Our Shopping List

**Vegetables**

* Broccoli
* Asparagus
* Salad Greens
* Romaine
* Baby Spinach
* Asian Greens
* Bell Peppers
* Cauliflower
* Potatoes
* Sweet Potato
* Carrots
* Roots
* Onions
* Garlic
* Herbs
* Green Onions
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fruit**

* Apples
* Pears
* Bananas
* Oranges
* Lemons
* Limes
* Melons
* Strawberries
* Berries
* Tropical
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cheese**

* Parmesan
* Blue
* Cheddar
* Pizza
* Sandwich
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Fish & Seafood**

* Fresh
* Frozen
* Salmon
* Clams
* Mussels
* Shrimp
* White
* Anchovies
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Bread**

* Whole Grain
* Sandwich
* Toast
* Tortillas
* Pitas
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Meat**

* Bacon
* Sausage
* Beef
* Pork
* Chicken
* Ham Hocks
* Turkey
* Lamb
* Sandwich
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Organic**

* Grains
* Legumes
* Edamame
* Tomatoes
* Seaweed
* Flax
* Soy Milk
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Household**

* Soap
* Toothpaste
* Shampoo
* Shower Kit
* Garbage Bags
* Cleaners
* Laundry
* Toilet Paper
* Paper Towels
* Tissues
* Diapers
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Cans & Bottles**

* Tomatoes
* Tomato Paste
* Tuna Fish
* Sardines
* Beans
* Chickpeas
* Coconut Milk
* Condensed Milk
* Clams
* Olive Oil
* Cooking Oil
* Vinegars
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Baking**

* AP Flour
* WW Flour
* Sugar
* Brown Sugar
* Baking Powder
* Chocolate
* Cornmeal
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Dairy**

* Milk
* Butter
* Sour Cream
* Yogurt
* Eggs
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Frozen**

* Peas
* Corn
* Vegetables
* Blueberries
* Raspberries
* Smoothie Fruit
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Beverages**

* Orange Juice
* Apple Juice
* Soy/Rice Milk
* Water
* Mixers
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Oh, I Almost Forgot…**

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