

My Master Shopping List

This list includes the items you will need to prepare My One Week GF Menu from "How to Go Gluten Free Without Going Broke or Living in the Kitchen".

GF Baking	Grains & Pasta	Fruits & Vegetables	Meat & Poultry
brown rice flour 1 pkg.	long grain white or basmati rice 2#	bananas	GF lunch meats (if using for sandwiches)
white rice flour 1 pkg.	corn or rice spaghetti pasta 1#	peaches	bacon or ham 1#
sweet rice flour 1 pkg.	corn or rice tortilla wraps 1 dz.	berries	beef stew meat 1#
tapioca starch 1 pkg.	gluten free cold cereal	carrots 2#	1 whole chicken 3-4#
chickpea flour 1 pkg.		potatoes 10#	hamburger 2 ¹ / ₂ #
xanthan gum 1 pkg.		1 bell pepper	hot pork sausage ¹ / ₂ #
sugar 1#		frozen broccoli 1#	5 chicken breasts
baking powder		frozen green beans 1#	salmon fillet 1-1 ¹ / ₂ #
baking soda		frozen mixed vegetables 1#	
yeast 1 packet		1 celery stalk	
salt		prepared salads OR salad vegetables	
powdered sugar 1#		raw vegies tray OR raw vegies	
cocoa 4 oz.		tomatoes	
vanilla		avocados	
eggs 2 dozen		shredded iceberg lettuce	
vegetable oil 16 oz.		black olives	
shortening ¹ / ₂ # (if using)			
milk ¹ / ₂ gal. (or nondairy milk)			
apple cider vinegar 16 oz.			
non-stick baking spray (if using)			

GF Spices	GF Cooking	Dairy	Snacks
minced dried onions	2 cans (14.5 oz.) beef broth	sour cream 16 oz.	rice crackers
dried parsley flakes	5 cans (14.5 oz.) chicken broth	grated cheddar cheese 16 oz.	rice cakes
granulated onion powder	1 can or jar (24 oz.) GF spaghetti sauce	butter 1#	nuts & seeds
granulated garlic powder	1 can (8 oz.) jalapeno tomato sauce	sliced cheese (if using for sandwiches)	dried fruits
paprika	soy sauce 16 oz.		peanut butter
ground cumin	extra virgin olive oil 16 oz.		hummus
chili powder	lemon juice 16 oz.		corn chips
poultry seasoning	cornstarch		
Italian herb seasoning (no salt)	instant mashed potatoes (if using)		
black pepper			
crushed red pepper (optional)			
GF Condiments	Salad Toppings	Beverages	Misc.
mayonnaise			
prepared mustard			
salsa or picante sauce			
salad dressings			
jam or jelly			
syrup			