

FRUIT

- ___ Avocados
- ___ Apples
- ___ Bananas
- ___ Berries
- ___ Clementines
- ___ Grapefruit
- ___ Grapes
- ___ Kiwi
- ___ Lemons
- ___ Limes
- ___ Melon
- ___ Oranges
- ___ Peaches
- ___ Pears

FRESH HERBS

- ___ Basil
- ___ Parsley
- ___ Rosemary
- ___ Thyme

VEGETABLES

- ___ Asparagus
- ___ Broccoli
- ___ Cabbage
- ___ Carrots
- ___ Cauliflower
- ___ Celery
- ___ Beets
- ___ Leeks
- ___ Parsnips
- ___ Cucumbers
- ___ Romaine
- ___ Mushrooms
- ___ Onions
- ___ Red onion
- ___ Green / Red Peppers
- ___ Mesculin Mix
- ___ Potatoes
- ___ Sweet Potatoes
- ___ Squash
- ___ Spinach
- ___ Tomatoes
- ___ Grape Tomatoes
- ___ Garlic
- ___ Sundried tomatoes
- ___ Jalapeno

BREADS

- ___ Whole grain bread
- ___ Bagels
- ___ Baguette
- ___ Tortillas
- ___ English Muffins
- ___ Pitas

CHEESE

- ___ Blue
- ___ Cheddar
- ___ Goat cheese
- ___ Gouda
- ___ Mozzarella
- ___ Parmesan
- ___ Swiss
- ___ Feta

MEAT

- ___ Bacon
- ___ Sausage
- ___ Chicken Breasts
- ___ Whole Chicken
- ___ Lean Ground Beef
- ___ Ground Chicken / turkey
- ___ Pork Chops
- ___ Ham
- ___ Deli meat
- ___ Tofu

CANNED VEGETABLES

- ___ Corn
- ___ Chickpeas
- ___ Baked Beans
- ___ Black Beans
- ___ Cannelini Beans
- ___ Red Kidney Beans
- ___ White kidney beans
- ___ Water chestnuts
- ___ Artichokes
- ___ Tomato soup

RICE/PASTA

- ___ Rice
- ___ Brown Rice
- ___ Wild Rice
- ___ Macaroni
- ___ Lasagna noodles
- ___ Orzo
- ___ Linguini
- ___ Shells
- ___ Penne
- ___ Rotini
- ___ Pasta Sauce
- ___ Stewed Tomatoes
- ___ Whole Tomatoes
- ___ Tomato Sauce
- ___ Tomato Paste

CANNED MEATS

- ___ Tuna
- ___ Salmon

BAKING GOODS

- ___ Baking Soda
- ___ Baking Powder
- ___ Corn Starch
- ___ Cornmeal
- ___ Unbleached Flour
- ___ Vegetable Oil
- ___ Olive Oil
- ___ Vanilla Extract
- ___ Sugar
- ___ Raw sugar
- ___ Brown Sugar
- ___ Molasses
- ___ Stock

CONDIMENTS

- ___ Ketchup
- ___ Mayo
- ___ Mustard
- ___ Olives - B or G
- ___ Pickles
- ___ Relish
- ___ Vinegar- R / W / B
- ___ Real Soy Sauce
- ___ Sesame Oil
- ___ Worcestershire
- ___ Coffee Filters
- ___ Jam
- ___ Honey

BREAKFAST FOODS

- ___ Cereal
- ___ Oatmeal
- ___ Syrup
- ___ Granola Bars

BEVERAGES

- ___ Soda water
- ___ Orange Juice
- ___ Coffee
- ___ Tea herbal
- ___ Tea Earl Grey
- ___ Light vanilla soy

DAIRY

- ___ Margarine
- ___ Butter unsalted
- ___ Light Sour Cream
- ___ Plain Yogurt
- ___ Light Cottage Cheese
- ___ Milk
- ___ Eggs
- ___ Light Cream Cheese
- ___ Buttermilk

FROZEN FOODS

- ___ Juice
- ___ Broccoli
- ___ Cauliflower
- ___ Peas / Edamame
- ___ Spinach
- ___ Corn
- ___ Berries
- ___ Ice Cream / FroYo
- ___ Sherbert

CRACKERS & SWEETS

- ___ Wheat thins
- ___ Soda crackers
- ___ Rye crackers
- ___ Nachos
- ___ Salsa

BATHROOM

- ___ Liquid Soap
- ___ Deodorant
- ___ Razors
- ___ Shaving Cream
- ___ Shampoo
- ___ Conditioner
- ___ Toothpaste
- ___ Mouthwash
- ___ Q-Tips

PAPER PRODUCTS

- ___ Facial Tissue
- ___ Toilet Tissue
- ___ Paper Towels
- ___ Aluminum Foil
- ___ Plastic Wrap
- ___ Sandwich Bags
- ___ Freezer Bags

CLEANING PRODUCTS

- ___ Laundry Detergent
- ___ Spot Cleaner
- ___ Dishsoap
- ___ WetJet Cleaner/Pad
- ___ Sponges

PET SUPPLIES

- ___ Cat Food
- ___ Litter
- ___ Temptations

BULK SPICE, GRAINS & NUTS

SPICES

- ___ Allspice
- ___ Bay Leaves
- ___ Basil
- ___ Candied Ginger
- ___ Cayenne
- ___ Chili flakes
- ___ Chile powder
- ___ Cinnamon sticks
- ___ Cloves
- ___ Cumin
- ___ Cumin Seeds
- ___ Coriander
- ___ Garam Masala
- ___ Marjoram
- ___ Nutmeg
- ___ Oregano
- ___ Paprika
- ___ Parsley
- ___ Poppy Seeds
- ___ Rosemary
- ___ Sea Salt
- ___ Sesame Seeds
- ___ Tarragon
- ___ Thyme
- ___ Turmeric

GRAINS & BEANS & RICE

- ___ Quinoa
- ___ Couscous
- ___ Barley
- ___ Red Lentils
- ___ Brown Lentils
- ___ Green Lentils
- ___ Brown rice
- ___ Basmati rice

DRIED FRUIT / NUTS

- ___ Almonds
- ___ Cashews
- ___ Pecans
- ___ Peanuts
- ___ Papaya
- ___ Pine nuts
- ___ Walnuts

SAUCE & SPREADS

- ___ Peanut butter – smooth
- ___ Peanut butter - crunchy
- ___ Tahini