

## trader joe's

### fruits & vegetables

_____	bag	arugula
_____		avocados
_____	box	blueberries
_____	bag	carrots
_____	bag	celery
_____		fresh garlic
_____	bag	fruit (frozen)
_____		lemons
_____		limes

### dairy & eggs

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

_____	btl	honey
_____	btl	italian evoo
_____	btl	maple syrup
_____	can	no salt diced tomatoes
_____	btl	peanut butter
_____	btl	peanut butter
_____	bag	powdered sugar
_____	can	pumpkin
_____	btl	red wine vinegar
_____	btl	rice vinegar
_____	can	sardines

### chocolate, cookies & crackers

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

melon

oranges

lbs potatoes

box raspberries

lbs red onions

box strawberries

lbs sweet potatoes

lbs yellow onions

### 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)

### coffee & tea

_____	box	hot chocolate mix
_____	can	matcha mix

### 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

_____	btl	spanish evoo
_____	can	tomato paste
_____	btl	vanilla extract
_____	box	vegetable broth
_____	can	whole plum tomatoes
_____	btl	worcestershire sauce

### staples

_____	btl	almond butter
_____	btl	almond butter
_____	btl	apple cider vinegar
_____	btl	avocado oil
_____	btl	balsamic vinegar
_____	box	beef broth
_____	can	black beans
_____	bag	bread crumbs
_____	bag	brown sugar

### bread

_____	bag	grits
_____	bag	steel cut oats

_____	bag	cane sugar
_____	btl	capers
_____	box	chicken broth
_____	can	coconut cream
_____	btl	coconut oil
_____	bag	demerara cane sugar
_____	can	diced & fire rst d tomatoes
_____	btl	dijon mustard
_____	can	garbanzo beans
_____	btl	grainy mustard
_____	btl	green salsa

### pharmacy

_____	btl	veggie wash
-------	-----	-------------