

GROCERY LIST

VEGETABLES - Fresh

- ___ artichokes
- ___ asparagus
- ___ avocados
- ___ bean sprouts
- ___ bell peppers
(green, red,
yellow)
- ___ broccoli
- ___ brussels sprouts
- ___ cabbage
- ___ carrots
- ___ cauliflower
- ___ celery
- ___ cilantro / parsley
- ___ corn
- ___ cucumbers
- ___ eggplant
- ___ garlic
- ___ green beans
- ___ lettuce
- ___ mushrooms
- ___ onions (green, red,
white, yellow)
- ___ peas
- ___ potatoes (red, russ)
- ___ snow peas
- ___ spinach
- ___ squash (banana,
crookneck, zucc.)
- ___ tomatoes
- ___ yams

FRUITS - Fresh

- ___ apples
- ___ caramel dip
- ___ apricots
- ___ bananas
- ___ blueberries
- ___ cantaloupe
- ___ cherries

- ___ cranberries
- ___ grapefruit
- ___ grapes
- ___ kiwi
- ___ lemons/limes
- ___ nectarines
- ___ oranges
- ___ peaches
- ___ pears
- ___ pineapple
- ___ plums
- ___ raspberries
- ___ strawberries
- ___ watermelon

FRUITS - Dried

- ___ apples
- ___ apricots
- ___ prunes
- ___ raisins

BREADS

- ___ bagels
- ___ bread - french
(thick, thin, whole)
- ___ bread - sandwich
- ___ bread - sour dough
- ___ buns (hamb, hotdog)
- ___ diner rolls
(french, potato, sour)
- ___ English muffins
- ___ Hawaiian (bread, rolls)
- ___ lavash
- ___ raisin bread
- ___ tortillas (corn, flour)

MEATS

- ___ beef _____
- ___ fish _____
- ___ chicken _____
- ___ pork _____
- ___ turkey _____
- ___ sliced-deli _____

DAIRY

- ___ butter, margarine
- ___ buttermilk
- ___ cheese:
(___ shredded)
- ___ cheddar (mild,
med, sharp)
- ___ cottage cheese
- ___ cream cheese
- ___ Monterey jack
- ___ mozzarella
- ___ ricotta
- ___ Romano
- ___ eggs
- ___ milk - 1%
- ___ sour cream
(lo-fat, non-fat, reg.)
- ___ wonton/eggroll
wrappers
- ___ yogurt

CEREALS

- ___ corn flakes
- ___ cream of wheat, cr.
of rice
- ___ frosted mini-wheats
- ___ oat bran
- ___ oatmeal

PASTAS

- ___ acini-de-pepe, abc's,
orzo....
- ___ lasagna, fettuccini....
- ___ macaroni, rigatoni,
penne....
- ___ noodles (thin, med,
wide)
- ___ shells, bows, rotelle..
- ___ spaghetti, linguine,
angel....
- ___ macaroni & cheese,
..roni's..

GRAINS/LEGUMES

- ___ barley
- ___ beans: black, red,
white
- ___ beans: kidney, pinto
- ___ lentils, split peas
- ___ peanut butter
- ___ popcorn
- ___ rice (brown, white,
sweet)

FRUITS - Canned

- ___ applesauce
- ___ coconut creme
- ___ fruit cocktail
- ___ jam/jelly _____
- ___ mandarin oranges
- ___ maraschino cherries
- ___ peaches
- ___ pears
- ___ pineapple (chunks,
crushed, tidbits)
- ___ pie filling _____

JUICES - Bottled

- ___ boxed or pouches
- ___ apple
- ___ grape (conc,red,white)
- ___ lemon, lime
- ___ pineapple
- ___ tomato
- ___ V-8

VEGETABLES - Canned

- ___ beets (reg., pickled)
- ___ corn (creamed,
whole, mexi-)
- ___ green beans
- ___ mushrooms
- ___ pumpkin
- ___ sauerkraut

TOMATOES - Canned

- ___ paste (6oz., 15 oz.)
- ___ sauce (8 oz., 15 oz.)
- ___ crushed, diced, whole
- ___ spaghetti sauce

SOUPS - Canned & Dry

- ___ bean with bacon
- ___ cheddar cheese
(nacho)
- ___ chicken noodle
- ___ cream of celery
- ___ cream of chicken
- ___ cream of mushroom
(10 oz., 26 oz.)
- ___ cup o' noodles
- ___ dry chicken noodle
- ___ dry onion soup mix
- ___ Knorr veg. dip
- ___ minestrone
- ___ mixed bean soup mix
- ___ ramen noodles
- ___ split pea - Andersens
- ___ tomato
- ___ vegetarian vegetable

BEANS/MEATS-Canned

- ___ beans - black
- ___ beans - garbanzo
- ___ beans - kidney
- ___ beans - piquitos
- ___ beans - pintos
- ___ beans - small red
- ___ beans - white
- ___ beef
- ___ chicken
- ___ chili w/beans - veg.
- ___ corned beef/hash
- ___ pork & beans
- ___ refried beans - veg.
- ___ ravioli
- ___ spaghetti/os
- ___ stew
- ___ tuna

RELISHES

- ___ green chiles (diced,
whole)
- ___ olives - black (ch.,
sliced, whole)
- ___ olives - green
- ___ pickles (b&b, dill,
kosher, sweet)
- ___ sweet pickle relish

SALAD DRESSINGS

- ___ Brianne's blush vinaigrette
- ___ Catalina French
- ___ Italian
- ___ ranch
- ___ red wine vinaigrette
- ___ raspberry vinaigrette (Best Foods)
- ___ seasoned rice vinegar
- ___ sun dried tomato

OILS

- ___ cooking spray
- ___ olive oil
- ___ sesame oil
- ___ shortening
- ___ vegetable oil - canola

CONDIMENTS

- ___ barbecue sauce
- ___ enchilada sauce
- ___ hoisin sauce
- ___ ketchup - Heinz
- ___ mayonnaise-Best Foods
- ___ miracle whip
- ___ mustard
- ___ picante sauce - Pace-mild
- ___ Pico-pica (hot, mild)
- ___ plum sauce
- ___ soy sauce - lite
- ___ steak sauce - H-57, Sizzler, L&P
- ___ taco sauce - LaVictoria-mild
- ___ tabasco sauce
- ___ teriyaki sauce
- ___ vinegar (cider, red, rice, white)
- ___ worcestershire - Lee & Perrins

STAPLES&DRY GOODS

- ___ "Better Than Bouillon"
- ___ beef ___ chicken
- ___ baking soda
- ___ baking powder
- ___ chocolate chips (btrsch, wh)
- ___ cocoa
- ___ coconut
- ___ cornmeal
- ___ cornstarch
- ___ flour
- ___ honey
- ___ hot chocolate
- ___ malted milk
- ___ spiced apple cider
- ___ tang
- ___ jello, pudding, Danish dessert
- ___ kool-aid
- ___ milk:
 - ___ evaporated
 - ___ powdered
 - ___ soy
 - ___ sweetened condensed
- ___ mixes:
 - ___ buttermilk salad dr. mix
 - ___ cake mix - frosting
 - ___ cornbread mix
 - ___ Italian salad dr. mix
 - ___ pancake mix
 - ___ salsa mix
 - ___ sloppy joe mix
 - ___ Swd. meatball mix
 - ___ taco season mix
 - ___ potato flakes
 - ___ salt
 - ___ sugar (brown, white, powdered)
 - ___ syrup (choc, karo, maple...)
 - ___ yeast

SPICES

- ___ allspice
- ___ basil
- ___ cayenne
- ___ chili powder
- ___ cinnamon - Watkins
- ___ cloves
- ___ coriander
- ___ cream of tartar
- ___ cumin
- ___ curry powder
- ___ Thai red curry paste
- ___ dill
- ___ garlic. powder
- ___ ginger
- ___ nutmeg
- ___ onion powder
- ___ oregano
- ___ paprika
- ___ poultry seasoning
- ___ sage
- ___ salad herbs
- ___ salt sub. (Mrs. Dash, spike...)
- ___ seasoned salt - Lawry's lite
- ___ vanilla, almond, coconut & maple flavorings - Watkins

FROZEN

- ___ blueberry, raspberry, strawberry
- ___ cool whip
- ___ corn-petite white - C&W or TraderJoe's
- ___ edamame
- ___ fish
- ___ green beans-whole- C&W or TraderJoe's
- ___ ice cream
- ___ juice
- ___ lima beans

- ___ peas-petite snaps - C&W or TraderJoe's
- ___ pot pies
- ___ potatoes (hash brown, tater-tot)
- ___ snow peas
- ___ waffles

JUNK FOOD

- ___ chips (corn, potato, tortilla)
- ___ dip
- ___ cookies
- ___ crackers (graham, club, saltine, wheat thin)
- ___ donuts, sweet rolls
- ___ marshmallows
- ___ nuts

FOIL/PAPER/PLASTIC

- ___ aluminum foil
- ___ cooking bags (turkey, lg., sm.)
- ___ food storage bags (sm, med, lg)
- ___ garbage bags (kitchen, yard)
- ___ kleenex-cold comf (box,pocket)
- ___ lunch bags
- ___ napkins
- ___ paper c. (hot, cold)
- ___ paper plates
- ___ paper towels
- ___ plastic. forks, knives, spoons
- ___ plastic. wrap
- ___ toilet paper

TOILETRIES

- ___ band-aids
- ___ cotton squares, swabs
- ___ deodorant
- ___ feminine needs
- ___ freshi-wipes
- ___ hair gadgets
- ___ hand soap - bar, liquid
- ___ mouthwash
- ___ pantyhose
- ___ powder
- ___ razors
- ___ shampoo, conditioner
- ___ t-brush, t-paste, floss

MEDICATIONS

- ___ acetaminophen
- ___ aspirin
- ___ chlortrimaton - 8 hr.
- ___ excederin
- ___ ibuprofen
- ___ immodium
- ___ sudafed

HOUSEHOLD CLEANING

- ___ air freshener
- ___ cleanser - Comet
- ___ dish soap
- ___ dishwasher soap
- ___ disinfectant cleaner
- ___ dusting polish
- ___ floor polish
- ___ laundry bleach
- ___ laundry pre-wash
- ___ laundry soap
- ___ laundry softener sheets
- ___ toilet bowl cleaner
- ___ vacuum cleaner
- ___ bags/belts
- ___ window cleaner

MISC.

- ___ batteries (AAA, AA, C, D, 6v, 9v)
- ___ charcoal, lighter
- ___ film
- ___ flashlight
- ___ kitchen gadgets
- ___ light bulbs (25, 40, 60, 75, 100)
- ___ propane
- ___ water, bottled