

SHOPPING LIST

MEAT

Bacon, turkey _____
 Beef, ground _____
 Beef, roast _____
 Beef, steak _____
 Chicken, breast _____
 Chicken, legs _____
 Chicken, whole _____
 Fish, cod _____
 Fish, salmon _____
 Fish, seabass _____
 Fish, sole _____
 Fish, swordfish _____
 Pork, chops _____
 Pork, ribs _____
 Pork, roast _____
 Scallops _____
 Shrimp _____
 Surimi _____
 Turkey, breast _____
 Turkey, whole _____

DAIRY/DELI

Butter _____
 Cheese, American _____
 Cheese, Bleu dressing _____
 Cheese, Cheddar _____
 Cheese, cottage _____
 Cheese, cream _____
 Cheese, Fontina _____
 Cheese, Jack _____
 Cheese, Muenster _____
 Cheese, Mozzarella _____
 Cheese, Parmesan _____
 Cheese, Romano _____
 Cheese, Swiss _____
 Eggs _____
 Hot dogs _____
 Lunch meat _____
 Milk _____
 Pepperoni _____
 Pizza Dough _____
 Sour cream _____
 Yogurt _____

PRODUCE

Alfalfa sprouts _____
 Apples, Fuji _____
 Apples, Gala _____
 Apples, granny smith _____
 Apples, red delicious _____
 Arugula _____
 Avocados, Bacon _____
 Avocados, Fuerte _____
 Avocados, Hass _____
 Avocados, Pinkerton _____
 Bananas _____
 Bean sprouts _____
 Bell peppers _____

Blackberries _____
 Blueberries _____
 Bok Choy _____
 Broccoli _____
 Brussels sprouts _____
 Cabbage, Chinese _____
 Cabbage, green _____
 Cabbage, red _____
 Cantaloupe _____
 Carrots _____
 Celery _____
 Cherries _____
 Chilis _____
 China Peas _____
 Cilantro _____
 Corn _____
 Cucumbers _____
 Garlic _____
 Grapefruit _____
 Green beans _____
 Lemons _____
 Lettuce, greenleaf _____
 Lettuce, Iceburg _____
 Mushrooms _____
 Nectarines _____
 Onions, dry _____
 Onions, green _____
 Oranges _____
 Parsley _____
 Peaches _____
 Potatoes, red _____
 Potatoes, Russet _____
 Potatoes, Yukon gold _____
 Radishes _____
 Raspberries _____
 Romaine _____
 Squash, acorn _____
 Squash, spaghetti _____
 Squash, summer _____
 Squash, yellow _____
 Strawberries _____
 Tomatoes _____
 Zucchini _____

GRAINS/LEGUMES

Beans, Anasazi _____
 Beans, black _____
 Beans, navy _____
 Beans, pink _____
 Beans, pinto _____
 Beans, red _____
 Lasagna noodles _____
 Lentils _____
 Macaroni _____
 Noodles _____
 Peas, split _____
 Rice, brown _____
 Rice, quik _____
 Rice, white _____

Spaghetti _____

BREADS

Bread _____
 Burger buns _____
 English muffins _____
 Hotdog buns _____
 Rolls _____
 Sourdough _____
 Tortillas, chips _____
 Tortillas, corn _____
 Tortillas, flour _____
 Tortillas, raw _____

CANNED

Beans, chili _____
 Beans, green, canned _____
 Beans, lima, canned _____
 Beans, refried _____
 Beef, canned _____
 Beets, canned _____
 Carrots, canned _____
 Corn, canned _____
 Mushrooms, canned _____
 Noodles, Chinese _____
 Noodles, Parmesan _____
 Peas, canned _____
 Potatoes, instant _____
 Ravioli _____
 Rice cakes _____
 Rice-a-Roni _____
 Soup _____
 Spinach, canned _____
 Stuffing _____
 Tomato paste _____
 Tomato sauce _____
 Tomatoes, canned _____
 Tuna, canned _____

SPICES/COOKING

Arab spice _____
 Basil _____
 Bay leaf _____
 Bay powder _____
 Bread crumbs, Italian _____
 Butter Buds _____
 Cardamom _____
 Chili powder _____
 Chives _____
 Cinnamon _____
 Cloves _____
 Cocoa _____
 Coconut, unsweetened _____
 Coriander _____
 Cornstarch _____
 Cumin _____
 Curry _____
 Flour _____
 Garlic powder _____

Marjoram	_____	Sauce, tartar	_____	Chromium	_____
Meat tenderizer	_____	Sauce, Worcestershire	_____	Dandelion	_____
Milk, powdered	_____			E	_____
Minced onions	_____	<u>FROZEN</u>		EPA	_____
Mint	_____	Beans, green, frozen	_____	Folate	_____
Nuts, almonds	_____	Cherries, frozen	_____	Ginko	_____
Nuts, cashews	_____	Corn, frozen	_____	Hawthorne Berries	_____
Nuts, mixed	_____	Ice cream, diet	_____	Kava Kava	_____
Nuts, peanuts	_____	Peas, frozen	_____	Primrose oil	_____
Nuts, walnuts	_____	Pizza	_____	Se+	_____
Oil, canola	_____	Raspberries, frozen	_____	Taurine	_____
Oil, olive	_____	Snacks, bad things	_____	Tension Tamer tea	_____
Oregano	_____	Strawberries, frozen	_____	Valerian	_____
Pam	_____	Vegetables, Capri	_____	Zinc	_____
Parsley	_____	Vegetables, Mexican	_____		
Pepper	_____	Vegetables, mixed	_____	<u>PERSONAL</u>	
Popcorn	_____			Alka-Seltzer	_____
Pudding	_____	<u>HOUSEHOLD</u>		Antihistamines	_____
Rosemary	_____	Air freshener	_____	Cotton ponies	_____
Sage	_____	Batteries, AA	_____	Deodorant	_____
Salt, Lite	_____	Batteries, AAA	_____	Hair coloring	_____
Savory	_____	Batteries, C	_____	Hair spray	_____
Smoke, liquid	_____	Batteries, D	_____	Shampoo	_____
Sweetener, Sweet-n-Low	_____	Candles	_____	Sinus med	_____
Sweetener, fructose	_____	Carpet fresh	_____	Soap, bath	_____
Tarragon	_____	Cat chow	_____	Tampons	_____
Thyme	_____	Cat flea collars	_____	Toothbrush	_____
Tabasco	_____	Cat litter	_____	Toothpaste	_____
Vinegar, white	_____	Cat tuna	_____	Tums	_____
Vinegar, Balsamic	_____	Chlorox	_____	Vaseline	_____
		Draino	_____		
<u>BEVERAGES</u>		Foil, aluminum	_____	<u>CAR/OTHER</u>	
Brandy	_____	Kitchen cleaner	_____	ATF	_____
Chocolate	_____	Light bulbs	_____	Brake fluid	_____
Grapefruit juice	_____	Matches	_____	Motor oil	_____
Kool-Aide	_____	Mosquito spray	_____	Windshield fluid	_____
Sodas	_____	Paper towels	_____		
Tea	_____	Shower spray	_____	<u>OFFICE</u>	
Vodka	_____	Soap, dish	_____	CDs	_____
Water	_____	Soap, laundry	_____	Certificates	_____
Wine	_____	Toilet cleaner	_____	Diskettes	_____
		Toilet paper	_____	Envelopes, #10	_____
<u>CONDIMENTS</u>		Trash Bags	_____	Envelopes, shipping	_____
Crackers	_____	Ziplocks	_____	Labels, address	_____
Croutons	_____			Labels, CD	_____
Gravy, beef	_____	<u>VITAMINS</u>		Labels, return	_____
Gravy, chicken	_____	A	_____	Labels, shipping	_____
Ketchup	_____	A/D	_____	Paper, computer	_____
Mayonnaise	_____	B1	_____	Paper, notebook	_____
Mustard	_____	B12	_____	Printer cartridges	_____
Olives	_____	B3	_____	Stamps	_____
Ortega Chiles	_____	B5	_____		
Parmesan cheese	_____	B6	_____		
Pickles	_____	B-complex	_____		
Salad dressing	_____	Bioflavinoids	_____		
Salsa	_____	Biotin	_____		
Sandwich spread	_____	Brewer's yeast	_____		
Sauce, BBQ	_____	C	_____		
Sauce, cocktail	_____	Cal/Mag	_____		
Sauce, enchilada	_____	Carnitine	_____		
Sauce, soy	_____	Carotene	_____		
Sauce, taco	_____	Choline/Inositol	_____		