GROCERY SHOPPING LIST

Produce

- ☐ Cherry tomatoes
- ☐ Spinach
- ☐ Cole Slaw Mix
- ☐ Broccoli
- ☐ Zucchini
- ☐ Celery
- ☐ Cucumber
- ☐ Bok Choy
- ☐ Jicama
- ☐ Green onion
- ☐ Mushroom
- ☐ Artichoke
- ☐ Potato
- ☐ Sweet potato
- ☐ Cilantro
- ☐ O+Y Bell Pepper
- ☐ Hatch pepper
- ☐ Anaheim Pepper
- ☐ Carrots
- ☐ Beets
- ☐ Collard Greens
- ☐ Asparagus
- ☐ Brussel Sprout Shreds
- ☐ Corn
- ☐ Onion
- ☐ Garlic
- ☐ Sprouts
- ☐ Apple
- ☐ Avocado
- ☐ Pear
- ☐ Cantaloupe
- ☐ Watermelon
- ☐ Pineapple
- ☐ Banana
- ☐ Grapes
- ☐ Strawberries
- ☐ Raspberries
- ☐ Blueberries
- ☐ Lemon
- ☐ Lime
- ☐ Tofu

Frozen

- ☐ Green Beans
- ☐ Corn
- ☐ Brown Rice
- ☐ Riced Cauliflower
- ☐ Morningstar Crumbles
- ☐ Morning Star maple Sausage
- ☐ Morningstar Corndog
- ☐ Morningstar chicken patties
- ☐ Quorn cutlets

Dairy+

- ☐ Silk Protein Milk
- ☐ Eggs
- ☐ Cottage Cheese
- ☐ Plain yogurt tub
- ☐ Shredded Mexican cheese
- ☐ Shredded Cheddar
- ☐ Shredded Parm
- ☐ Provolone Slices
- ☐ Cream Cheese
- ☐ String Cheese
- ☐ Fetta
- ☐ Ricotta

Cereals

- ☐ Kashi chocolate
- ☐ Kashi Peanut butter
- ☐ Smart Start

Bread

- ☐ English Muffin
- ☐ David's Killer Bread
- ☐ Tumaros Garden Veggie Wrap
- ☐ Pita Bread
- ☐ Bagel
- ☐ Hamburger Bun

Dips

- ☐ Tribe Hummus
- ☐ Guacamole

Canned/Pantry

- ☐ Black Olives
- ☐ Kalamata Olives
- ☐ Green Olives
- ☐ Pace Chunky Salsa
- ☐ Refried beans
- ☐ Black beans
- ☐ Chick peas
- ☐ Tuna Pouches
- ☐ Pacific Tomato Soup
- ☐ Veggie Broth
- ☐ Coconut Milk
- ☐ Condensed Milk
- ☐ Peanut butter - Kroger
- ☐ Tortilla Chips
- ☐ Near East Rice pilaf
- ☐ Top Ramen – Soy Sauce
- ☐ Kraft Mac N Cheese
- ☐ Egg Noodles
- ☐ Curly Noodles
- ☐ Spaghetti Noodles
- ☐ Poptart unfrosted
- ☐

Misc.

- ☐ Walnuts
- ☐ Plantation Mint Tea
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____