



Grocery List



Fruits and Vegetables:

Grapes _____

Zucchini _____

Onion _____

Apples _____

Carrots _____

Cucumber _____

Green pepper _____

Cilantro _____

Tomatoes _____

Green onion _____

Spinach _____

Cabbage _____

Broccoli _____

Raisins _____

Grains:

Tortillas _____

Crackers _____

Oatmeal _____

Cereal _____

Pasta _____

Hamburger buns _____

Brown rice _____

Shelves:

Tomato sauce _____

Barbecue sauce _____

Canned mushrooms _____

Canned crushed tomatoes _____

Tomato paste _____

Chicken broth _____

Protein:

Eggs _____

Chicken breast _____

Ground turkey _____

Canned tuna _____

Walnuts _____

Canned beans _____

Dairy:

Milk _____

Cheese sticks _____

Shredded cheese _____

Plain yogurt _____

Cream cheese _____

Freezer/Other:

Frozen vegetables _____

Frozen berries _____

Garlic _____

Chicken breasts _____

Sesame salad dressing _____
