

# Frugal Abundance

## DAIRY

- \_\_ Fresh Whole Milk
- \_\_ 4 lb box Instant Nonfat Dry Milk
- \_\_ 12 oz tub Nonfat Dry Buttermilk
- \_\_ Evaporated Whole Milk
- \_\_ American Cheese Slices
- \_\_ Cheddar Cheese
- \_\_ American Swiss Sandwich Slices
- \_\_ Mozzarella Cheese
- \_\_ Colby/Jack Mexican Cheese Blend
- \_\_ Parmesan Cheese
- \_\_ Plain Yogurt
- \_\_ Medium Eggs
- \_\_ Powdered Egg Whites
- \_\_ Cream Cheese
- \_\_ Cottage Cheese

## FATS

- \_\_ Butter
- \_\_ Peanut Oil (for frying)
- \_\_ Basic Vegetable Oil
- \_\_ Olive Oil
- \_\_ Dark Sesame Oil
- \_\_ Vegetable Shortening or Coconut Oil

## FISH & SEAFOOD

- \_\_ Fresh Fish & Seafood on Sale
- \_\_ Frozen Fish Fillets: Trout, Pollack, Flounder, Whiting, Tilapia, Cod
- \_\_ Frozen Precooked Tiny Shrimp or Salad Shrimp
- \_\_ Imitation Crab or Lobster
- \_\_ Canned Tuna
- \_\_ Canned Salmon
- \_\_ Canned Clams
- \_\_ Canned Oysters
- \_\_ Canned Shrimp or Crab (Dollar Stores)

## VEGETABLES

### Fresh

- \_\_ Cabbage
- \_\_ Carrots
- \_\_ Celery
- \_\_ Cucumbers
- \_\_ Garlic
- \_\_ Green Peppers
- \_\_ Onions
- \_\_ Potatoes
- \_\_ Radishes
- \_\_ Salad Greens
- \_\_ Sweet Potatoes
- \_\_ Tomatoes
- \_\_ Turnips
- \_\_ Fresh Veggies in Season

### Frozen

- \_\_ Broccoli
- \_\_ Brussels Sprouts
- \_\_ California Style Mixed Veggies
- \_\_ Cauliflower
- \_\_ Classic Mixed Veggies
- \_\_ Corn
- \_\_ Corn on the Cob
- \_\_ Green Beans
- \_\_ Italian Mixed Vegetables

- \_\_ Mixed Greens: Kale, Collard, Mustard, Turnip, Spinach
- \_\_ Oriental Style Mixed Veggies
- \_\_ Peas
- \_\_ Peas & Carrots
- \_\_ Yellow Squash

### Canned, no added salt whenever possible

- \_\_ Bamboo Shoots
- \_\_ Bean Sprouts
- \_\_ Beets
- \_\_ Collard Greens
- \_\_ Corn
- \_\_ Creamed Corn
- \_\_ French Style Green Beans
- \_\_ Cut Green Beans
- \_\_ Green Chili Peppers
- \_\_ Kale
- \_\_ Mixed Vegetables, 28oz -15oz - 8oz
- \_\_ Mushrooms-Stems & Pieces
- \_\_ Mustard Greens
- \_\_ Oriental or Stir-Fry Vegetables
- \_\_ Peas- 15 oz - 8 oz
- \_\_ Roasted Red Peppers
- \_\_ Pimientos
- \_\_ Potatoes-Whole Baby
- \_\_ Potatoes-Cubed or Sliced
- \_\_ Pumpkin
- \_\_ Sauerkraut
- \_\_ Spaghetti Sauce (no sugar)
- \_\_ Spinach
- \_\_ Sweet Potatoes/Yams
- \_\_ Tomatoes
- \_\_ Tomato Sauce
- \_\_ Tomato Paste
- \_\_ Tomatoes & Green Chile Peppers
- \_\_ Turnip Greens
- \_\_ Water Chestnuts
- \_\_ Wax Beans
- \_\_ Zucchini & Tomatoes

## FRUITS & JUICES

### Fresh

- \_\_ Apples
- \_\_ Bananas
- \_\_ Oranges
- \_\_ Grapes
- \_\_ Fresh Fruit in Season

### Frozen

- \_\_ Orange Juice Concentrate
- \_\_ Apple Juice Concentrate
- \_\_ Grape Juice Concentrate
- \_\_ Other Flavors Juice Concentrate
- \_\_ Large Bag Frozen Strawberries
- \_\_ Large Bag Frozen Blueberries
- \_\_ Large Bag Frozen Mixed Fruit

### Canned no added sugar whenever possible

- \_\_ Bottled Lemon Juice
- \_\_ Bottled Lime Juice
- \_\_ Large Jar Applesauce
- \_\_ Mixed Fruit
- \_\_ Mandarin Oranges
- \_\_ Peaches
- \_\_ Pears
- \_\_ Pineapple
- \_\_ Tropical Fruit

### Dried

- \_\_ Apples
- \_\_ Apricots
- \_\_ Bananas

- \_\_ Coconut
- \_\_ Cranberries or Craisins
- \_\_ Dates - Figs
- \_\_ Prunes
- \_\_ Raisins- Black - Golden

## DRIED BEANS

- \_\_ Lentils
- \_\_ Split Peas--Yellow & Green
- \_\_ Pinto Beans
- \_\_ Kidney Beans
- \_\_ Black Beans
- \_\_ Black-Eyed Peas
- \_\_ Navy or Great Northern Beans
- \_\_ Lima Beans
- \_\_ Chickpeas
- \_\_ Vegetarian Baked Beans
- \_\_ Canned Beans as necessary

## SOY PRODUCTS & FAKE MEATS

- \_\_ Dry Soybeans
- \_\_ Textured Vegetable Protein (TVP)
- \_\_ Tempeh, on sale
- \_\_ Tofu-- Refrigerated - Shelf Stable
- \_\_ Meat Substitutes--Beef - Chicken - Ham - Sausage - Bacon
- \_\_ Veggie Lunchmeat
- \_\_ Soya Bacon Bits

## NUTS & SEEDS

- \_\_ Peanut Butter, unsweetened
- \_\_ Tahini--Sesame Seed Paste, on sale
- \_\_ Unsalted Peanuts
- \_\_ Sunflower Seeds
- \_\_ Sesame Seeds
- \_\_ Walnuts, Almonds, or Pecans
- \_\_ Unsweetened Coconut
- \_\_ Coconut Milk

## GRAINS & STARCHES

- \_\_ Whole Wheat Flour
- \_\_ Whole Wheat Pastry Flour
- \_\_ Vital Wheat Gluten
- \_\_ Unbleached Flour
- \_\_ Unbleached Bread Flour
- \_\_ Wheat Germ
- \_\_ Wheat Bran
- \_\_ Rye Flour
- \_\_ Whole Grain Cornmeal
- \_\_ Whole Grain Yellow Grits or standard Quick Grits
- \_\_ Converted Rice
- \_\_ Brown Rice
- \_\_ Bulgur Wheat
- \_\_ Farina (Cream of Wheat)
- \_\_ Pearl or Pot Barley
- \_\_ Instant or Quick Barley
- \_\_ Old Fashioned Rolled Oats
- \_\_ Steel Cut Oats
- \_\_ Oat Bran
- \_\_ Puffed Whole Wheat or Brown Rice
- \_\_ Cheap Cornflakes
- \_\_ Whole Wheat Spaghetti
- \_\_ Whole Wheat Macaroni
- \_\_ Whole Wheat Egg Noodles
- \_\_ Other Pasta \_\_\_\_\_
- \_\_ Popcorn for Popping
- \_\_ Whole Wheat Crackers
- \_\_ Plain Saltines

- \_\_ Instant Potato Flakes

## BAKING SUPPLIES

- \_\_ Sugar
- \_\_ Brown Sugar
- \_\_ Powdered Sugar
- \_\_ Corn Syrup
- \_\_ Honey
- \_\_ Black Strap Molasses
- \_\_ Unsulfured Molasses
- \_\_ Yeast
- \_\_ Baking Powder
- \_\_ Baking Soda
- \_\_ Unsweetened Carob or Cocoa
- \_\_ Agar or Unflavored Gelatin
- \_\_ Cornstarch or Arrowroot
- \_\_ Vanilla Extract
- \_\_ Almond Extract

## BEVERAGES

- \_\_ Pero or Postum or Cafix or Coffee
- \_\_ Instant Tea
- \_\_ Tea Bags
- \_\_ Herbal Teas
- \_\_ Wine in a Box

## CONDIMENTS

- \_\_ Vegetarian Broth Powder--Beef, Chicken, Ham & Veggie Flavors
- \_\_ Hot Sauce
- \_\_ All Fruit Preserves
- \_\_ Genuine Maple Syrup
- \_\_ Ketchup
- \_\_ Mayonnaise
- \_\_ Yellow or Dijon Mustard
- \_\_ Olives--Black & Green
- \_\_ Pickles/Relish
- \_\_ Salsa/Taco Sauce
- \_\_ Dry Sherry
- \_\_ Soy Sauce
- \_\_ Vinegar-- White - Cider - Red Wine
- \_\_ Worcestershire Sauce

## HERBS & SPICES

- Salt, Black Pepper, Garlic Powder, Dry Onions, Cayenne Pepper, Onion Powder, Chili Powder, Basil, Oregano, Cinnamon, Poultry Seasoning, Curry Powder, Ginger, Cumin, Cloves, Nutmeg, Allspice, Turmeric, Celery Seed, Dill Weed, Coriander, Italian Seasoning, Cardamom

## OTHER

- \_\_ Toilet Paper
- \_\_ Paper Towels or Napkins
- \_\_ Dog Food-- Cat Food
- \_\_ Dish Soap
- \_\_ Laundry Soap
- \_\_ Bar Soap
- \_\_ Deodorant
- \_\_ Toothpaste
- \_\_ Feminine Hygiene
- \_\_ Bleach -- Ammonia -- Pine Cleaner
- \_\_ Scouring Powder
- \_\_ Borax
- \_\_ Fels Naptha
- \_\_ Washing Soda