



FRUIT

Apples
 Avocado
 Bananas
 Blackberries
 Blueberries
 Cantaloupe
 Cherries
 Cranberries
 Dates
 Grapefruit
 Grapes
 Honeydew
 Kiwi
 Lemons
 Limes
 Mangos
 Nectarines
 Oranges
 Papaya
 Peaches
 Pears
 Pineapple
 Plums
 Pomegranate
 Strawberries
 Tangerines
 Watermelon
 Other:

DELI

Feta Cheese
 Goat Cheese
 Fresh Mozzarella
 Hummus
 Parmesan
 Rotisserie Chicken
 Sandwich Meat
 Sliced Cheese
 Other:

BAKERY

Fresh Bread
 Other:

BREADS

Bagels
 English Muffins
 Hamburger Buns
 Hotdog Buns
 Tortillas
 Sandwich Bread
 Other:

VEGETABLES

Arugula
 Artichokes
 Asparagus
 Beets
 Broccoli
 Brussels Sprouts
 Cabbage
 Carrots
 Cauliflower
 Celery
 Cilantro
 Collard Greens
 Cucumber
 Eggplant
 Garlic
 Ginger
 Green Beans
 Kale
 Leeks
 Lettuce
 Mushrooms
 Okra
 Onions
 Parsley
 Parsnips
 Peas
 Peppers
 Potatoes
 Pumpkins
 Radishes
 Shallots
 Snow Peas
 Spinach
 Sweet Potatoes
 Swiss Chard
 Squash
 Tomatoes
 Turnips
 Zucchini
 Other:

FRESH JUICE

Lemonade
 Orange Juice
 Other:

BEVERAGES

Beer
 Bottled Water
 Juice Boxes
 Wine
 Other:

MEAT + POULTRY

Beef
 Chicken
 Pork
 Turkey
 Other:

FISH + SEAFOOD

Crab
 Lobster
 Salmon
 Shrimp
 Other:

CHEESE + YOGURT

Cheddar
 Cheese Sticks
 Cream Cheese
 Cottage Cheese
 Greek Yogurt
 Individual Cheeses
 Mozzarella (shredded)
 Parmesan (grated)
 Other:

MILK + EGGS

Butter
 Cream
 Eggs
 Milk
 Other:

FROZEN FOODS

Frozen Fruit
 Frozen Veggies
 Frozen Dinner Rolls
 Ice Cream
 Pizza
 Popsicles
 Other:

NATURAL FOODS

Almond Milk
 Coconut Water
 Edamame
 Kefir
 Nut + Fruit Bars
 Soy Milk
 Tofu
 Other:

BAKING

Baking Powder
 Baking Soda
 Chocolate Chips
 Cornstarch
 Coconut
 Cooking Spray
 Flours:
 Herbs:
 Nuts:
 Oils:
 Avocado
 Coconut
 Olive
 Spices:
 Sugar
 Sugar Alternative
 Other:

BREAKFAST

Applesauce
 Coffee
 Dry Cereal
 Granola
 Granola Bars
 Honey
 Jam
 Maple Syrup
 Oatmeal
 Nut Butters
 Other:

SNACK FOODS

Crackers
 Chips
 Chocolate
 Nuts
 Seeds
 Trail Mix
 Other:

DRY GRAINS

Dry Beans
 Dry Lentils
 Mac + Cheese
 Pasta
 Rice
 Quinoa
 Other:

CANNED FOODS

Artichokes
 Beans
 Broth
 Corn
 Mandarin Oranges
 Pears
 Peaches
 Pineapple
 Olives
 Soups
 Tomatoes

CONDIMENTS

Barbecue Sauce
 Ketchup
 Mustard
 Mayonnaise
 Olives
 Pickles
 Pizza Sauce
 Salad Dressing
 Vinegar
 Other:

ETHNIC FOODS

Coconut Milk
 Enchilada Sauce
 Pasta Sauce
 Soy Sauce
 Salsa
 Thai Curry Sauce
 Other:

BABY FOODS

Oat or Rice Cereal
 Puffs
 Purees
 Squeeze Pouches
 Other:

HEALTH + BEAUTY

CLEANING

