## supplies

| fri         | $_{ m dge}$     |                       | 1           |                      | melon                                      | 1           | pkg             | bacon              | 1              | btl                  | soy sauce            |
|-------------|-----------------|-----------------------|-------------|----------------------|--|-------------|-----------------|--------------------|----------------|----------------------|----------------------|
|             |                 |                       | 3           |                      | oranges                                    | 1           | pkg             | breakfast sausage  | 1              | btl                  | mirin                |
| 1           | bag             | corn tortillas        | 3           |                      | zucchini                                   | 1           | pkg             | brie               | 1              | box                  | wine                 |
| 1           | _               | lettuce               | 1           | bag                  | carrots                                    | 1           | box             | feta               | 1              | box                  | salted butter        |
| 1           | bag             | arugula               | 1           | bag                  | celery                                     | 6           |                 | lemons             | 1              | btl                  | maple syrup          |
| 1           | bag             | flax seed meal        | 1           | box                  | cherry tomatoes                            | 6           |                 | limes              | 1              | $\operatorname{ctn}$ | almond milk          |
| 1           | pkg             | miso                  | 1           | pkg                  | cucumber                                   | 8           | oz              | parmesan           | 2              | qts                  | heavy cream          |
| 2           | btl             | pickles               | 1           | $\operatorname{bch}$ | parsley                                    | 2           | cans            | beer               | 2              | qts                  | milk                 |
| 1           |                 | red cabbage           | 3           | lbs                  | apples                                     | 2           | cans            | guiness            | 2              | con                  | skyr                 |
| 1           |                 | savoy cabbage         | 1           | box                  | blueberries                                | 1           | $_{ m btl}$     | capers             | 2              | con                  | skyr                 |
| 1           | pkg             | spinach               | 3           | lbs                  | pears                                      | 1           | $_{ m btl}$     | dijon mustard      | 1              | $\operatorname{ctn}$ | walnut milk          |
| 3           |                 | egg plant             | 1           | box                  | raspberries                                | 1           | $_{ m btl}$     | fish sauce         | 1              | btl                  | almond butter        |
| 4           | dzn             | eggs                  | 1           | box                  | strawberries                               | 1           | $_{ m btl}$     | grainy mustard     | 1              | btl                  | $_{ m jam}$          |
| 2           |                 | leafy greens          | 3           |                      | avocados                                   | 1           | btl             | mayonnaise         | 1              | btl                  | peanut butter        |
| 1           | bag             | chia seeds            | tal         | l cab                | inet                                       | tea         | a and           | coffee cabinet     | 1              | can                  | matcha mix           |
|             | Ü               |                       |             |                      |  |             |                 |                    | 1              | box                  | mint tea bags        |
|             |                 |                       | 1           | bag                  | better for bread flour                     | 1           | box             | chemex filters     | 1              | box                  | sleepy time tea bags |
|             |                 |                       | 1           | bag                  | whole wheat flour (soft white)             | 1           | lbs             | assam              | 1              | box                  | hot chocolate mix    |
|             |                 |                       | 1           | bag                  | all purpose flour (soft white)             | 1           | lbs             | ceylon             |                |                      |                      |
|             |                 |                       | 1           | bag                  | brown sugar                                | 1           | bag             | coffee dark roast  |                |                      |                      |
|             |                 |                       | 1           | bag                  | cane sugar                                 | 1           | $_{ m bag}$     | coffee light roast |                |                      |                      |
|             |                 |                       |             |                      |  | 16          | oz              | genmaicha          |                |                      |                      |
|             |                 |                       |             |                      |  | 16          | oz              | keemum             |                |                      |                      |
|             |                 |                       |             |                      |  | 16          | oz              | oolong             |                |                      |                      |
|             |                 |                       |             |                      |  | 8           | oz              | pu erh             |                |                      |                      |
|             |                 |                       |             |                      |  | 16          | oz              | sencha             |                |                      |                      |
|             |                 |                       |             |                      |  | 1           | $_{\text{box}}$ | ginger tea bags    |                |                      |                      |
|             |                 |                       |             |                      |  | 1           | box             | lemon tea bags     |                |                      |                      |
| co          | cooking cabinet |                       |             |                      |  | 1 bag grits |                 |                    | cooking drawer |                      |                      |
|             |                 |                       | 1           | btl                  | corn starch                                |             |                 |                    |                |                      |                      |
| 1           | bag             | corn meal             | 1           |                      | fresh garlic                               |             |                 |                    | 1              | box                  | parchment paper      |
| 1           | bag             | erythritol and stevia | 1           | btl                  | honey                                      |             |                 |                    | 1              | box                  | plastic wrap         |
| 1           | box             | fine sea salt         | 1           | btl                  | italian evoo                               |             |                 |                    | 1              |                      | sandwich bags        |
| 1           | box             | kosher salt           | 1           | btl                  | molasses                                   |             |                 |                    | 1              | box                  | storage bags         |
| 1           | bag             | steel cut oats        | 1           | btl                  | red wine vinegar                           |             |                 |                    | 1              | box                  | thin aluminum foil   |
| 1           | bag             | whey powder           | 1           | btl                  | rice vinegar                               |             |                 |                    | 1              | box                  | waxed paper          |
| 1           | btl             | almond extract        | 16          | ox                   | sesame seeds                               |             |                 |                    |                |                      |                      |
| 1           | btl             | apple cider vinegar   | 1           | btl                  | spanish evoo                               |             |                 |                    |                |                      |                      |
|             | 1 / 1           | avocado oil           | 1           | $_{\rm box}$         | tapioca                                    |             |                 |                    |                |                      |                      |
| 1           | btl             |                       |             | _                    |  |             |                 |                    |                |                      |                      |
| 1<br>1      | pkg             | baking powder         | 1           | btl                  | vanilla extract                            |             |                 |                    |                |                      |                      |
| 1<br>1<br>1 |                 |                       | 1<br>1<br>1 | btl<br>btl<br>btl    | vanilla extract worcestershire sauce yeast |             |                 |                    |                |                      |                      |

| trash cabinet |                   | sink cabinet  |                                 |  | ba  | bathroom closet  |   |   | btl | vanicream cream |                            |
|---------------|-------------------|---|---------------------------------|--|---|--|---|---|-----|-----------------|----------------------------|
| 1<br>1<br>1   | pkg<br>pkg<br>pkg | 15 g blue bags<br>33 g blue bags<br>tall kitchen bags | 1<br>1<br>1<br>1<br>1<br>1<br>1 | can<br>can<br>jug<br>box<br>box<br>btl | bar keepers friend (liquid)<br>bar keepers friend (powder)<br>bon ami<br>dishwashing detergent<br>dishwashing tabs<br>sos pads<br>veggie wash | 2<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1<br>1 | 12p<br>pkg<br>btl<br>pkg<br>btl<br>pkg<br>box<br>pkg<br>box<br>tub<br>btl | toilet paper aleppo soap conditioner floss head & shoulders shampoo picks q-tips razor blades saline packets shaving cream isopropyl alcohol peroxide | 1   | btl             | vanicream lotion           |
| sna           | ack st            | ation   | ba                              | seme                                   | nt stair landing  | 1  | bag   | rolled oats   | 2   | btl             | pickled peppers            |
|               |                   |   |                                 |  |   | 2  | pkg   | baking powder   | 2   | btl             | pickles                    |
| 1             | bar               | chocolate bars  | 2                               | pkg                                    | 70% baking chocolate  | 1  | pkg   | baking soda   | 1   | bag             | almond meal                |
| 1             | box               | chocolate candies                                     | 1                               | pkg                                    | baking cocoa  | 1  | bag   | bread crumbs  | 1   | bag             | brown rice flour           |
| 1             | box               | dried fruit   | 2                               | bag                                    | chocolate chips   | 1  | $_{ m btl}$   | capers  | 1   | bag             | corn meal                  |
| 2             | bag               | peanuts   | 1                               | box                                    | lasagna noodles   | 1  | box   | cocoa powder  | 1   | bag             | sweetened coconut          |
| 2             | bag               | raw almonds   | 1                               | pkg                                    | unsweetened baking chocolate  | 1  | $_{ m btl}$   | corn starch   | 1   | bag             | tapioca flour              |
| 2             | bag               | raw brazil nuts                                       | 1                               | btl                                    | vanilla extract   | 1  | pkg   | dried milk  | 1   | bag             | white rice flour           |
| 2             | bag               | raw pecans  | 1                               | bag                                    | corn polenta  | 1  | $_{\text{box}}$   | fine sea salt   | 2   | can             | black beans                |
| 2             | bag               | walnuts   | 1                               | bag                                    | flaked coconut  | 1  | $_{ m btl}$   | green salsa   | 2   | can             | coconut cream              |
|               |                   |   | 1                               | bag                                    | flax seed meal  | 1  | $_{ m btl}$   | honey   | 4   | can             | diced & fire rstd tomatoes |
|               |                   |   | 1                               | bag                                    | puffed wheat  | 1  | $_{ m btl}$   | jam   | 1   |                 | fresh garlic               |
|               |                   |   | 1                               | bag                                    | raw pumpkin seeds   | 1  | $_{\text{box}}$   | kosher salt   | 2   | can             | garbanzo beans             |
|               |                   |   | 1                               | bag                                    | raw sunflower seeds   | 1  | btl   | molasses  | 2   | btl             | marinara                   |
| 4             | can               | no salt diced tomatoes                                | 1                               | btl                                    | italian evoo  | 2  | 12p   | plain seltzer   | 1   | box             | wine                       |
| 2             | can               | pumpkin   | 1                               | btl                                    | mayonnaise  | 1  | can   | sesame seed oil   | 1   | pkg             | napkins                    |
| 2             | can               | tomato paste  | 1                               | btl                                    | mirin   | 1  | $_{ m btl}$   | soy sauce   | 1   | box             | storage bags               |
| 2             | can               | whole plum tomatoes                                   | 2                               | btl                                    | peanut butter   | 1  | $_{\text{box}}$   | vegetable broth   | 3   | lbs             | potatoes                   |
| 2             | btl               | almond butter   | 1                               | btl                                    | red wine vinegar  | 1  | $_{\rm bag}$  | wild rice   | 3   | lbs             | red onions                 |
| 1             | can               | anchovies   | 1                               | btl                                    | rice vinegar  | 1  | 12p   | beer  | 3   |                 | squash                     |
| 1             | $_{\mathrm{btl}}$ | apple cider vinegar                                   | 4                               | can                                    | salmon  | 1  | 12p   | guiness   | 3   | lbs             | sweet potatoes             |
| 1             | $_{\mathrm{btl}}$ | avocado oil   | 4                               | can                                    | sardines  | 6  | $_{\text{box}}$   | kleenex   | 3   | lbs             | yellow onions              |
| 1             | $_{\mathrm{btl}}$ | balsamic vinegar                                      | 1                               | btl                                    | spanish evoo  | 6  | $_{\rm box}$  | parchment paper   | 1   | bag             | brown sugar                |
| 1             | btl               | clam juice  | 1                               | btl                                    | white vinegar   | 1  | box   | plastic wrap  | 1   | bag             | cane sugar                 |
| 1             | btl               | coconut oil   | 1                               | btl                                    | worcestershire sauce  | 1  | box   | sandwich bags   | 1   | bag             | powdered sugar             |
| 1             | btl               | dijon mustard   | 1                               | box                                    | beef broth  | 1  | box   | thick aluminum foil   |     |                 |                            |
| 1             | btl               | grainy mustard  | 1                               | box                                    | chicken broth   | 1  | box   | thin aluminum foil  |     |                 |                            |
| 4             | can               | herring   | 2                               | 8p                                     | flavored seltzer  | 1  | $_{\rm box}$  | waxed paper   |     |                 |                            |

| ba                              | semei  | nt shelves  | 1                                    | box  | chicken broth  | 1                                    | box   | fine sea salt   | 1                          | btl                                    | soy sauce   |
|---------------------------------|--|---|--------------------------------------|--|--|--------------------------------------|---|---|----------------------------|--|---|
| -                               |  |   | 6                                    | box  | kleenex  | 2                                    | can   | garbanzo beans  | 1                          | btl                                    | spanish evoo  |
| 1                               | lbs  | assam   | 1                                    | pkg  | napkins  | 1                                    | btl   | grainy mustard  | 2                          | can                                    | tomato paste  |
| 1                               | lbs  | ceylon  | 2                                    | btl  | pickled peppers  | 1                                    | btl   | green salsa   | 2                          | can                                    | whole plum tomatoes   |
| 1                               | box  | chemex filters  | 2                                    | btl  | pickles  | 4                                    | can   | herring   | 2                          | btl                                    | almond butter   |
| 1                               | box  | ginger tea bags   | 1                                    | box  | vegetable broth  | 1                                    | btl   | italian evoo  | 1                          | btl                                    | almond extract  |
| 16                              | oz   | keemum  | 1                                    | $\operatorname{ctn}$                                       | walnut milk  | 1                                    | box   | kosher salt   | 1                          | bag                                    | brown sugar   |
| 1                               | box  | lemon tea bags  | 1                                    | can  | anchovies  | 2                                    | btl   | marinara  | 1                          | bar                                    | chocolate bars  |
| 1                               | can  | matcha mix  | 1                                    | btl  | avocado oil  | 4                                    | can   | no salt diced tomatoes  | 1                          | box                                    | chocolate candies   |
| 1                               | box  | mint tea bags   | 2                                    | can  | black beans  | 2                                    | can   | pumpkin   | 2                          | bag                                    | chocolate chips   |
| 16                              | OZ   | sencha  | 1                                    | btl  | clam juice   | 1                                    | btl   | red wine vinegar  | 1                          | bag                                    | demerara cane sugar   |
| 1                               | box  | sleepy time tea bags  | 2                                    | can  | coconut cream  | 1                                    | btl   | rice vinegar  | 1                          | box                                    | dried fruit   |
| 1                               | $\operatorname{ctn}$                                 | almond milk   | 4                                    | can  | diced & fire rstd tomatoes   | 4                                    | can   | salmon  | 1                          | bag                                    | erythritol and stevia   |
| 1                               | box  | beef broth  | 1                                    | btl  | dijon mustard  | $\overline{4}$                       | can   | sardines  | 1                          | bag                                    | flaked coconut  |
| 1<br>1<br>2<br>1<br>1<br>1<br>1 | bag<br>btl<br>btl<br>btl<br>bag<br>bag<br>bag<br>bag | grits honey jam peanut butter powdered sugar puffed wheat raw pumpkin seeds raw sunflower seeds rolled oats | 1<br>1<br>1<br>1<br>1<br>2<br>2<br>1 | pkg<br>bag<br>bag<br>box<br>btl<br>pkg<br>8p<br>12p<br>bag | baking soda better for bread flour brown rice flour cocoa powder corn starch dried milk flavored seltzer plain seltzer tapioca flour | 1<br>1<br>1<br>1<br>1<br>1<br>1<br>1 | pkg<br>btl<br>can<br>can<br>btl<br>can<br>btl<br>jug<br>box | 33 g blue bags<br>ammonia<br>bar keepers friend (liquid)<br>bar keepers friend (powder)<br>bleach<br>bon ami<br>castile soap<br>dishwashing detergent<br>dishwashing tabs | 1<br>1<br>1<br>1<br>1<br>6 | box<br>btl<br>pkg<br>btl<br>btl<br>jug | sos pads<br>stain remover<br>tall kitchen bags<br>veggie wash<br>wool wash<br>distilled water |
| 1                               | bag  | steel cut oats  | 1                                    | bag  | whey powder  | 1                                    | btl   | ivory snow  |                            |  |   |
| 1                               | bag  | sweetened coconut   | 1                                    | bag  | white rice flour   | 1                                    | btl   | laundry detergent   |                            |  |   |
| 1                               | bag  | all purpose flour (soft white)  | 1                                    | bag  | whole wheat flour (soft white)   | 1                                    | btl   | murphy's oil soap   |                            |  |   |
| 1                               | bag  | almond meal   | 1                                    | btl  | yeast  | 1                                    | pkg   | oxyclean  |                            |  |   |
| 2                               | pkg  | baking powder   | 1                                    | pkg  | 15 g blue bags   | 1                                    | btl   | sanitizer   |                            |  |   |
| fre                             | freezer  |   | 1<br>1                               | bag<br>pkg   | . ,  |                                      | strawberries (frozen) swiss (for grating)                   | laundry   |                            |  |   |
| 3                               | lbs  | beef roast  | 16                                   |  | cheddar (for grating)  | 2                                    | box   | unsalted butter   | 1                          | btl                                    | ammonia   |
| 3                               |  | chicken breast  | 1                                    | bag  | cherries (frozen)  | _                                    |   | · · · · · · · · · · · · · · · · · · ·   | 1                          | btl                                    | bleach  |
| 3                               |  | chicken thighs  | 2                                    | bag  | collards (frozen)  |                                      |   |   | 1                          | btl                                    | ivory snow  |
| 3                               |  | extra lean turkey   | 1                                    | ~~8  | fresh ginger   |                                      |   |   | 1                          | btl                                    | laundry detergent   |
| 3                               |  | fish  | 16                                   | OZ   | gruyere (for grating)  |                                      |   |   | 1                          | pkg                                    | oxyclean  |
| 3                               |  | ground beef   | 16                                   |  | mozzarella (for grating)   |                                      |   |   | 1                          | btl                                    | peroxide  |
| 3                               |  | ground pork   | 2                                    | bag  | okra (frozen)  |                                      |   |   | 1                          | btl                                    | stain remover   |
| 3                               |  | italian sausage   | 16                                   | _  | parmesan (grated)  |                                      |   |   | 1                          | btl                                    | wool wash   |
|                                 |  | pork roast  | 2                                    | bag  | raw almonds  |                                      |   |   | 1                          | DUI                                    | wooi wasii  |
| 3                               |  | pork roast<br>pork tenderloin   | 2                                    | bag  | raw pecans   |                                      |   |   |                            |  |   |
| 2                               |  | DOLK LENGEROIN  | - 4                                  | DA9  | raw Decaus   |                                      |   |   |                            |  |   |
| 3                               |  | stock bones   | 2                                    | box  |  |                                      |   |   |                            |  |   |

2 bag spinach (frozen)

3 lbs turkey thighs

## bathroom cabinet

1 btl vanicream cream1 btl vanicream lotion

- 1 pkg aleppo soap
- 1 btl conditioner
- 1 jug distilled water
- 1 pkg floss
- 1 btl head & shoulders shampoo
- 1 btl isopropyl alcohol
- 1 btl peroxide
- 1 pkg picks
- 1 box q-tips
- 1 pkg razor blades
- 1 box saline packets
- 1 tub shaving cream