

GROCERY LIST

GROCERY LIST

Fresh Produce

___ Golden Delicious Apples (choose green/firm, not yellow) ___ Mangoes (red)
 ___ Bananas (green) ___ Pink Grapefruit ___ Oranges ___ Cucumbers
 ___ Grapes (only firm, seedless red or green) ___ Lemons ___ Limes ___ Spinach
 ___ Lettuce (green leaf or romaine) ___ Tomatoes (vine ripened) ___ Cauliflower
 ___ Celery ___ Carrots ___ Potatoes ___ Onions ___ Kiwi ___ Cabbage
 ___ Cilantro ___ Italian Flat Leaf Parsley ___ Avocados (dark but firm)
 ___ Green peppers ___ Jalapenos (2 or 3) ___ Collard Greens (pre-washed)

Canned Goods, Soups

___ Diced Tomatoes ___ Tomato Sauce ___ Chili Beans-hot ___ Artichoke Hearts
 ___ Jar Navy Beans (pre-cooked) ___ Enchilada Sauce ___ Tuna (water-pack)
 ___ Green Beans ___ Corn ___ Black Olives ___ Ramen Noodles
 ___ Tomato Soup ___ Cream of Chicken ___ New England Clam Chowder
 ___ Mandarin Oranges ___ Lite Fruit Cocktail ___ Spaghetti Sauce

Dry Goods/Cereal

___ Cereal (Quaker Oat Sqrs, Raisin Brn, Cinn. Toast Crunch, Lky Chrms)
 ___ Canola Oil ___ Olive Oil ___ Rice Vinegar ___ Cooking Spray (canola)
 ___ White flour ___ Wheat Flour ___ Bisquick ___ Flax Seed Pancake Mix
 ___ Oatmeal (2 min. quick cook) ___ Sugar ___ Splenda (big bag)
 ___ Corn Meal (Jiffy small box) ___ Oregano ___ Mrs. Dash (Spicy)
 ___ Chili Powder ___ Cumin ___ Lawry's Seasoning Salt ___ Vanilla Extract

Bread/Snacks

___ Wheat Bread (Sara Lee Honey Wheat) ___ Wheat Thins ___ Sun Chips
 ___ Tortilla Chips ___ Wheat Saltines ___ Slivered Almonds ___ Dried Cranberries
 ___ Granola Bars (Sweet & Salty, Chocolate, or Trail Mix Bars)

Condiments

___ Syrup (Mrs. Butterworth's) ___ Salsa (medium) ___ BBQ Sauce
 ___ Worcestershire Sauce ___ Honey ___ Soy Sauce ___ Kosher Dill Pickles
 ___ Miracle Whip Light ___ Ketchup ___ Jiff Peanut Butter ___ Grape Jelly
 ___ Ranch Dressing ___ Newman's Own Cranberry Vinaigrette

Beverages

___ Coffee (Starbucks Espresso Roast) ___ Instant Coffee (Great Value Arabica)
 ___ Tea Bags (family size) ___ Tomato Juice ___ Arizona Green Tea (Gallon)
 ___ Gatorade ___ Bottled Water

Health & Beauty

___ Toilet Paper ___ Baby Wipes ___ Tooth Paste ___ Tooth Brush (soft) ___ Q-tips
 ___ Razor Heads (Gillette Sensor Excel) ___ Tampons (multi-pack)
 ___ Anti-Perspirant/Deodorant ___ Pantyhose (size b) ___ Cotton Pads & Balls

Cleaning & Laundry Supplies

___ Lysol ___ Future Wax ___ Furniture Polish ___ Glass Cleaner ___ Dish Liquid
 ___ Dishwasher liquid ___ Rubber Gloves ___ Tarn-X ___ CLR/Limeaway
 ___ Detergent (Purex Mountain Spring) ___ Bounce Dryer Sheets
 ___ Softener (Downy refill Mountain Spring or Tropical Bloom) ___ Future Wax
 ___ Downey Wrinkle Releaser ___ Scouring Pads(SOS)

Pet Supplies

___ Cat Food ___ Cat Litter ___ Fish Food

Paper Products, etc.

___ Paper Plates ___ Napkins ___ Paper Towels ___ Foil ___ Plastic Wrap
 ___ Freezer Bags ___ Sandwich Bags ___ Trash Bags ___ Coffee Filters
 ___ Kleenex ___ Q-tips ___ Cotton Pads

Frozen

___ Pizzas (Tony's, Diqourno) ___ Morningstar Farms Grillers Veggie Burgers
 ___ Michelina's Low Fat Meals ___ Pancakes ___ Peas ___ Broccoli
 ___ California Mix ___ Sweet Potato Patties
 ___ Morningstar Farms Veggie Corndogs ___ Orange Sherbet ___ Orange Juice
 ___ Lemonade ___ Limeade ___ Apple Juice ___ Grape Juice
 ___ Ice ___ Lean Quisine

Dairy Case

___ Milk ___ OJ/Sunny-D ___ Eggs ___ Half & Half ___ "I.C.B.I.N.Butter" Spray
 ___ Coffe Mate (Hazelnut-Fat Free) ___ Cottage Cheese (low-fat)
 ___ Butter (sticks unsalted) ___ Shredded Mozzarella Cheese ___ Yogurt (Activia)
 ___ Shredded Cheddar or Mexi Cheese ___ Biscuits ___ Crescent Rolls
 ___ Tortilla Shells (wheat)

Meat

___ Canadian Bacon ___ Sausage ___ Deli Turkey or Ham (sliced thin)
 ___ Bnls. Chicken Breast ___ Whole Chicken ___ Turkey/Lean Hamburger
 ___ Cooked Grilled Chicken Strips ___ Chicken Strips ___ Chicken Patties

Other: _____

Fresh Produce

___ Golden Delicious Apples (choose green/firm, not yellow) ___ Mangoes (red)
 ___ Bananas (green) ___ Pink Grapefruit ___ Oranges ___ Cucumbers
 ___ Grapes (only firm, seedless red or green) ___ Lemons ___ Limes ___ Spinach
 ___ Lettuce (green leaf or romaine) ___ Tomatoes (vine ripened) ___ Cauliflower
 ___ Celery ___ Carrots ___ Potatoes ___ Onions ___ Kiwi ___ Cabbage
 ___ Cilantro ___ Italian Flat Leaf Parsley ___ Avocados (dark but firm)
 ___ Green peppers ___ Jalapenos (2 or 3) ___ Collard Greens (pre-washed)

Canned Goods, Soups

___ Diced Tomatoes ___ Tomato Sauce ___ Chili Beans-hot ___ Artichoke Hearts
 ___ Jar Navy Beans (pre-cooked) ___ Enchilada Sauce ___ Tuna (water-pack)
 ___ Green Beans ___ Corn ___ Black Olives ___ Ramen Noodles
 ___ Tomato Soup ___ Cream of Chicken ___ New England Clam Chowder
 ___ Mandarin Oranges ___ Lite Fruit Cocktail ___ Spaghetti Sauce

Dry Goods/Cereal

___ Cereal (Quaker Oat Sqrs, Raisin Brn, Cinn. Toast Crunch, Lky Chrms)
 ___ Canola Oil ___ Olive Oil ___ Rice Vinegar ___ Cooking Spray (canola)
 ___ White flour ___ Wheat Flour ___ Bisquick ___ Flax Seed Pancake Mix
 ___ Oatmeal (2 min. quick cook) ___ Sugar ___ Splenda (big bag)
 ___ Corn Meal (Jiffy small box) ___ Oregano ___ Mrs. Dash (Spicy)
 ___ Chili Powder ___ Cumin ___ Lawry's Seasoning Salt ___ Vanilla Extract

Bread/Snacks

___ Wheat Bread (Sara Lee Honey Wheat) ___ Wheat Thins ___ Sun Chips
 ___ Tortilla Chips ___ Wheat Saltines ___ Slivered Almonds ___ Dried Cranberries
 ___ Granola Bars (Sweet & Salty, Chocolate, or Trail Mix Bars)

Condiments

___ Syrup (Mrs. Butterworth's) ___ Salsa (medium) ___ BBQ Sauce
 ___ Worcestershire Sauce ___ Honey ___ Soy Sauce ___ Kosher Dill Pickles
 ___ Miracle Whip Light ___ Ketchup ___ Jiff Peanut Butter ___ Grape Jelly
 ___ Ranch Dressing ___ Newman's Own Cranberry Vinaigrette

Beverages

___ Coffee (Starbucks Espresso Roast) ___ Instant Coffee (Great Value Arabica)
 ___ Tea Bags (family size) ___ Tomato Juice ___ Arizona Green Tea (Gallon)
 ___ Gatorade ___ Bottled Water

Health & Beauty

___ Toilet Paper ___ Baby Wipes ___ Tooth Paste ___ Tooth Brush (soft) ___ Q-tips
 ___ Razor Heads (Gillette Sensor Excel) ___ Tampons (multi-pack)
 ___ Anti-Perspirant/Deodorant ___ Pantyhose (size b) ___ Cotton Pads & Balls

Cleaning & Laundry Supplies

___ Lysol ___ Future Wax ___ Furniture Polish ___ Glass Cleaner ___ Dish Liquid
 ___ Dishwasher liquid ___ Rubber Gloves ___ Tarn-X ___ CLR/Limeaway
 ___ Detergent (Purex Mountain Spring) ___ Bounce Dryer Sheets
 ___ Softener (Downy refill Mountain Spring or Tropical Bloom) ___ Future Wax
 ___ Downey Wrinkle Releaser ___ Scouring Pads(SOS)

Pet Supplies

___ Cat Food ___ Cat Litter ___ Fish Food

Paper Products, etc.

___ Paper Plates ___ Napkins ___ Paper Towels ___ Foil ___ Plastic Wrap
 ___ Freezer Bags ___ Sandwich Bags ___ Trash Bags ___ Coffee Filters
 ___ Kleenex ___ Q-tips ___ Cotton Pads

Frozen

___ Pizzas (Tony's, Diqourno) ___ Morningstar Farms Grillers Veggie Burgers
 ___ Michelina's Low Fat Meals ___ Pancakes ___ Peas ___ Broccoli
 ___ California Mix ___ Sweet Potato Patties
 ___ Morningstar Farms Veggie Corndogs ___ Orange Sherbet ___ Orange Juice
 ___ Lemonade ___ Limeade ___ Apple Juice ___ Grape Juice
 ___ Ice ___ Lean Quisine

Dairy Case

___ Milk ___ OJ/Sunny-D ___ Eggs ___ Half & Half ___ "I.C.B.I.N.Butter" Spray
 ___ Coffe Mate (Hazelnut-Fat Free) ___ Cottage Cheese (low-fat)
 ___ Butter (sticks unsalted) ___ Shredded Mozzarella Cheese ___ Yogurt (Activia)
 ___ Shredded Cheddar or Mexi Cheese ___ Biscuits ___ Crescent Rolls
 ___ Tortilla Shells (wheat)

Meat

___ Canadian Bacon ___ Sausage ___ Deli Turkey or Ham (sliced thin)
 ___ Bnls. Chicken Breast ___ Whole Chicken ___ Turkey/Lean Hamburger
 ___ Cooked Grilled Chicken Strips ___ Chicken Strips ___ Chicken Patties

Other: _____

