

# Akamai Grocery Shopping Pre-arrival list

## Dairy

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
milk		
half & half		
butter margarine		
sour cream		
yogurt		
eggs		
other		

## Cheese

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
american		
cheddar		
mozzarella		
monterey jack		
swiss		
cream cheese		
cottage cheese		
parmesan		
brie		
other		
other		

## Fruits

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
apples		
oranges bananas		
grapes		
grapefruit		
peaches		
strawberries		
blueberries		
honeydew melon		
contaloupe		
watermelon		
avocado		

## Fresh Vegetables

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
broccoli		
cauliflower		
cabbage		
carrots		
celery		
lettuce		
spinach		
<b>asparagus</b>		
green beans		
baking potatoes		
sweet potatoes		
tomatoes		
corn on the cob		
onion		
bell peppers		
hot peppers		
garlic		
ginger		
other		
other		

## Breads, Pasta, Rice

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
<u>white</u>		
wheat		
rye		
other		
bagels		
english muffins		
hotdog buns		
tortillas		
other		
pasta		
rice		
cous cous		

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## Meat

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
ground beef		
steak		
roast		
chicken		
pork chops		
bacon sausage		
ribs		
other		
other		

## Breakfast

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
cold cereal		
cold cereal		
hot cereal		
frozen waffles		
pancake mix		
breakfast bars		

## Deli

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
turkey		
roast beef		
ham		
corned beef		
salami		
hot dogs		
cold salads		

## Canned/Jarred Foods

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
<u>soup</u>		
pasta sauce		
chili		
baked beans		
vegetables		
mac-n-cheese		
tuna		

## Seafood

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
shrimp		
salmon		
tuna		
trout		
lobster/crab		
other		

## Condiments

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
ketchup		
mustard		
relish		
mayonnaise		
steak sauce		
BBQ sauce		
salt/pepper		

## Vegetarian Food

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
soy milk		
tofu		
tempeh		
hummus		
beans		

## Snack Foods

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
crackers		
nuts		
cookies		
chips		
dips		

other		
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candy		

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### Beverages

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
soda		
diet soda		
root beer		
7-up/sprite		
bottles water		
orange juice		
apple juice		
cranberry juice		
Naked brand juice		
coffee		
tea		
other		

### Mixing

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
tonic water		
soda water		
green olives		
lime		
lemon		
other		
other		

### OTHER

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>

### Baking Items

<u>Item</u>	<u>comments/type/brand</u>	<u>quantity</u>
flour		
sugar		
salt		
baking powder		
baking soda		
powdered sugar		
vegetable oil		
olive oil		
balsamic vinegar		
cinnamon		
toll house morsels		