

SHOPPING LIST

FRUIT

- Apples
- Bananas
- Blueberries
- Lemon
- Melon
- Nectarines
- Pears
- Peaches
- Plums
- Strawberries
- Other: _____

VEGETABLES

- Asparagus
- Avocado
- Bean sprouts
- Bell peppers
- Broccoli
- Carrots
- Celery
- Corn
- Cucumber
- Eggplant
- Green beans
- Lettuce
- Mushrooms
- Onion
- Potato
- Scallion
- Spinach
- Tomatoes
- Squash
- Other: _____

HERBS ETC...

- Basil
- Cilantro
- Garlic
- Ginger
- Mint
- Parsley
- Rosemary
- Other: _____

DAIRY

- Butter
- Eggs
- Cheese
- Milk
- Buttermilk
- Sour cream
- Yogurt
- Other: _____

BREAD

- Bagels
- English muffins
- Sliced bread
- Wraps / Pita
- Other: _____

MEAT & FISH

- Bacon
- Beef
- Poultry
- Lamb
- Fish
- Other: _____

FROZEN

- Fruit
- Veggies
- Ice cream
- Toaster waffles
- Veggie burgers
- Other: _____

BREAKFAST & FRUIT

- Bran
- Oatmeal
- Honey
- Jelly
- Peanut butter
- Syrup
- Applesauce
- Craisins
- Raisins
- Other: _____

BAKING GOODS

- Baking soda
- Baking powder
- Chocolate
- Extract: vanilla / almond / orange
- Flour
- Milk: condensed / evaporated
- Molasses
- Nuts: walnuts / pecans / cashews
- Salt
- Sugar: brown / white
- Yeast
- Other: _____

BEVERAGES

- Lemon / lime juice
- Coffee / tea
- Seltzer
- Other: _____

SNACKS

- Kids' snacks
- Chips
- Crackers
- Other: _____

GRAINS & PASTA

- Rice
- Couscous
- Lentils
- Pasta
- Other: _____

CANNED GOODS

- Beans
- Tomatoes
- Tuna
- Other: _____

CONDIMENTS & EXTRAS

- Bread crumbs
- Capers
- Cooking wine
- Cornmeal
- Mayonnaise
- Mustard
- Oil
- Soy sauce
- Vinegar
- Other: _____

CLEANING SUPPLIES

- Dish soap
- Dishwasher soap
- Sponges
- Trash bags
- Drano
- Laundry detergent
- Woolite
- Stainstick
- Other: _____

PAPER/STORAGE

- Toilet paper
- Kleenex
- Paper towels
- Napkins
- Plastic wrap
- Tin foil
- Wax paper
- Zip lock bags
- Other: _____