

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	unsalted butter

___	btl	grainy mustard
___	btl	green salsa
___	can	herring
___	btl	honey
___	btl	italian evoo
___	btl	maple syrup
___	btl	marinara
___	btl	mayonnaise
___	btl	molasses
___	can	no salt diced tomatoes
___	btl	peanut butter

pharmacy

___	btl	veggie wash
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___		melon
___		oranges
___	lbs	potatoes
___	box	raspberries
___	lbs	red onions
___	box	strawberries
___	lbs	sweet potatoes
___	lbs	yellow onions

nuts & dried fruit

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

___	btl	peanut butter
___	bag	powdered sugar
___	can	pumpkin
___	btl	red wine vinegar
___	btl	rice vinegar
___	can	sardines
___	btl	spanish evoo
___	can	tomato paste
___	can	trout
___	btl	vanilla extract
___	box	vegetable broth

chocolate, cookies & crackers

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

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

___	btl	almond butter
___	btl	almond butter
___	btl	almond extract
___	can	anchovies
___	btl	apple cider vinegar
___	btl	avocado oil
___	btl	balsamic vinegar
___	box	beef broth
___	can	black beans

___	can	whole plum tomatoes
___	btl	worcestershire sauce

coffee & tea

___	box	hot chocolate mix
___	can	matcha mix

___	bag	bread crumbs
___	bag	brown sugar
___	bag	cane sugar
___	btl	capers
___	box	chicken broth
___	can	coconut cream
___	btl	coconut oil
___	bag	demerara cane sugar
___	can	diced & fire rstd tomatoes
___	btl	dijon mustard
___	can	garbanzo beans

bread

___	bag	grits
___	bag	steel cut oats