



**GFCFSF DIET FOODSTAMP SHOPPING LIST**

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Ingredient	Cost per container	Container size	Servings per container	Serving size	Cost per serving	Amount needed for menu	Quantity needed	Cost
egg	1.92	18 eggs	18	1 egg	0.107	5.75 dozen	6 dozen	\$7.68
frozen - brocolli	3.49	48 oz	12	4oz	0.290	48oz	1 48oz bag	\$3.49
frozen - corn	3.49	48 oz	12	4oz	0.290	48oz	1 48oz bag	\$3.49
frozen - green beans	3.49	48 oz	12	4oz	0.290	48oz	1 48oz bag	\$3.49
frozen - mixed chopped veggies	3.49	48oz	12	4	0.290	48oz	1 48oz bag	\$3.49
frozen - Orange Juice Concentrate	1.69	64oz	10.667	6	0.158	5.25 containers	6 cans	\$10.14
frozen - peas	3.49	48 oz	12	4oz	0.290	48oz	1 48oz bag	\$3.49
frozen - peppers, sliced	2.00	lb	4	4	0.500	1lb	1 16oz bag	\$2.00
frozen - spinach, chopped	0.98	10oz	4	2.5 oz	0.245	40oz	4 10oz boxes	\$3.92
meat - bacon, Oscar Meyer or Hormel	2.59	lb	16	1 slice/1oz	0.162	3.5lbs	4	\$10.36
meat - chicken (whole)	0.99	lb	5.33	5oz	0.186	3 - 3.5lb	3 whole	\$9.65
meat - chicken breasts (Boneless, skinless)	1.69	lb	4	4oz	0.422	2lbs	2lbs	\$3.38
meat - ground meat (beef or turkey)	1.69	lb	4	4oz	0.422	6lbs	6lbs	\$10.14
meat - ham bone, smoked	1.79	lb				1lb.	1lb	\$1.79
meat - ham slice, Hormel	3.99	lb	4	4oz	0.990		.5lb	\$1.99
meat - hot dogs, Oscar Mayer Beef Franks	2.00	16oz	8	1 dog/2oz	0.250	12.000	2 pkgs of 8	\$4.00
meat - italian sausage	2.99	lb	4	4	0.750	1lb	1lb	\$2.99
meat - lunchmeat	3.99	lb	4	4	0.990		3lbs	\$11.97
meat - pork chops	2.59	lb	4	4	0.647		2.5lbs	\$6.47
meat - pork loin	3.39	lb	4	4	0.847		3lbs	\$10.17
meat - turkey for roasting	1.19	lb	4	4	0.297	12lb	12lbs	\$14.28
package - peaches, canned	1.29	29oz	7.25	4oz	0.178		2 29oz cans	\$2.58
package - pears, canned	1.53	29oz	7.25	4oz	0.211		1 29oz can	\$1.53
packaged - baked beans (Bush's)	2.84	29oz	4.833	6	0.587	29oz	1 29oz can	\$2.84
packaged - bread GFCFSF like Ener-g	2.86	8oz/12slice	6	2	0.476	40 slices	4 8oz loaves	\$11.44
packaged - can tomatoes	1.17	28oz	7	4oz	0.167		2 28oz cans	\$2.34
packaged - chicken bouillon, Herb Ox Sodium Free Chicken Granulated Bouillon	1.19	6pk	6	1	0.198		1 6-pack	\$1.19
packaged - GFCFSF bread crumbs like Gillian's	2.16	10oz					1 10oz pkg	\$2.16
packaged - Lay's potato chips	2.38	10 oz	10	1oz	0.238	24oz	3 10oz bags	\$7.14
packaged - corn tortillas	1.00	12	12	2	0.167	24.000	2 pks of 10	\$2.00
packaged - cornbread mix - GFCFSF	2.55	20oz	12	1 muffin	0.280		4 mixes	\$10.20
packaged - Cream of Rice cereal	2.09		9	1/4 dry	0.232	8cups	4 boxes	\$8.36
packaged - dry black beans	1.07	lb	13	1/4 cup dry	0.082		2lbs	\$2.14
packaged - dry kidney beans	1.69	lb	13	1/4 cup dry	0.130		1lb	\$1.69
packaged - dry navy beans	1.07	lb	13	1/4 cup dry	0.116		1lb	\$1.07
packaged - dry pinto beans	0.98	lb	13	1/4 cup dry	0.075		1lb	\$0.98
packaged - Quaker instant grits, plain	1.16	24oz	6	1/4 cup dry	0.193		1 24oz pkg	\$1.16
packaged - hominy, canned	0.73	15oz	4	4	0.182		1 15oz can	\$0.73
packaged - jelly	1.39	10oz	16	1T	0.087		1 10oz jar	\$1.39
packaged - ketchup, Heinz	1.35	14oz	14	2T	0.096		1 14 oz bottle	\$1.35
packaged - milk sub	3.24	64oz	16	4oz	0.202		2 64oz containers	\$6.48
packaged - canola oil for frying	2.72	48oz					1 48oz bottle	\$2.72
packaged - GFCFSF pancake mix	3.65	22oz	8	16 4" pancakes	0.558		1 mix	\$3.65
packaged - pasta	2.99	16oz	4	4	0.750		2lbs	\$5.98
packaged - peanut butter	5.45	46oz	25	2T	0.138	42oz - 4.5 cups	46oz	\$5.45
packaged - rice (not instant)	3.82	5lbs	128	1/4 dry	0.029	10cups	3lbs	\$3.82
packaged - Rice Chex cereal	2.98	13cups	13	1	0.229	24cups	2 13-cup boxes	\$5.96

packaged - salad dressing	1.99	12oz	16	2T	0.089	12oz	1 12oz bottle	\$1.99
packaged - Newman's marinara sauce	2.00	24oz	6	4oz	0.500	48 oz	2 24oz bottles	\$4.00
packaged - real maple syrup	4.79	8.5oz	16	2T	0.299	.5 cup	8.5oz	\$4.79
produce - amarillos	0.79	lb	4	1/2cup	0.197	8 cups	4lbs	\$3.16
produce - apple	2.49	3lbs	11		0.226	20 apples	2 3lb bags	\$4.98
produce - banana	0.59	lb	3	1/2cup	0.196	12 sm bananas	4lbs	\$2.36
produce - green bell peppers	1.00	1	2	1	0.500	5 .5lb	5 .5 lb peppers	\$2.50
produce - carrots	1.99	5lbs	20	4oz	0.099		3lbs	\$1.99
produce - celery	1.48	bunch					1 bunch	\$1.48
produce - eggplant	1.62	lb	4	4	0.405		4lbs	\$6.48
produce - garlic - clove	0.50	head					2 heads	\$1.00
produce - green onion	1.29	bunch					1 bunch	\$1.29
produce - mushrooms	1.69	lb	4	4	0.425	1lb	1lb	\$1.69
produce - onion	4.99	5lbs					3lbs	\$4.99
produce - Oranges	4.99	8lb	24	1	0.208		16 oranges	\$4.99
produce - russet potatoes	3.50	5lbs	13.33	6oz	0.262		7.5 lbs	\$7.00
produce - salad, bag	2.00	12oz	4	3oz	0.500		4 12oz pkg	\$8.00
produce - tomato	1.99	lb	4	4oz	0.497		2lbs	\$3.98
produce - white potatoes	2.99	5lbs	13.33	6oz	0.224		17.25lbs	\$11.96
produce - zucchini	1.88	lb	4	4oz	0.470		3lbs	\$5.64
seasoning - adobo seasoning	1.45	8oz					1 8oz bottle	\$1.45
seasoning - bay leaf	1.00	20 leaves				Dollar Store	1 bottle	\$1.00
seasoning - brown sugar	0.86	lb					1lb	\$0.86
seasoning - chili powder	0.50						1	\$0.50
seasoning - cinnamon	0.50						1	\$0.50
seasoning - ground cumin	1.00					Dollar Store	1	\$1.00
seasoning - oregano leaves - dry	1.00					Dollar Store	1	\$1.00
seasoning - real vanilla extract, Frontier brand	2.35	2oz					1 2oz bottle	\$2.35
seasoning - thyme leaves - dry	1.00					Dollar Store	1	\$1.00
TOTAL								\$318.66

Please note - Read all labels and purchase only GFCFSF products.

Meat - 4/5/6 ounces per day per person/average. These count as ONE oz each: 1 egg, nuts, 2 T peanut butter, 1/2 cup dry beans, 1 oz meat

Veggies and fruits - 3 per day each - 1/2 cup veges, 1 cup lettuce, 1 med potato. 1/2 c chopped fruit, 3/4 c juice, 1 cup berries.

Starches - 6/9/11 per day 1 slice bread, muffin, pasta, 1/2 c rice, 1 cup cereal, 1 med potato

These are the FDA portion and nutritional guidelines.