

Grocery List by Store

Food	Sprouts	Safeway	Fresh & Easy	Albertson's	Fry's
PLEASE CHECK THE INGREDIENTS ON THE PACKAGE BEFORE YOU BUY THESE BRANDS, AS THE MANUFACTURERS FREQUENTLY CHANGE THEIR INGREDIENTS					
Asian					
Bean noodles					
Rice noodles (Dynasty)					
Rice paper (Red Rose)					
Baking (GF)					
Agar Agar (sub for geletin)					
Amaranth flour					
Arrowroot flour/powder					
Baking powder (Hain)		\$5.99			\$2.49
Bicarbonate of soda					
Buckwheat flour					
Cake mix (B.Crocker-GF yellow)					
Citric acid					
Cookie mix (Bob's shortbread)					
Cookie mix (B.Crocker-GF choc chip)		\$4.69		\$4.99	
Corn starch		\$1.99			
Cream of Tartar (McCormick)					
Flour blend (Pamelas)					
Flour blend (Namaste)	\$8.99				
Frosting mix (Pamela's)		\$4.99			
Gelatin					
Guar gum					
Lecithin granules					
Millet					
Pectin					
Potato flour					
Quinoa					
Rice flour (brown / white)	\$4.99				
Sago					
Tapioca flour (cassave)					
Vanilla (pure) (McCormick)					
Xantham gum					
Yeast					
Beverages					
Alcohol (gin/vodka/whisky)					
Coffee (Decaf Instant Starbucks)					
Pop (Dry - vanilla bean)	\$5.99				
Water (Soda/Sparkling)					
Cooking					
Canola spray (Crisco)					
Canola oil (Crisco)	\$3.99			\$2.99	
Rice Bran oil					
Safflower oil (not cold pressed)					
Sunflower oil (not cold pressed)					

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Dairy (organic preferred)					
Organic Milk 2% (Horizon)	\$3.49	\$3.39	\$3.29	\$4.19	\$3.19
Organic Heavy Whipping Cream	\$3.69				
Butter	\$5.59	\$4.99		\$4.79	
Cottage cheese (Nancy's)					
Cream cheese (Philadelphia)			\$1.89	\$1.99	\$2.39
Crème fraiche					
Eggs (free range preferred)				\$3.99	\$4.99
Cheese (Butter)					
Cheese (Farmer)					
Ghee					
Goat cheese					
Ice Cream (Alden's)	\$5.99				
Mascarpone					
Quark					
Ricotta					
Sour cream (Daisy or Nancy's)	\$3.29			\$1.69	
Yogurt-vanilla (Stoneyfield Org or Horizon)				\$2.99	
Dry Goods (GF)					
Beans (all but broad)					
Dried Chickpeas (The Good Bean- sea salt)	\$2.29				
Chips (Kettle or Cape Cod)	\$2.49	\$2.99		\$2.99	\$2.39
Crackers (Van's)		\$2.99			
Ice Cream Cones (Ed & Sons)					
Rice (arborio, glutinous, white)	\$1.99				
Rice bars (Crunchy Rice Rolls)	\$2.99				
Rice cakes (Quaker)		\$2.99			
Rice crackers (Edward & Sons)					
Rice crumbs (HolGrain)					
Breadcrumbs (Ians original)					3.99
Rice Krispies (Barbara's or Erewhon)	\$4.79				
Rice Pasta (Tinkyada)	\$3.69				
Brown Rice Tortilla (Food for Life)	\$3.99				
Rice Puffs (Arrowhead Mills/Natures Path)					
Fruits/Vegetables (organic preferred)					
Bamboo shoots					
Blackeyed peas					
Brussels sprouts					
Cabbage					
Celery					
Chives/shallots					
Choko/Choyote					
Garlic cloves					
Green beans					
Leeks					
Lettuce (iceburg)					
Mung beans (or sprouts)					
Parsley					
Pears					
Potato (white)	\$2.69	\$2.50	\$3.99		
Rutabaga					

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Meat (organic/fresh-not vacuum sealed if possible)					
Beef					
Chicken					
Lamb					
Veal					
Nuts					
Cashews (organic & raw only)	\$8.99/lb				
Cashew butter			\$5.99		
Seafood					
Calimari					
Crab					
Lobster					
Sea Scallops					
White fish					
Spices					
Garlic (chopped)					
Garlic powder					
Poppy seeds					
Saffron					
Sea Salt (Morton's)				\$3.19	
Sweeteners					
Brown sugar (no molasses)				\$3.49	
Sugar (Zulka or Florida Crystals)	\$4.39			\$3.49	
Lyles Golden Syrup					
Maple syrup (organic/pure)	\$11.99		\$8.99		
Rice syrup					
Tapioca					
Canned					
Beans (Northern, Kidney, Garbanzo)	\$1.29				
Frozen					
Udi's Pizza Crusts	\$5.49				