

Shopping List

Fresh Fruit

- ☐ Apples
- ☐ Bananas
- ☐ Blueberries
- ☐ Cherries
- ☐ Coconut
- ☐ Dates
- ☐ Grapes
- ☐ Grapefruit
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Melons
- ☐ Oranges
- ☐ Nectarine
- ☐ Papaya
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Plums
- ☐ Pomegranates
- ☐ Raspberries
- ☐ Strawberries
- ☐

Meat & Poultry

- ☐ Bacon
- ☐ Beef Roast
- ☐ Beef Ribs
- ☐ Chicken
- ☐ Ground Beef
- ☐ Ground Pork
- ☐ Ham
- ☐ Kidneys
- ☐ Lamb
- ☐ Liver
- ☐ Pork Chops
- ☐ Pork Roast
- ☐ Pork Ribs
- ☐ Sausage
- ☐ Smokies
- ☐ Steak
- ☐ Turkey
- ☐ Veal
- ☐

Fish & Seafood

- ☐ Basa
- ☐ Lobster
- ☐ Red Snapper
- ☐ Salmom
- ☐ Scallops
- ☐ Shrimp
- ☐

Fresh Produce

- ☐ Asparagus
- ☐ Avocado
- ☐ Beans
- ☐ Beets
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Corn
- ☐ Cucumber
- ☐ Egg Plant
- ☐ Garlic
- ☐ Green Onions
- ☐ Kale
- ☐ Kohlrabi
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsnips
- ☐ Peas
- ☐ Peppers
- ☐ Potatoes
- ☐ Radishes
- ☐ Spinach
- ☐ Squash
- ☐ Sweet Potato/Yams
- ☐ Tomatoes
- ☐ Turnips
- ☐

Dairy

- ☐ Butter/Margarine
- ☐ Cheeses
- ☐ Cream
- ☐ Cream Cheese
- ☐ Dips
- ☐ Eggs
- ☐ Milk
- ☐ Shortening, Lard
- ☐ Sour Cream
- ☐ Yogurt
- ☐

Paper Products

- ☐ Facial Tissue
- ☐ Paper Towels
- ☐ Toilet Paper
- ☐ Wet Ones
- ☐ Wraps, Plastic/Foil
- ☐

Bakery Items

- ☐ Bread/Buns
- ☐ Cake
- ☐ Cookies/Muffins
- ☐ Pastries
- ☐ Pies
- ☐
- ☐

Canned Goods

- ☐ Fruits
- ☐ Fruit Juice
- ☐ Mushrooms
- ☐ Pork & Beans
- ☐ Salmon
- ☐ Sardines
- ☐ Soups
- ☐ Tomatoes Whole
- ☐ Tomato Sauce/Paste
- ☐ Tuna
- ☐ Shrimp
- ☐

Frozen Food

- ☐ Desserts
- ☐ Fish
- ☐ Fruit
- ☐ Ice Cream
- ☐ Juices
- ☐ Pizza
- ☐ Potatoes
- ☐ Prepared Food
- ☐ Seafood
- ☐ Vegetables
- ☐

Miscellaneous

- ☐ Cake/Dessert Mix
- ☐ Cereal
- ☐ Crackers
- ☐ Jams/Jellies/Honey
- ☐ Jello
- ☐ Macaroni
- ☐ Noodles
- ☐ Pasta
- ☐ Peanut Butter
- ☐ Pet Food
- ☐ Pop
- ☐ Potato Chips
- ☐ Puddings
- ☐ Rice
- ☐ Sauces
- ☐ Snacks, Nuts, Candy
- ☐
- ☐

Deli

- ☐ BBQ Chicken
- ☐ Cheese
- ☐ Cold Cuts
- ☐ Cooked Meals
- ☐ Salads
- ☐ Trays
- ☐

Staples

- ☐ Baking Supplies
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Chocolate
- ☐ Corn Starch
- ☐ Coffee
- ☐ Filters
- ☐ Flour
- ☐ Dry Herbs & Spices
- ☐ Nuts, Raisins
- ☐ Salt
- ☐ Sugar
- ☐ Syrup
- ☐ Tea
- ☐

Condiments

- ☐ Gravy Mixes
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Vegetable/Olive Oil
- ☐ Pickles, Olives
- ☐ Relish
- ☐ Salad Dressings
- ☐ Vinegar
- ☐
- ☐

Pharmacy

- ☐ Cough Medicine
- ☐ Deodorant
- ☐ Feminine Hygiene
- ☐ First Aid Items
- ☐ Hair Care
- ☐ Hair Spray
- ☐ Hand/Body Lotion
- ☐ Laxatives
- ☐ Mouth Wash
- ☐ Razor Blades
- ☐ Shampoo
- ☐ Shaving Cream
- ☐ Toothpaste
- ☐
- ☐

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