

Shopping List

Fresh Vegetables

- Asparagus
- Beets
- Broccoli
- Cauliflower
- Carrots
- Celery
- Kale
- Cucumbers
- Garlic
- Greens
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Sprouts
- Squash
- Tofu
- Tomatoes
- Zucchini

Other _____

Fresh Fruits

- Apples
- Avocado
- Bananas
- Berries
- Cherries
- Grapes
- Mango
- Lemons / Limes
- Melons
- Oranges
- Peaches
- Pears
- Plums

Other _____

Canned Foods

- Applesauce
- Beans
- Crab
- Olives
- Pasta sauce
- Pickles
- Tuna
- Salmon
- Soups
- Tomatoes

Other _____

Sauces

- BBQ sauce
- Hot sauce
- Hoisin
- Fish sauce
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce

Other _____

Various Groceries

- Bottled water
- Bouillon cubes
- Cereal
- Coffee
- Honey
- Jelly / Preserves
- Ketchup
- Lemon / Lime juice
- Mayonnaise
- Mustard
- Peanut butter
- Pasta
- Tea

- White rice
- Wild rice

Other _____

Spices & Herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Oregano
- Parsley
- Red pepper
- Salt
- Vanilla extract

Other _____

Oils/Vinegars

- Apple cider vinegar
- Balsamic vinegar
- White vinegar
- Salad dressing
- Olive oil
- Canola oil
- Cooking spray

Other _____

Dairy

- Butter
- Egg Substitute
- Eggs
- Non-hydrogenated Margarine
- Milk
- Sour cream
- Yogurt

Other _____

Shopping List

Cheese

- Cheddar
 - Cottage cheese
 - Cream cheese
 - Feta
 - Mozzarella
 - Parmesan
 - Provolone
 - Ricotta
 - Sandwich slices
 - Shredded
 - Swiss
- Other _____
- Other _____

Frozen

- Fish
 - Yogurt
 - Juices
 - Popsicles
 - Sorbet
 - Vegetables
 - Veggie burgers
- Other _____

Meat

- Bacon
 - Beef
 - Chicken
 - Ground beef
 - Ground turkey
 - Pork
 - Sausage
 - Steak
 - Turkey
- Other _____
- Other _____

Seafood

- Arctic Char
 - Catfish
 - Crab
 - Halibut
 - Haddock
 - Sole
 - Squid
 - Scallops
 - Shark
 - Salmon
 - Shrimp
 - Tilapia
 - Tuna
- Other _____

Baked Goods

- Bagels
 - Buns
 - Crackers
 - Fresh bread
 - Pitas
 - Rolls
 - Tortillas
- Other _____

Baking

- Baking powder
- Baking soda
- Bread crumbs
- Brown sugar
- Icing sugar
- Chocolate chips
- Cocoa
- All purpose flour
- Whole wheat flour
- Oatmeal
- Pie shell

- Sugar
 - Yeast
 - Ground flax
 - Wheat germ
- Other _____
- Other _____

Snacks

- Dried fruit
 - Granola bars
 - Nuts
 - Popcorn
 - Pretzels
 - Tortilla chips
- Other _____

Kitchen

- Aluminum foil
 - Coffee filters
 - Freezer bags
 - Muffin cups
 - Parchment paper
 - Paper towels
 - Plastic wrap
 - Roasting pan
 - Sandwich bags
 - Wax paper
 - Wooden Skewers
- Other _____
- Other _____
- Other _____
- Other _____
- Other _____
- Other _____