

Grocery List

Fruit:

- Apples
- Oranges
- Clementines
- Blueberries
- Blackberries
- Strawberries
- Mangoes
- Lemons
- Limes
- Pears
- Asian Pears
- Kiwi
- Bananas

Vegetables:

- Carrots
- Cabbage
- Celery
- Tomatoes
- Sugar snap peas
- Cauliflower
- Green beans
- Potatoes
- Green Chilies
- Peppers
- Avocados
- Beets
- Lettuce
- Spinach
- Kale
- Collard greens
- Onions
- Leeks
- Bok Choy

Meat:

- Chicken
- Beef
- Pork
- Fish
- Sausage, ground
- Pork or chicken links
- Lunchmeat and deli
- Pepperoni
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Cheese:

- Goat cheese
- Feta
- Provolone
- Cheddar
- Mozzarella
- Shredded cheddar
- Shredded Mozz
- Shredded 3-cheese blend
- Baby-bel
- Parmesan
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Herbs:

- Green onions
- Chives
- Parsley
- Thyme
- Sage
- Rosemary
- Mint
- Cilantro
- Oregano
- Basil
- Bean Sprouts
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Bins:

- Almond butter
- Sesame Seeds
- Flax Seeds
- Granola
- Rice
- Barley
- Lentils
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Dairy:

- Eggs
- Egg Whites
- Cream Cheese
- Sour Cream
- Plain Greek Yogurt
- Yogurt for Kids
- Butter
- Half and Half
- Chocolate milk
- White milk
- Almond milk
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Fats:

- Olive Oil
- Coconut oil
- Sweet almond oil
- Olives
- Sesame Oil
- Grapeseed Oil
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Cans and Jars:

- Soup
- Broth, Chicken
- Broth, Beef
- Broth, Bone
- Hearts of Palm
- Artichoke hearts
- Garbanzo Beans
- Red Beans
- Black Beans
- Cannellini Beans
- Tomato Sauce
- Ro-tel
- Spaghetti Sauce
- Pizza Sauce
- Crushed Tomatoes
- Green Chili sauce
- Sauerkraut
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Condiments:

- Mustard
- Ketchup
- Salsa
- Louisiana Hot Sauce
- Salt
- Pepper
- Spice _____
- Tobasco
- Sriracha
- Vinegar
- Yeast
- Mayonnaise
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Bread:

- Crackers
- Pizza crust
- Rice cakes
- Sandwich bread
- Ezekiel Bread
- Baguette
- Hamburger Buns
- Hotdog Buns
- Tortillas, corn or wheat
- Taco Shells
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Grains and Pasta:

- Couscous
- Farrow
- Barley
- Wheat Flour
- Almond Flour
- Coconut flour
- White Flour
- Pasta
- Pasta, penne
- Pasta, shells
- Pasta, Spaghetti
- Mac and Cheese
- Ramen
- Rice noodles
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Junk:

- Cereal _____
- Donuts
- Potato Chips
- Chex Mix
- Chocolate Syrup
- Ice cream and Cones
- Corn Chips
- Goldfish
- Mac and Cheese
- Ramen
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Pantry staples:

- Apple Cider Vinegar
- White Vinegar
- White cooking wine
- Balsamic vinegar
- PB2
- Honey
- Dried fruit
- Smart Kind Bars
- Granola bars
- Sugar
- Stevia
- Brown Sugar
- Powdered Sugar
- Vanilla
- Condensed milk
- Coconut
- Marshmallows
- Chocolate
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Dry Goods:

- Batteries
- Dishwasher Soap
- Liquid Dish Soap
- Contact Solution
- Tampons
- Deodorant
- Toothpaste
- Detergent
- Hand soap
- Tape
- Dish Gloves
- Sink Brush
- Pet Food
- Aluminum foil
- Plastic wrap
- Baggies
- Parchment
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Frozen Foods:

- Broccoli
- Peas
- Edamame
- Spinach
- Ice cream
- Kool-Whip
- Berries
- Garlic Bread
- Ezekiel Bread
- Orange Juice
- Pizza
- Hot Pockets
- Tater-tots
- Frozen Pizza
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Drinks and Juice:

- Sweet Tea
- Soda water
- V8
- Juice _____
- Pop
- Lemon Juice
- Tea
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Nuts:

- Pecans
- Almonds
- Walnuts
- Pine Nuts
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