**Grocery Shopping List**

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| --- | --- | --- | --- |
| FRUIT  □ grapefruit  □ raspberries  □ strawberries  □ blueberries  □ avocados  □ frozen fruit | VEGETABLES  □ onions  □ carrots  □ bell peppers  □ salad mix  □ jalapenos  □ serrano  □ spinach  □ cilantro  □ mushrooms  □ potatoes  □ tomatoes  □ edamame | DAIRY  □ half and half  □ milk  □ yogurt  □ queso  □ sliced cheddar  □ sliced Havarti  □ sliced provolone  □ deli meat (ham)  □ yakult  □ cream cheese | DRINKS  □ grapefruit juice  □ orange juice  □ Topo Chico  □ Gatorade  □ diet ginger ale  □ diet Coke  □ diet 7-up/Sprite  □ protein powder  □ bottled water  □ Brisk iced tea  □ wine \_\_\_\_\_  □ beer \_\_\_\_\_ |
| BREAD  □ tortillas  □ hamburger buns  □ hot dog buns  □ sandwich bread  □ baguette  □ bagels  □ brioche  □ cinnamon rolls  □ crescent rolls | HOME GOODS  □ paper towels  □ toilet paper  □ hand soap  □ dishwasher soap  □ laundry soap  □ toilet cleaner | GENERAL  □ coffee  SAUCES  □ BBQ sauce  NUTS  □ walnuts  □ almonds  □ pecans | CONDIMENTS, OIL, JAM  □ ketchup  □ mustard  □ strawberry jam  □ fig jam  □ soy sauce  □ sweet and sour  □ hot mustard  □ hummus |
| MEAT  □ chicken  □ ground sirloin  □ ground sausage  □ bacon  □ hot dogs | GRAINS  □ pancake mix  □ cereal  □ oatmeal  □ potato chips  □ tortilla chips  □ ramen  □ rice  □ crackers  □ pita chips | CANNED GOODS  □ black beans  □ red beans  □ baked beans  □ tomato sauce  □ tomato paste  □ tomato diced  □ chipotle adobo  □ corn  □ coconut milk | OTHER  □ \_\_\_\_\_\_\_  □ \_\_\_\_\_\_\_  □ \_\_\_\_\_\_\_  □ \_\_\_\_\_\_\_  □ \_\_\_\_\_\_\_ |