

How To Eat

GLUTEN & DAIRY FREE

On A Budget!

GROCERY LIST ESSENTIALS

Beans - chick Peas, kidney beans, black beans, white beans, dry bulk beans are cheaper than canned.

Coffee or Tea - Generic brands

Dairy Substitutes - almond milk, Earth Balance dairy & soy-free butter

Eggs - great protein!

Fresh Salad Veggies

Frozen Vegetables - corn, peppers, peas, squashes

Fruit - seasonal fruit or frozen berries, dried fruits

Gluten Free Baking Flour

Grains - White rice Flour, sorghum, almond meal, corn flour, xanthan gum,

tapioca starch, potato starch, baking powder

Grains - quinoa, oats, rice

Meat - canned tuna or salmon. Roasts like chicken, turkey, beef or pork

WHERE TO SAVE

Farm Markets
Buy Fresh Local
Produce For Savings

Overstock Stores

Marshalls

TJ Max

Trader Joes

Ocean State Job Lot

Big Lots

Aldes

Manufacturer Coupons

*Buying Large Bulk Bags of Rice, Potatoes and Dry Beans, and Gluten-Free Grains Like Quinoa

*Don't buy loose bulk items because of the risk of cross contamination.

Make Your Own Baking Flour Mixes

Nuts & Nut Butters -

almonds, pecans, peanuts, cashews (get at Trader Joes, Job Lot, Aldes)

Oils - coconut, olive oil, grapeseed oil

Potatoes - russet, white

MONEY SAVING TIPS!

Buy bulk dry rice and beans when you can in large volume bags not loose bulk items.

Mix your own "bisquick" type gluten free flour.

Grow your herbs and veggies then preserve them.

Make a weekly roast to have as a sandwich, or on top of salad during the week for lunch.

Make your own chicken, beef or vegetable broth.

Find out when your grocery has manager specials on meat, go shopping on double coupon days.

Buy online at Amazon or get coupons at gluten-free product sites. They are usually cheaper than the grocery store.

Eggs are very versatile and inexpensive. Boil extra eggs for breakfast, make egg salad for lunch for the next day. Make mini quiches in muffin tins. Deviled eggs are cheap party appetizers.

Find nut butters, special salts, jams, sauces, condiments, dried fruits, teas, coffees, GF-pastas, olive oil, coconut oils in overstock stores like Marshalls or Ocean State Job Lot. (Save \$\$\$ Bob's Red Mill in Ocean State Job Lot)

Canned chicken, tuna and salmon is cheaper and makes great salads!

Go berry picking at your local farm, freeze the berries or make your own jam!

Learn to preserve by canning your harvest. Make your own tomato sauce and have it all year!

WATCH YOUR SAVINGS GROW!

PLANT A GARDEN

Lots of vegetables are easy to grow from seed and yield a great savings! Learn to preserve your vegetables by canning them or freeze your harvest for the winter months.

EASY PLANTS TO GROW

Herbs, Squash, String Beans, Tomatoes, Potatoes, Peppers, Cucumbers, Carrots, Lettuce, Melons, Strawberries, Raspberries.

Get more great info and recipes at www.healthyglutenanddairyfreeliving.com