

Rock Bottom Broke GF/CF Shopping List

FrugalAbundance.com

VEGETABLES

Fresh

- Cabbage
- Carrots
- Celery
- Greens-Collards, Kale, Mustard, etc.
- Iceberg Lettuce or Cheapest Bag Salad
- Onions
- Potatoes
- Fresh Vegetables in Season

Frozen

- Broccoli
- Mixed Vegetables
- Corn
- Green Beans
- Green Bell Peppers
- Peas
- Spinach
- Stir-Fry Veggies
- French Fries
- Tater-Tots

Canned

- Greens-Mustard, Turnip, Collards, etc.
- Pumpkin
- Sweet Potatoes
- Spaghetti Sauce
- Tomatoes
- Tomatoes & Green Chili Peppers
- Tomato Paste
- Tomato Sauce

FRUITS & JUICES

Fresh

- Apples
- Bananas
- Oranges
- Fresh Fruit in Season

Fruit Juice

- Apple Juice
- Orange Juice
- Bottled Lemon Juice

Canned

- Large Jar Applesauce
- Mixed Fruit
- Peaches
- Pears
- Pineapple

Dried

- Raisins

MEATS & POULTRY

- Regular Ground Beef
- Ground Turkey
- Turkey or Pork Bulk
- Breakfast Sausage
- Turkey Bacon or Pork Bacon, Ends & Pieces
- Turkey or Pork Ham
- Chicken Leg Quarters
- Whole Chicken
- Chicken Breasts
- Hot Dogs / Baloney
- Other Meats on Sale

FISH & SEAFOOD

- Cheapest Frozen Fish Fillets (Whiting usually)

Canned

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

NONDAIRY & SOY

- Fresh Eggs
- Soy milk
- Tofu

FATS

- Dairy-Free Margarine
- Vegetable Oil
- Shortening

LEGUMES

- Peanut Butter
- Black Beans
- Black-Eyed Peas
- Chickpeas
- Kidney Beans
- Lentils
- Lima Beans
- Pinto Beans
- Split Peas
- Small White Beans
- Textured Vegetable Protein (TVP)

BASIC GRAINS

- Rice Flour
- Cornstarch
- Rolled Oats
- Cornmeal
- Grits
- Brown Rice
- Long Grain White Rice

OTHER STARCHES

- Cheapest GF Pasta
- Corn Tortillas
- Corn Taco Shells
- Rice Cakes
- Instant Mashed Potato Flakes
- Popcorn Kernels
- Cornflakes or Corn Chex or Rice Chex

BAKING SUPPLIES

- White Sugar
- Brown Sugar
- Powdered Sugar
- Corn Syrup
- Baking Powder
- Baking Soda
- Unsweetened Cocoa
- Unflavored Gelatin
- Vanilla Flavoring

CONDIMENTS

- Bouillon Cubes or Broth Powder
- Barbecue Sauce
- Hot Sauce
- Ketchup
- Jam or Jelly
- Mayonnaise
- Mustard
- Pancake Syrup
- Pickles / Relish
- Salsa
- GF Soy Sauce
- Vinegar
- Worcestershire Sauce

BEVERAGES

- Coffee
- Tea
- Unsweetened Fruit Drink Mix (Kool-Aid)

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
- Red Pepper Flakes

EXTRAS FOR BAKING

Optional, when cash allows

- Tapioca Flour
- Soy Flour
- Xanthan Gum
- Yeast

EXTRA GOODIES

Optional, when cash allows

- More Fresh Fruit
- More Fresh Veggies
- Cooking Spray
- Chipotle Peppers, canned in Adobo Sauce
- More Frozen Veggies
- Canned Coconut Milk
- Peanuts
- Shredded Coconut
- Marshmallows
- Chocolate Chips
- Honey
- Molasses
- Maple Flavoring
- Sesame Oil
- More Herbs & Spices