

GROCERY LIST

Organic Fresh Produce: Potatoes (White Sweet) Onions Apples (Gala, Honey or Pink crisp, green/firm) Pears Bananas (green) Pink Grapefruit Raspberries Blueberries Blackberries Coconut Honeydew Peaches Plums Tangerines Grapefruit Lemons Limes Kiwi Cucumber Cauliflower Broccoli Celery Baby Carrots Cilantro Italian Parsley Mushrooms Green peppers Collard Greens (pre-washed) Cabbage Lettuce (green leaf or romaine) Spinach Romaine or Green Leaf Lettuce Avocados (dark but firm) Tomatoes Jalapenos Grapes (firm seedless) Fit Fruit Wash Watermelon (big yellow spot) Yellow squash Zucchini Radishes Asparagus

Health Food Section:

Low Fat Almond Milk (Plain Vanilla) Kashi Cereal Soy Cheese Gluten Free Baking Mix Maple Syrup Almond Butter Very Veggie Tomato Juice Blue Diamond Almond Crackers

Meat: (GRASS FED or FREE RANGE) Canadian Bacon Bacon Flank Steak Bnls. Chix Breast Whole Chix Lean Ground Beef Sirloin Lamb

Fish: (ONLY WILD CAUGHT) Salmon Tilapia Flounder Trout Haddock

Pasta/Rice/Ethnic Foods: Pasta Gluten Free Pasta Pasta Sauce Basmati Rice Black Beans Fat-free Refried Beans Green Enchilada Sauce Salsa Taco Sauce Jalapeno Peppers Black Olives Soba Noodles Rice Noodles Chili Garlic Sauce (Sam-Bal)

Canned Goods

Broth (Chix Beef) Diced Tomatoes Tom. Sauce Beans (Hot Chili Kidney Navy) Artichoke Hearts Tuna (water-pack) Olives

Coffee: Honey Grape Jelly Peanut Butter (Jiff) size Coffee (Single Origin) Filters Tea Bags (family Green Tea)

Condiments: Worcestershire Sauce Soy Sauce Teriyaki A-1 Steaksauce Kosher Dill Pickles Ketchup Dijon Mustard Mayo Ranch Caesar Italian Vinaigrette Balsamic Vinaigrette Newman's Cran Vin. Pesto

Bottled Beverages: Tomato Juice Arizona Green Tea Diet (Gallon) Gatorade Water

Breakfast Foods: Cereal Oatmeal (2 min.)

Baking/Spices: Olive Oil Vinegar (White Apple Cider) Baking Pow. Baking Soda Sugar (White Brown) Stevia Xlitol Choc Chips Pecans Almonds Walnuts Raisins Corn Meal Vanilla Extract Thyme Cocoa Powder Oregano Pepper Mrs. Dash (Spicy, Regular) Cumin Chili Powder Cinnamon Garlic Sea Salt Base (Chix Beef) Rosemary Lavender

Pet Supplies: Cat Food Cat Litter

Snacks: Granola Bars (Trail Mix Bars) Sun Chips Tortilla Chips Popcorn

Dairy/Deli: Free Range Eggs Grass Fed Butter or Ghee Hummus Cheese (Mexi Mozz Parm)

Cleaning & Laundry Supplies: Bleach Detergent (Purex or Gain) Bounce Dryer Sheets Softener (Downy refill) Tarn-X Downey Wrinkle Releaser Dry-el Lysol Lysol Wipes Furniture Polish Glass Cleaner Dish Liquid Dishwasher liquid Rubber Gloves CLR/Lime-away Toilet Bowl Cleaner Simple Green Scouring Pads (SOS) Swiffer Duster Refills Bona Floor Cleaner Bona Pads Light Bulbs

Paper Products, etc: Foil Freezer Bags (qt gal) Sandwich Bags Kleenex Napkins Paper Plates Paper Towels Plastic Wrap Toilet Paper Trash Bags (kitchen drawstring)

Frozen: Sherbet/Sorbet Orange Juice Limeade Green Beans Peas Broccoli California Mix Fruit (strawberries blueberries raspberries peaches) Stir Fry Mix

Health & Beauty: Anti-Perspirant Baby Wipes Band Aids Q-tips Cotton Pads Cotton Balls Tooth Paste Tooth Brush (soft) Mouthwash Razor Heads (Gillette Sensor Excel) Tampons (multi) Makeup Sponges

Office Supplies: Binders Card Stock Erasers Glue Stick Hanging Files Labels (1" x 2 5/8 Avery 8160) Manila Folders Tape Index Tabs Page Protectors Paper Paper Clips Pens Pencils Sharpener Pocket Folders Post Its Spiral Notebook Staples Tab Dividers Highlighters (multi-colored) Color Ink Black Ink (Brother TN-221 or 225)

MISC:

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