

# SHOPPING LIST

Fruits & Veggies		Meat		Beverages		Household Items		Other	
Frozen, Canned or Fresh		Frozen, Canned or Fresh							
Item	Need	Item	Need	Item	Need	Item	Need	Item	Need
Grapes		Turkey		Water		<b>Toiletries</b>		Vitamins	
Berries		Beef		Coffee		Dental Hygiene		OTC Medications	
Apples		Chicken		Tea		Feminine Hygiene		Sunscreen	
Bananas		Roast		Juice		Body Wash		Makeup	
Oranges		Pork		Soda		Lotion		Dog Food	
Melon		Breakfast Meat		Adult Beverages		Hair Care		Light Bulbs	
Pineapple		Salmon				Baby Soap		Batteries	
Slaw Mix		Tuna						Gum	
Salad Mix		Shrimp							
Cucumber									
Celery		<b>Dairy</b>		<b>Flavors &amp; Oils</b>		<b>Cleaning</b>		<b>Paper</b>	
Onion		Milk		Cooking Oil		All Purpose Cleaner		Diapers	
Tomato		Yogurt		Cooking Spray		Dust Spray		Wipes	
Peppers		Cheese		Garlic Powder		Toilet Cleaner		Toilet Paper	
Avocado		Butter		Onion Powder		Laundry Detergent		Paper Towels	
Potato		Eggs		Salt		Fabric Softener		Paper Plates	
Greens				Pepper		Stain Remover		Straws	
Carrots				Taco Seasoning		Carpet Cleaner		Napkins	
Broccoli		<b>Packaged Goods</b>		Specialty Seasoning		Gloves		Aluminum Foil	
Mushrooms		Soup		Bouillon		Dish Soap		Plastic Wrap	
Cauliflower		Snack Crackers		Minced Garlic		Dish Detergent		Sandwich Bags	
Green Beans		Nuts / Nut Butter		Vinegar		Disposable Wipes		Garbage Bags	
Corn		Rice		Splenda					
Peas		Pasta		Sugar					
Black Beans		Popcorn		Cinnamon		<b>Planned Weekly Meals &amp; Snacks</b>			
Kidney Beans		Tortillas		Parsley		<b>Meal 1:</b>			
Hummus		Bread		Paprika		<b>Meal 2:</b>			
Guacamole		Frozen Meals		Cumin		<b>Meal 3:</b>			
Dried Fruit		Breakfast Bars		Basil		<b>Meal 4:</b>			
				Chives		<b>Meal 5:</b>			
						<b>Snacks:</b>			
						<b>Other:</b>			