SHOPPING LIST

PRODUCE

Fruit

- ❑ apples
- ❑ pears
- ❑ bananas
- ❑ oranges
- ❑ lemons
- ❑ limes
- ❑ berries
- ❑ grapes
- ❑ melon
- ❑ kiwi
- ❑ mango
- ❑ peaches
- ❑
- ❑

Vegetables

- ❑ avocado
- ❑ lettuce
- ❑ spinach
- ❑ cucumbers
- ❑ tomatoes
- ❑ peppers
- ❑ green onions
- ❑ onions
- ❑ shallots
- ❑ garlic
- ❑ ginger
- ❑ potatoes
- ❑ yams
- ❑ carrots
- ❑ celery
- ❑ broccoli
- ❑ zucchini
- ❑ asparagus
- ❑ mushrooms
- ❑ leeks
- ❑ fresh herbs
- ❑ cabbage
- ❑
- ❑

OTHER

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

REFRIGERATED

- ❑ milk
- ❑ butter
- ❑ eggs
- ❑ buttermilk
- ❑ cream
- ❑ cheddar
- ❑ mozzarella
- ❑ sour cream
- ❑ yogurt
- ❑ cream cheese
- ❑ cottage cheese
- ❑
- ❑

MEAT AND FISH

- ❑ ground beef
- ❑ beef roast
- ❑ chicken
- ❑ pork roast
- ❑ pork tenderloin
- ❑ lamb
- ❑ sausage
- ❑ fish
- ❑ shrimp
- ❑ seafood
- ❑
- ❑

DELI

- ❑ deli meat
- ❑ olives
- ❑
- ❑

FROZEN FOODS

- ❑ fruit
- ❑ vegetables
- ❑
- ❑
- ❑

BULK FOODS

- ❑
- ❑
- ❑
- ❑

CONDIMENTS

- ❑ mayonnaise
- ❑ mustard
- ❑ ketchup
- ❑ salsa
- ❑ horseradish
- ❑

GENERAL

- ❑ peanut butter
- ❑ jelly
- ❑ honey
- ❑ maple syrup
- ❑ coffee
- ❑ tea
- ❑ hot chocolate
- ❑ cereal
- ❑ coconut oil
- ❑ olive oil
- ❑ vinegar _____
- ❑ pasta sauce
- ❑ brown rice syrup
- ❑ soy sauce
- ❑
- ❑
- ❑

BABY PRODUCTS

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

CANNED GOODS

- ❑ refried beans
- ❑ kidney beans
- ❑ black beans
- ❑ diced tomatoes
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑

SNACKS & BEVERAGES

- ❑ crackers
- ❑ popcorn
- ❑ sparkling water
- ❑
- ❑
- ❑
- ❑
- ❑

MISC

- ❑
- ❑
- ❑
- ❑
- ❑

NUTS AND DRIED FRUITS

- ❑ cashews
- ❑ almonds
- ❑ peanuts
- ❑ walnuts
- ❑ pecans
- ❑ sesame seeds
- ❑ dates
- ❑ cranberries
- ❑ apricots
- ❑ papaya
- ❑ raisins
- ❑
- ❑

GRAINS, PASTA, ETC

- ❑ quinoa
- ❑ cous cous
- ❑ rice _____
- ❑ pasta
- ❑ wheat bran
- ❑ wheat germ
- ❑ oat bran
- ❑

BAKING

- ❑ all purpose flour
- ❑ bread flour
- ❑ whole wheat flour
- ❑ barley flour
- ❑ rye flour
- ❑ cornmeal
- ❑ oats
- ❑ baking soda
- ❑ baking powder
- ❑ yeast
- ❑ cane sugar
- ❑ sucanat / br sugar
- ❑ cocoa powder
- ❑ vanilla extract
- ❑ molasses
- ❑
- ❑

BAKED GOODS

- ❑ sprouted bread
- ❑ bagels
- ❑ tortillas
- ❑
- ❑

PET NEEDS

- ❑ food
- ❑ treats
- ❑ litter
- ❑

KITCHEN GOODS

- ❑ zippered bags
- ❑ parchment
- ❑ aluminium foil
- ❑ dish soap
- ❑ paper towels
- ❑ toilet paper
- ❑
- ❑

THIS WEEK AT….

TRADER JOE'S

- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑
- ❑