

trader joe's

fruits & vegetables

___	bag	arugula
___		avocados
___	bag	blue berries (frozen)
___	box	blueberries
___	bag	carrots
___	bag	celery
___	bag	cherries (frozen)
___	box	cherry tomatoes
___	pkg	cucumber

coffee & tea

___	box	hot chocolate mix
___	can	matcha mix

___	can	black beans
___	bag	bread crumbs
___	bag	brown sugar
___	bag	cane sugar
___	bt1	capers
___	box	chicken broth
___	box	cocoa powder
___	can	coconut cream
___	bt1	coconut oil
___	bag	demerara cane sugar
___	can	diced & fire rstd tomatoes

pharmacy

___	bt1	veggie wash
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___		fresh garlic
___		lemons
___		limes
___		melon
___		oranges
___	lbs	potatoes
___	box	raspberries
___	lbs	red onions
___	box	strawberries
___	bag	strawberries (frozen)
___	lbs	sweet potatoes

dairy & eggs

___	dzn	eggs
___	qts	milk
___	box	salted butter
___	box	salted butter
___	box	unsalted butter

___	bt1	dijon mustard
___	can	garbanzo beans
___	bt1	grainy mustard
___	bt1	green salsa
___	bt1	honey
___	bt1	italian evoo
___	bt1	maple syrup
___	can	no salt diced tomatoes
___	bt1	peanut butter
___	bt1	peanut butter
___	bag	powdered sugar

chocolate, cookies & crackers

___	bag	chia seeds
___	bar	chocolate bars
___	box	chocolate candies

___	lbs	yellow onions
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nuts & dried fruit

___	box	dried fruit
___	bag	flaked coconut
___	bag	peanuts
___	bag	raw almonds
___	bag	raw brazil nuts
___	bag	raw pecans
___	bag	raw pumpkin seeds
___	bag	raw sunflower seeds
___	bag	walnuts

___	can	pumpkin
___	bt1	red wine vinegar
___	bt1	rice vinegar
___	can	salmon
___	can	sardines
___	bt1	spanish evoo
___	can	tomato paste
___	bt1	vanilla extract
___	box	vegetable broth
___	can	whole plum tomatoes
___	bt1	worcestershire sauce

cheese & crackers

___	pkg	brie
___	ozs	cheddar (for grating)
___	box	feta
___	oz	gruyere (for grating)
___	oz	mozzarella (for grating)
___	oz	parmesan (grated)
___	oz	swiss (for grating)

staples

___	bt1	almond butter
___	bt1	almond butter
___	bt1	apple cider vinegar
___	bt1	avocado oil
___	pkg	baking powder
___	pkg	baking powder
___	pkg	baking soda
___	bt1	balsamic vinegar
___	box	beef broth

bread

___	bag	corn tortillas
___	bag	grits
___	bag	steel cut oats