## **Shopping List**

PRC Frui	apples pears bananas oranges lemons limes berries grapes melon kiwi mango peaches	<u>REF</u>	milk butter eggs buttermilk cream cheddar mozzarella sour cream yogurt cream cheese cottage cheese	<u>GE</u>	peanut butter jelly honey maple syrup coffee tea hot chocolate cereal canola oil olive oil vinegar pasta sauce bouillon	<u>NU</u>	cashews almonds peanuts walnuts pecans sesame seeds dates cranberries apricots papaya raisins		CHEN GOODS  Ziploc bags plastic wrap aluminum foil dish soap paper towels toilet paper loofah  S WEEK AT FEWAY
					soy sauce brown rice syrup	GR	AINS, PASTA, ETC		
		ME	AT AND FISH		almond butter		quinoa		
۷e	getables		ground beef				COUS COUS		
	avocado		beef roast				rice		
	lettuce spinach cucumbers tomatoes		chicken pork roast pork tenderloin lamb	BAI	jarred food cereal Mum Mum's		pasta wheat bran wheat germ oat bran		
	peppers		sausage		finger foods				
	green onions		fish		· ·				
	onions shallots garlic		shrimp seafood	□ <u>CA</u>	NNED GOODS		<b>KING</b> all purpose flour bread flour		
	ginger potatoes				refried beans kidney beans		wh wh flour barley flour		
	yams	DEL	.I		black beans		rye flour		
	carrots		deli meat		tomatoes		cornmeal		
	celery		olives		soup		oats		
	broccoli				enchilada sauce		baking soda		
	zucchini				cranberry sauce		baking powder		
	asparagus mushrooms	ED/	OZEN FOODS		fruit vegetables		yeast sugar		
_	leeks		pierogies		vogorabios		brown sugar		
	fresh herbs		vegetables				cocoa		
	cabbage		fruit				vanilla		
			apple juice		ACKS & BEVERAGES		molasses		
					ginger ale				
		ВШ	K FOODS		apple juice				
OTHER		DUI	IV LOOD?		other juice crackers	RΔ	KED GOODS	ч	
					chips	_	bread		
					cookies		bagels		
					graham crackers		tortillas		
							croissants		
			NDIMENTS mayonnaisa	AAIC	<b>:</b> C				
			mayonnaise mustard	MIS	<u></u>	рЕТ	T NEEDS		
			ketchup				food	_	
_			salsa	_			treats		
			horseradish				litter		