

AW's Grocery Check-list

Instructions: Take inventory of what is at the house already before shopping.

PRODUCE

- ☐ 1.50 x's 1 banana | 1 Medium (7 inch to 7 1/2 inch) Banana | a_produce
- ☐ 0.96 x's 1 cucumber | 1 medium cucumber | a_produce
- ☐ 1.00 x's 1 sprig | fresh cilantro leaf | a_produce
- ☐ 0.25 x's cups | fresh baby spinach | a_produce
- ☐ 0.25 x's 1 whole carrot | whole carrot | a_produce
- ☐ 1.50 x's cups | baby carrots | a_produce
- ☐ 2.00 x's 1 apple | medium sized red apple | a_produce
- ☐ 3.00 x's 1 clove | fresh garlic | a_produce
- ☐ 0.14 x's 1 head | iceberg lettuce | a_produce
- ☐ 7.00 x's tomatoes | cherry tomatoes | a_produce
- ☐ 1.50 x's tomatoes | medium tomatoes | a_produce
- ☐ 0.13 x's one onion | a Small Onion | a_produce
- ☐ 1.00 x's 1 onion | medium onion | a_produce
- ☐ 0.25 x's 1 lime | a Lime | a_produce
- ☐ 0.13 x's 1 pepper | a Bell Pepper | a_produce

DELI

- ☐ 9.00 x's 1 slice | deli turkey | b_deli

DRY

- ☐ 1.00 x's 6 Triscuits | Nabisco Triscuit Baked Whole Grain Wheat Reduced Fat | c_dry
- ☐ 6.00 x's wraps | 7-9 inch Whole Wheat Wraps | c_dry
- ☐ 1.00 x's 10 pieces | Mini Pretzels | c_dry
- ☐ 1.00 x's 100 calorie carton | carton of raisins | c_dry
- ☐ 0.33 x's cup | Bulgar Wheat or Quinoa | c_dry
- ☐ 4.00 x's 1 cup | Bran Flakes (nothing added) | c_dry
- ☐ 8.00 x's slices | whole wheat bread | c_dry
- ☐ 0.38 x's | Hannaford Unsalted Peanuts (16 oz) | c_dry
- ☐ 1.00 x's one pizza | Pizza Dough/Crust | c_dry
- ☐ 1.00 x's | 1 pound whole-wheat spaghetti | c_dry
- ☐ 1.00 x's 1 tortilla | whole-wheat flour tortillas, about 8 inches in diameter | c_dry

CAN

- ☐ 0.50 x's | Hannaford Pizza Sauce (14 Oz.) | d_can
- ☐ 1.00 x's | Spaghetti Sauce Can or Jar (24 Oz.) | d_can

CONDIMENT/SEASON

- ☐ 1.00 x's tablespoons | jelly | e_condiment/season
- ☐ 2.00 x's 1/4 second spray | hannafood original cooking spray /w canola oil (753 sprays per can | e_condiment/season
- ☐ 0.63 x's teaspoons | salt | e_condiment/season
- ☐ 0.25 x's cups | vinaigrette | e_condiment/season

- ☐ 0.63 x's teaspoons | black pepper | e_condiment/season
- ☐ 6.00 x's 1 sprig | parsley | e_condiment/season
- ☐ 1.00 x's servings | hot sauce | e_condiment/season
- ☐ 1.00 x's teaspoons | oregano | e_condiment/season
- ☐ 2.66 x's tablespoons | low-fat mayonnaise | e_condiment/season
- ☐ 2.00 x's tablespoons | creamy peanut butter (no salt added) | e_condiment/season
- ☐ 2.50 x's tablespoons | vegetable oil | e_condiment/season

MEAT

- ☐ 0.25 x's a package | a package of Turkey Pepperoni | f_meat
- ☐ 1.00 x's 1 hotdog | Turkey/Chicken Hot Dog | f_meat
- ☐ 0.75 x's 1 pound | Ground Turkey 1 lb. | f_meat
- ☐ 6.00 x's slices | turkey bacon | f_meat

DRINK

- ☐ 0.50 x's cup | water | g_drink

DAIRY

- ☐ 8.00 x's ounces | shredded cheese | j_dairy
- ☐ 4.00 x's 1/2 cup | 1% Lowfat Milk | j_dairy
- ☐ 5.00 x's 1 slice | healthy choice of cheese | j_dairy
- ☐ 8.00 x's 1 egg | eggs | j_dairy
- ☐ 4.00 x's 6 oz/1 container | Dannon Light & Fit Yogurt | j_dairy
- ☐ 0.50 x's cup | grated fresh Parmesan | j_dairy

FREEZER

- ☐ 0.50 x's cups | frozen peas | l_freezer

PREPARED

- ☐ 1.00 x's 1 serving | left over food | z_prepared
- ☐ 1.00 x's | eating out | z_prepared