

Grocery List

Y/N	Items	# M/F
	Vegetables	
	Artichokes	
	Asparagus	
	Beets	
	Bell Pepper	
	Broccoli	
	Brussel Sprouts	
	Cabbage	
	Carrots	
	Celery	
	Celery	
	Collard Greens	
	Corn	
	Cucumbers	
	Endive	
	Garlic	
	Green Beans	
	Green Onions	
	Lettuce	
	Parsnips	
	Potatoes	
	Peas	
	Red Bell Pepper	
	Red Onions	
	Shallots	
	Snow Peas	
	Spinach	
	Squash	
	Turnip Greens	
	Yellow Bell Pepper	
	Yellow Onions	
	Zucchini	
	Fruit	
	Apples	
	Banana	
	Cantaloupe	
	Cherries	
	Green Grapes	
	Honey Dew	
	Kiwi	
	Mango	
	Oranges	
	Papaya	
	Peaches	
	Plums	
	Red Grapes	
	Strawberries	
	Tangerines	

Y/N	Items	# M/F
	Fruits	
	Avocados	
	Blackberries	
	Blueberries	
	Figs	
	Pears	
	Pineapple	
	Raspberries	
	Star Fruit	
	Ugly Fruit	
	Diary	
	Butter	
	Cheese	
	Cottage Cheese	
	Cream Cheese	
	Eggs	
	Ice Cream	
	Margin	
	Milk	
	Sour Cream	
	Yogurt	
	Spices	
	Other	
	Pepper	
	Salt	
	Seasonings	
	Fresh Herbs	
	Basil	
	Cilantro	
	Dill	
	Mint	
	Parsley	
	Poultry Mix	
	Rosemary	
	Sage	
	Thyme	
	Meats & Poultry	
	Bacon	
	Chicken	
	Ground Beef	
	Ham	
	Lamb Chops	
	Lamb Kabobs	
	Liver	
	Pork Chops	
	Sausage	
	Steak	
	Turkey	

Y = Yes
 N = No
 # = Quantity
 M = Market Fresh
 F = Frozen

