



Grocery List

Beef		Pork		Poultry		Seafood		Miscellaneous		Canned Meats	
	Brisket		Bacon		Chicken - Breasts		Clams		Bison		Beef
	Frankfurters		Canadian Bacon		Chicken - Drumsticks		Crab		Cornish Game Hens		Chicken
	Hamburger		Chops		Chicken - Ground		Fresh Fish:		Duck		Clams
	Patties		Chorizo		Chicken - Tenderloins				Elk		Corned Beef Hash
	Ribs		Ground Pork		Chicken - Thighs		Frozen Fish:		Goose		Devilled Ham
	Roasts		Ham		Chicken - Wings				Lamb		Pork & Beans
	Steaks		Ribs		Turkey - Breast		Imitation Crab Meat		Meatballs		Sardines
	Stewing Beef		Roast		Turkey - Drumsticks		Lobster		Quail		Shrimp
	Veal		Sausage - Ground		Turkey - Ground		Mussels		Veggie Burgers		Tuna
			Sausage - Links		Turkey - Roast		Scallops		Venison		Turkey
			Tenderloin		Turkey - Whole		Shrimp				

Eggs & Dairy		Deli		Cheese			
	Almond Milk		Chicken Breast		American - Sliced		Pizza Shredded
	Butter - Salted		Ham		Babybel		Provolone - Block / Shredded / Sliced
	Butter - Unsalted		Pastrami		Cheddar - Block / Shredded / Sliced		Ricotta
	Buttermilk		Pepperoni		Colby Jack - Block / Shredded / Sliced		Romano - Block / Shredded
	Cream		Roast Beef		Cottage Cheese		String Cheese - Low Fat
	Eggs		Salami		Cream Cheese - Block / Flavored / Soft		Swiss - Block / Shredded / Sliced
	Ice Cream		Turkey Breast		Havarti		Velveeta - Block / Shredded / Sliced
	Ice Cream Sandwich				Italian Blend - Shredded		
	Light Smoothie				Mexican Blend - Shredded		
	Milk				Monterey Jack - Block / Shredded / Sliced		
	Sorbet				Mozzarella - Block / Shredded / Sliced		
	Sour Cream				Parmesan - Block / Shredded		
	Yogurt				Parmesan & Romano - Shaker Jar		
	Yogurt - Greek				Pepper Jack - Block / Shredded / Sliced		

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Vegetables / Fresh			Canned			Dried		Frozen	
	Acorn Squash		Kale		Artichoke Hearts		Tomatoes:		Broccoli
	Artichokes		Lettuce		Beets		<i>Crushed</i>		Carrots
	Arugula		Mixed Greens		Carrots		<i>Diced</i>		Celery
	Asparagus		Mushrooms		Corn		<i>with Green Chilies</i>		French Fried Onions
	Avocados		Onions		Creamed Corn		<i>Paste</i>		Onions
	Beets / Greens		Parsnips		Green Beans		<i>Sauce</i>		Peas
	Bell Peppers		Pico de Gallo		Green Chilies		<i>Stewed Italian</i>		Potatoes - Cubes
	Boc Choy		Potatoes		Lima Beans		<i>Stewed Mexican</i>		Potatoes - Instant
	Broccoli		Power Greens		Minced Garlic		<i>Whole</i>		Potatoes - Shredded
	Brussels Sprouts		Pumpkin		Mixed Vegetables		Wax Beans		Potatoes - Sliced
	Butter Lettuce		Radishes		Olives -		Yams		
	Butternut Squash		Romaine Lettuce		Peas				
	Cabbage		Spaghetti Squash		Peas & Carrots				
	Carrots		Spinach		Pickled Beets				
	Cauliflower		Spring Mix		Pickles:				
	Celery		Sugar Snap Peas						
	Coleslaw Mix		Sweet Peppers		Potatoes:				
	Collard Greens		Sweet Potatoes						
	Corn-on-the-Cob		Tomatoes		Salsa				
	Cucumbers		Turnips / Greens		Sauerkraut				
	Eggplant		Watercress		Spaghetti Sauce				
	Garlic		Yams		Spinach				
	Green Beans		Zucchini						
	Guacamole								
	Jalapeno Peppers								



Grocery List

Soups			Miscellaneous			Cereal	Beverages
Beef & Barley		Cream of Chicken	Beef Bouillon		Black Pepper	Cold Cereal	Bottled Water
Beef Broth		Cream of Mushroom	Chicken Bouillon		Cinnamon	Creamy Wheat	Coffee
Beef Stew		Pot Roast	Vegetable Bouillon		Salt	Granola	Crystal Light
Chicken & Rice		Split Pea w/ Ham	Onion Soup Mix			Grits	Fruit Drink Mix
Chicken & Wild Rice		Tomato	Chili Seasoning			Instant Oatmeal	Fruit Juice
Chicken Broth		Vegetable Broth	Enchilada Sauce			Rolled Oats	Hot Cocoa Mix
Chicken Noodle			Ranch Dip Mix				Soda
Chili			Taco Seasoning Mix				Tea
Clam Chowder							Vegetable Juice
Cream of Celery							

Breads		Pasta		Legumes / Grains	Snacks	Nuts/Seeds
Bagels		Angel Hair	Gluten Free:	Baked Beans	Popcorn	Almonds
Bread Bowls		Bow-Tie Pasta	<i>Angel Hair</i>	Barley	Potato Chips	Brazil Nuts
Dry Stuffing Mix		Egg Noodles	<i>Bow-Tie Pasta</i>	Black Beans	Pretzels	Cashews
English Muffins		Elbow Macaroni	<i>Egg Noodles</i>	Cannellini Beans	Tortilla Chips	Chia Seeds
Hamburger Buns		Fettuccini	<i>Elbow Macaroni</i>	Garbanzo Beans		Flaxseed
Hotdog Buns		Fusilli	<i>Fettuccini</i>	Great Northern Beans		Macadamias
Tortillas:		Lasagna	<i>Fusilli</i>	Hummus		Mixed Nuts
		Linguini	<i>Lasagna</i>	Kidney Beans		Nut Butters
		Macaroni & Cheese	<i>Linguini</i>	Lentils		Peanuts
White Bread		Penne	<i>Macaroni & Cheese</i>	Pinto Beans		Pecans
Whole-Grain Bread		Ramen	<i>Penne</i>	Rice:		Pine Nuts
		Spaghetti	<i>Ramen</i>			Pistachios
			<i>Spaghetti</i>			Pumpkin Seeds
			Raw Pasta in fluid	Split Peas		Sesame Seeds
				White Beans		Walnuts



Grocery List

Baking Needs		Sweeteners		Dressings		Vinegars		Condiments		Oils	
Baking Chips:		Brown Sugar		Balsamic Vinaigrette		Apple Cider Vinegar		BBQ Sauce		Almond Oil	
		Corn Syrup		Bleu Cheese Dressing		Balsamic Vinegar		Hoisin Sauce		Avocado Oil	
Baking Powder		Granulated Sugar		Catalina Dressing		Champagne Vinegar		Horseradish		Canola Oil	
Baking Soda		Honey		Honey Mustard Dressing		Malt Vinegar		Ketchup		Coconut Oil	
Buttermilk Powder		Maple Syrup		Italian Dressing		Mirin		Mayonnaises:		Cooking Spray	
Cocoa Powder		Molasses		Ranch Dressing		Red Wine Vinegar				Grapeseed Oil	
Corn Starch		Monk Fruit		Raspberry Vinaigrette		Rice Vinegar - Regular		Miracle Whip		Macadamia Oil	
Extracts:		Pancake Syrup				Rice Vinegar - Seasoned		Mustards:		Olive Oil	
		Powdered Sugar				White Vinegar				Palm Oil	
Flours:		Splenda				White Wine Vinegar		Oyster Sauce		Peanut Oil	
		Stevia						Soy Sauce		Sesame Oil	
		Swerve						Tabasco Sauce		Solid Shortening	
Milks:								Teriyaki Sauce		Walnut Oil	
Xanthium Gum											
Yeast											

Personal Hygiene					Household Items						
	Body Wash		Lotion:		Make Up:		Aluminum Foil		Kleenex		Ziploc Bags:
	Conditioner		Body		Blush		Bleach - Color Safe		Oxi Clean		Gallon
	Deodorant - Men's		Face		Eye Liner		Bleach - Liquid		Paper Napkins		Quart
	Deodorant - Women's		Hand		Eye Shadow		Cleanser		Paper Towels		Sandwich
	Disposable Razors				Eyebrow Pencil		Dish Detergent		Parchment Paper		Snack
	Feminine Hygiene		Face Cleanser		Face Powder		Dishwasher Detergent		Plastic Wrap		
	Shampoo		Eye Makeup Remover		Lip Liner		Distilled Water		Toilet Paper		Batteries:
	Shaving Gel				Lipstick		Fabric Softener		Wollite		
	Toothbrushes				Mascara		Laundry Detergent		Wollite Darks		
	Toothpaste						Light Bulbs				