# Rock Bottom Broke GFCF Shopping List

## 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

## MEATS & POULTRY

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

## FISH & SEAFOOD

### Cheapest Frozen Fish Fillets (Whiting usually)

## 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

## NONDAIRY & SOY

- Fresh Eggs
- Soymilk
- 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)

## 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

## FISH & SEAFOOD

- Cheapest Frozen Fish Fillets (Whiting usually)

## 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)

## OTHER STARCHES

- Cheapest GF Pasta
- Corn Tortillas
- Corn Taco Shells
- Rice Cakes
- Instant Mashed Potato Flakes

## LEGUMES

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- Small White Beans
- Textured Vegetable Protein (TVP)

## 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