

Failsafe Shopping List

Asian

- Bean vermicelli noodles
- Rice noodles
- Rice paper

Baking

- Agar Agar (sub.geletin)
- Amaranth flour
- Arrowroot powder
- Baking powder
- Bicarb of Soda
- Bread mix
- Buckwheat flour
- Carob (powder)
- Citric acid
- Cream of Tartar
- Flour blend
- Gelatin
- Guar gum
- Karo (white)
- Lecithin granules
- Millet
- Pectin
- Poppy seeds
- Potato flour
- Quinoa
- Rice flour
- Sago
- Tapioca flour/Cassava
- Vanilla-pure
- Xanthan gum

Beverages

- Decaf instant coffee
- Milk
- Rice milk
- Water
(filter/soda/sparkling/tonic)

** Alcoholic

- Gin
- Vodka
- Whiskey

Canned goods

- Pears in syrup
- Beans (no broad)

Cooking Oils

- Canola spray

- Canola oil
- Rice bran oil
- Safflower oil (not cold pressed)
- Sunflower oil (not cold pressed)

Dairy

- Butter
- Cottage Cheese
- Cream cheese
- Crème fraiche
- Eggs
- Ghee
- Ice cream
- Mascarpone
- Quark
- Ricotta
- Sour Cream

Dairy free options (no soy)

- Cream cheese
- Ice cream
- Rice milk
- Sour cream
- Yogurt

Dry goods

- Beans (all except broad)
- Crispie Rice cereal
- Potato Chips
- Rice Pasta
- Rice (white, Arborio, glutinous)
- Rice cakes
- Rice crackers
- Rice crumbs
- Puffed Rice cereal

Fruits/Vegetables

- Bamboo shoots
- Blackeyed beans
- Brussels sprouts
- Cabbage
- Celery
- Chives
- Choko/choyote
- Garlic
- Green beans
- Iceburg lettuce
- Leeks
- Mung beans
- Mung sprouts

- Parsley
- Pears
- Potatoes (white)
- Rutabaga
- Shallots

Meats/Seafood (fresh)

- Beef
- Calimari
- Chicken
- Crab
- Lamb
- Lobster
- Sea Scallops
- Veal
- White fish

Nuts

- Cashews (raw)

Spices

- Garlic powder
- Poppy seeds
- Saffron
- Salt

Sweeteners/Treats

- Brown sugar (no molasses)
- Carob chips
- Golden syrup (Lyles)
- Pure Maple syrup
- Rice syrup
- Tapioca
- Caster/White Sugar