

# WEEKLY SHOPPING LIST

STORE KEY: **WHSE.** = WAREHOUSE STORE (COSTCO, ETC.)  
**HEALTH** = PRODUCE/HEALTH FOOD STORE OR FARMERS MARKET  
**GROCERY** = LOCAL SUPERMARKET

STORES TO SHOP AT:	WHSE.	HEALTH	GROCERY
<b>Vegetables:</b>			
Bell pepper			
Broccoli			
Cabbage			
Carrots			
Celery			
Corn			
Green Onions			
Kale			
Mushrooms			
Onions			
Potatoes/Sweet			
Spinach			
Squash			
Tomatoes			
_____			
_____			
_____			
_____			
<b>Fruit</b>			
Apples			
Bananas			
Berries			
Grapefruit			
Grapes			
Lemons			
Melons			
Oranges			
Peaches			
Pears			
_____			
_____			
_____			
<b>Dried Fruit</b>			
Craisins			
Raisins			
_____			
<b>Legumes</b>			
Canned beans			
Dried beans			
Lentils			
_____			
<b>Dairy</b>			
Butter			
Cheese			
Cream			
Milk			
Yogurt			
_____			
<b>Meat Products</b>			
Eggs			
Beef			
Fish			
Pork/Bacon			
Poultry			
_____			

STORES TO SHOP AT:	WHSE.	HEALTH	GROCERY
<b>Bread</b>			
_____			
_____			
<b>Breakfast</b>			
Oatmeal			
Multi-grain			
_____			
_____			
<b>Condiments</b>			
Olives			
_____			
<b>Baking</b>			
Chocolate			
Flour			
Spices			
Sugar			
Honey			
Yeast			
_____			
<b>Nuts + Seeds</b>			
Almonds			
Brazil nuts			
Pecans			
Walnuts			
Sunflower Seeds			
_____			
<b>Canned Goods</b>			
Soup			
_____			
_____			
<b>Dry Goods</b>			
Jam			
Peanut Butter			
Chips			
Crackers			
Flaxseed			
Grains			
Pasta/Sauce			
Rice			
_____			
<b>Frozen</b>			
Green beans			
Peas			
_____			
_____			
<b>Paper Goods/Misc.</b>			
Soap/Cleanser			
Towels/Napkins			
TP			
_____			
_____			