\_\_ Molasses
- \_\_\_ Corn Syrup
- \_\_\_ Yeast
- \_\_\_ Baking Powder
- \_\_\_ Baking Soda
- \_\_\_ Unsweetened Cocoa
- \_\_\_ Unflavored Gelatin
- \_\_\_ Vanilla Extract
- \_\_\_ Maple or Almond Extract
- \_\_\_ Xanthan/Guar Gum

## NUTS & EXTRA GOODIES

- \_\_\_ Peanut Butter
- \_\_\_ Almonds
- \_\_\_ Cashews
- \_\_\_ Walnuts/Pecans
- \_\_\_ Peanuts
- \_\_\_ Sunflower Seeds
- \_\_\_ Sesame Seeds
- \_\_\_ Coconut
- \_\_\_ Chocolate Chips
- \_\_\_ Marshmallows

## FATS

- \_\_\_ Dairy-Free Margarine
- \_\_\_ Canola Oil
- \_\_\_ Other Vegetable Oil
- \_\_\_ Butter Flavored Shortening
- \_\_\_ Regular Shortening
- \_\_\_ Non-Stick Cooking Spray

## CONDIMENTS

- \_\_\_ Bouillon Cubes/Broth Powder
- \_\_\_ Onion Soup Mix
- \_\_\_ Hot Sauce
- \_\_\_ Ketchup
- \_\_\_ Low Sugar Jam or Jelly
- \_\_\_ Light Mayonnaise
- \_\_\_ Yellow or Brown Mustard

- \_\_\_ Low Sugar Pancake Syrup
- \_\_\_ Olives
- \_\_\_ Pickles/Relish
- \_\_\_ Salsa
- \_\_\_ Light Soy Sauce
- \_\_\_ Vinegar
- \_\_\_ Worcestershire Sauce
- \_\_\_ True Lemon

## 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
- \_\_\_ Ground Ginger\*
- \_\_\_ Ground Cumin
- \_\_\_ Basil\*
- \_\_\_ Oregano\*
- \_\_\_ Cloves
- \_\_\_ Nutmeg\*
- \_\_\_ Turmeric
- \_\_\_ Celery Seed
- \_\_\_ Dill Weed
- \_\_\_ Coriander
- \_\_\_ Ground Red Pepper Flakes\*
- \_\_\_ Salt-Free Seasoning Mix
- \_\_\_ Seasoned Salt

*\* Found Cheaply at Dollar Stores & Drug Stores.*