

**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 \_\_Carrots \_\_Cilantro \_\_Italian Parsley \_\_Mushrooms \_\_Green peppers \_\_Collard Greens \_\_Red Cabbage \_\_Lettuce (green leaf or romaine) \_\_Spinach \_\_Beets \_\_Fresh Ginger Root \_\_Avocados (dark but firm) \_\_Tomatoes \_\_Jalapenos \_\_Grapes (firm seedless) \_\_Fit Fruit Wash \_\_Watermelon (big yellow spot) \_\_Yellow squash \_\_Zucchini \_\_Radishes \_\_Asparagus

**Health Food Section:**

\_\_Almond Milk (Plain Vanilla) \_\_Kashi Cereal \_\_Gluten Free Baking Mix \_\_Maple Syrup \_\_Almond Butter \_\_Very Veggie Tomato Juice \_\_Blue Diamond Almond Crackers \_\_Multi-vitamin \_\_Fish Oil \_\_Myoplex Bars \_\_Myoplex Shakes

**Meat:** (GRASS FED or FREE RANGE) \_\_Canadian Bacon \_\_Bacon \_\_Flank Steak \_\_Bnls. Chix Breast \_\_Whole Chix \_\_Lean Ground Beef \_\_Sirloin

**Fish:** (WILD CAUGHT) \_\_Swai \_\_Salmon \_\_Tilapia \_\_Flounder \_\_Trout

**Pasta/Rice/Ethnic Foods:** \_\_Pasta \_\_Pasta Sauce \_\_Macaroni \_\_Basmati Rice \_\_Brown Rice \_\_Black Beans \_\_Fat-free Refried Beans \_\_Tortilla Shells \_\_Green Enchilada Sauce \_\_Salsa \_\_Taco Sauce \_\_Pickled Jalepeno Peppers \_\_Black Olives \_\_Ramen Noodles \_\_Soba Noodles \_\_Rice Noodles \_\_No Yolks \_\_Water chestnuts \_\_Parmesan Cheese \_\_Capers

**Canned Goods/Soups**

\_\_Tomato Soup \_\_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 size Lipton Green Tea Chai)

**Condiments:** \_\_Worcestire 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 (Gallon) \_\_Gatorade \_\_Water

**Breakfast Foods:** \_\_Cereal \_\_Oatmeal

**Baking/Spices:** \_\_Olive Oil \_\_Vinegar (White Apple Cider) \_\_Baking Pow. \_\_Baking Soda \_\_Sugar (White Brown Raw Coconut Palm) \_\_Choc Chips \_\_Pecans \_\_Almonds \_\_Walnuts \_\_Raisins \_\_Corn Meal \_\_Vanilla Extract \_\_Thyme \_\_Cocoa Powder \_\_Oregano \_\_Pepper \_\_Mrs. Dash (Spicy Regular) \_\_Cumin \_\_Chili Powder \_\_Cinnamon \_\_Garlic \_\_Garlic Salt \_\_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 \_\_Batteries (AA AAA)

**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 \_\_Flushable Wipes \_\_Band Aids \_\_Q-tips \_\_Cotton Pads & \_\_Cotton Balls (**Dollar Tree has the best price on these**) \_\_Tooth Paste \_\_Tooth Brush (soft) \_\_Mouthwash \_\_Razor Heads (Gillette Sensor Excel) \_\_Tampons (multi)

**Office Supplies:**

\_\_3 Ring Binder \_\_Card Stock \_\_Printer Paper (basic high quality) \_\_Erasers \_\_Glue Stick \_\_Labels (1" x 2 5/8 Avery 8160) \_\_Manila Folders \_\_Tape & Holder \_\_Index Tabs \_\_Page Protectors \_\_Paper Clips \_\_Pens \_\_Pencils \_\_Sharpener \_\_Pocket Folders \_\_Hanging Files \_\_Staples \_\_Post It 4x6 Note Pads \_\_Spiral Notebook \_\_Tab Dividers \_\_Bankers Boxes \_\_Highlighters (pink blue green yellow orange) \_\_Color Ink \_\_Black Ink (Epson ET 2750)

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