

## Grocery List

| <b>Produce (fresh or frozen)</b>       | <b>Check off</b> | <b>Grains</b>                                    | <b>Check off</b> |
|--|------------------|--|------------------|
| Celery                                 |                  | Bread  |                  |
| Carrots                                |                  | Cereal   |                  |
| Broccoli/Cauliflower                   |                  | Pasta  |                  |
| Bell Peppers                           |                  | Flour  |                  |
| Onions                                 |                  | Cornmeal   |                  |
| Potatoes                               |                  |  |                  |
| Lettuce/Spinach                        |                  | <b>Dairy</b>                                     |                  |
| Mushrooms                              |                  | Eggs   |                  |
| Grapes                                 |                  | Milk   |                  |
| Apples                                 |                  | Butter   |                  |
| Bananas                                |                  | Yogurt   |                  |
| Oranges                                |                  | Cheese   |                  |
| Strawberries/ Kiwi                     |                  | Ice cream  |                  |
|  |                  |  |                  |
| <b>Meat (fresh or frozen)</b>          |                  | <b>Beverages</b>                                 |                  |
| Ground Beef/Turkey/Chicken/Pork        |                  | Juice  |                  |
| Beef Filets, Roast                     |                  | Tea /Coffee                                      |                  |
| Sliced Turkey / Chicken for sandwiches |                  | Soda, Lemonade mix etc                           |                  |
| Fish Filets                            |                  | Other drinks                                     |                  |
| Canned Tuna                            |                  |  |                  |
|  |                  |  |                  |
| <b>Condiments</b>                      |                  | <b>Extra Items</b>                               |                  |
| Salt /pepper                           |                  | Desserts   |                  |
| Ketchup                                |                  | Baking goods - Sugar, baking soda, baking powder |                  |
| Mustard                                |                  | Nuts   |                  |
| Mayo / Spread                          |                  | Cooking Spices and Herbs                         |                  |
| Relish                                 |                  |  |                  |
| Olive Oil                              |                  |  |                  |
| Salad Dressings                        |                  |  |                  |