

Groceries

Date _____

Fruit:		Dairy:		Frozen:		Beverages:		Lunch:	
Apples	Pepper	American Ch.	Burritos	Apple juice		Bread			
Avocado	Potatoes	Bleu cheese	Chick Nugs	Club soda		Deli Meat			
Bananas	Spinach	Butter	Fish sticks	Coffee		Jam/Jelly			
Blackberry	Squash	Cheddar	French Fries	Iced tea		Mac Cheese			
Cantaloupe	Zucchini	Cheese Sticks	Fro Yogurt	Juice		Peanut Butter			
Cherry		Cottage Ch.	Ice cream	Juice boxes		Sushi			
Clementine	Meat:	Cream Ch.	Juice conc.	Orange juice					
Grapes	Bacon	Eggs	Pizza	Smoothie		Pantry:			
Honeydew	Beef	Feta	Popsicles	Soda		Beans			
Lemon	Chicken	Goat cheese	Prep Meals	Sports drink		Can Tomato			
Lime	Ground_____	Half & half	Veg Burger	Tea		Can Veggie			
Oranges	Ham	Milk (type)	Vegetables			Lentils			
Peaches	Hot Dogs	Almond		Baking:		Pasta			
Pears	Pork	Cow	Ingredients	Baking pdr		Pasta Sauce			
Raspberry	Sausage	Oat	BBQ Sauce	Baking Soda		Quinoa			
Strawberry	Turkey	Soy	Bouillon	Brownie mix		Rice			
Tomatoes		Mozzarella	Bread crumb	Cake mix		Soup			
Watermelon	Seafood:	Parmesan	Gravy	Icing / Decor		Tacos			
	Clams	Provolone	Honey	Choc. chips					
Veggies:	Cod	Ricotta	Hot Sauce	Flour					
Artichoke	Grouper	Sour cream	Ketchup	Shortening					Notes:
Asparagus	Haddock	Whipped Cr.	Mayo	Spice					_____
Beets	Halibut	Yogurt	Mustard	Sugar					_____
Broccoli	Lobster		Olive Oil	Yeast					_____
Carrots	Mahi-Mahi	Snacks:	Vegetable Oil						_____
Cauliflower	Mussels	Chips	Pickles	Breakfast:					_____
Corn	Oysters	Cookies	Relish	Bagels					_____
Cucumber	Salmon	Dip	Salad Dress	Cereal					_____
Ginger	Scallops	Hummus	Soy Sauce	Eng. Muffin					_____
Green Beans	Shrimp	Granola bars	Steak Sauce	Muffin					_____
Lettuce	Swordfish	Nuts	Syrup	Oatmeal					_____
Mushrooms	Tilapia	Pretzels	Vinegar	Pancakes					_____
Onion	Tuna	Salsa	Worcestershire	Waffles					_____