

Shopping List

Produce

Asparagus
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Corn
Garlic
Green beans
Lettuce
Mushrooms
Onions
Peas
Peppers
Spinach
Squash
Sweet potatoes
Tomatoes

Dried Fruit

Apricots
Cranberries
Dates
Figs
Plums
Raisins

Nuts

Almonds
Peanuts
Hazelnuts
Pecans
Walnuts
Pine nuts
Sunflower

Fruit Juices

Cranberry
Grape
Grapefruit
Orange

Fresh Fruit

Apples
Apricots
Bananas
Blackberries
Blueberries
Cherries
Cranberries
Grapefruit
Grapes
Kiwis
Lemons
Melons
Oranges
Peaches
Pears
Pineapple
Plums
Raspberries
Strawberries
Tangerines

Condiments

Barbeque Sauce
Cocktail Sauce
Hot Sauce
Ketchup
Mayonnaise
Mustard
Olive Oil
Pickles
Relish
Salad Dressing
Soy Sauce
Steak Sauce
Teriyaki Sauce
Vinegar
Worcestershire

Spices

Garlic Powder
Cinnamon
Basil
Pepper

More Spices

Paprika
Parsley
Oregano
Red Pepper

Staples

Flour

- Bread
- Cake
- Rye
- Self-Rising
- WholeWht.

Baking Powder
Baking Soda
Cooking Oil
Corn Meal
Salt
Sugar

Meat

Bacon
Beef Roast
Chicken
Fish
Hamburger
Pork Chops
Pork Roast
Sausage
Shrimp
Steaks
Stew Meat
Turkey

Deli Meats

- Ham
- Turkey
- Hot Dogs
- Roast Beef
- _____

Dairy Case

Butter
Cheese

- Cheddar
- Mozzarella
- Jack
- American
- Ricotta
- Cottage
- String
- Cream

Eggs
Heavy Cream
Horseradish
Milk
Sour Cream
Soy Milk
Yogurt

Canned Food

Fruit

- Cocktail
- Peaches
- Pears
- Pineapple

Soup

- Tomato
- Ck.Noodle
- _____

Tomatoes

- Sauce
- Stewed
- Crushed
- Paste
- _____

Vegetables

- English Peas
 - Green beans
 - Pork&Beans
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