

Shopping list for the November 14, 2006 post on Angela's Kitchen:
<http://angelaskitchen.com/2006/11/14/leaflet-from-a-gluten-free-class/>

Shopping List - ingredients to serve 6

**in the shopping list are for the serving suggestion items. If you choose to do a different side dish, please alter that on your shopping list.

MEAT:

10 boneless skinless chicken breast halves
2 1/4 lbs. cube steaks
2 (1.5 lb.) salmon fillets

CONDIMENTS:

Extra-virgin olive oil
Honey (you need 1/2 cup) (1/4 c)

PRODUCE:

1-2 limes (you need 2 tablespoons juice)
1 bunch green onions
3 pounds onions (keep on hand)
potatoes (keep on hand)) **(and for mashed potatoes)(1 meal)
1 head garlic
4 small green bell pepper
10 whole mushrooms (sliced)
1 jalapeno pepper, minced
1 bunch parsley
**broccoli (2 meals)
**butternut squash (1 meal)
**kale (1 meal)
**Summer squash (1 meal)
**fresh spinach (for salads)
**baby carrots (1 meals)
**1-2 heads lettuce (NOT Iceberg)
**mango

CANNED GOODS:

2 (14.5 oz.) cans beef broth (get gluten-free)
2 (15 oz.) cans black beans
2 (14.5 oz.) cans chopped tomatoes

SPICES: (check all are gluten-free)

Red pepper flakes
Italian seasoning
Cumin
Nutmeg
Garlic powder
Onion powder

DAIRY/DAIRY CASE:

Margarine (you need 1 tablespoons – more if you like it in potatoes)
3 egg whites (keep 1 dozen on hand)
milk (or non-dairy substitute)
16 oz. ricotta cheese (or tofu cream cheese)
1/3 cup parmesan cheese (or vegan gluten-free alternative)
1/2 cup Monterey jack cheese (or vegan gluten-free mozzarella)

FROZEN FOOD:

Orange juice concentrate (you need 2 tablespoons)
1 (10 oz.) chopped spinach
1 (10 oz.) bag peas and carrots
**Gluten-free bread (or ingredients to make own)

DRY GOODS:

Corn starch (use what you have – you need 1 1/2 tablespoons)
2 cups gluten-free macaroni
brown rice (need 2 cups)
**Quinoa (enough for 6 servings)
**Gluten-free corn muffin mix, or ingredients to make from scratch
**2-3 pound brown rice (enough for 3 meals)