

Grocery List by Store

	Asian				
	Bean noodles				
	Rice noodles				
	Rice paper				
	Baking (GF)				
	Agar Agar (sub for gelatin)				
	Amaranth flour				
	Arrowroot flour/powder				
	Baking powder				
	Bicarb of soda				
	Buckwheat flour				
	Carob powder				
	Citric acid				
	Cream of Tartar				
	Flour blend				
	Gelatin				
	Guar gum				
	Lecithin granules				
	Millet				
	Pectin				
	Potato flour				
	Quinoa				
	Rice flour				
	Sago				
	Tapioca flour (cassava)				
	Vanilla (pure)				
	Xanthan gum				
	Beverages				
	Alcohol (gin/vodka/whisky)				
	Coffee (Decaf Instant)				
	Milk (no soy/nut)				
	Water (Soda/Sparkling)				
	Cooking				
	Canola spray				
	Canola oil				
	Rice Bran oil				
	Safflower oil (not cold pressed)				
	Sunflower oil (not cold pressed)				
	Dairy (organic preferred)				
	Butter				
	Cottage cheese				
	Cream cheese				
	Crème fraiche				
	Eggs				
	Ghee				
	Goat cheese				
	Ice Cream				
	Mascarpone				
	Quark				

Grocery List by Store

	Ricotta				
	Sour cream				
	Dry Goods				
	Beans (all but broad)				
	Crispie Rice Cereal				
	Potato Chips				
	Rice (Arborio, glutinous, white)				
	Rice cakes				
	Rice crackers				
	Rice crumbs				
	Rice Pasta				
	Rice Puffs				
	Fruits/Vegetables (organic preferred)				
	Bamboo shoots				
	Black-eyed peas				
	Brussels sprouts				
	Cabbage				
	Celery				
	Chives/shallots				
	Choko/Choyote				
	Garlic cloves				
	Green beans				
	Leeks				
	Lettuce (iceberg)				
	Mung beans (or sprouts)				
	Parsley				
	Pears				
	Potato (white)				
	Rutabaga				
	Meat (organic/fresh-not vacuum sealed if possible)				
	Beef				
	Chicken				
	Lamb				
	Veal				
	Nuts				
	Cashews (organic & raw)				
	Seafood				
	Calamari				
	Crab				
	Lobster				
	Sea Scallops				
	White fish				
	Spices				
	Garlic powder				
	Poppy seeds				
	Saffron				
	Salt				
	Sweeteners				
	Brown sugar (no molasses)				
	Caster sugar				

