

FRUITS			
☐	☐	Apples	☐
☐	☐	Bananas	☐
☐	☐	Grapes	☐
☐	☐	_____	☐
☐	☐	Oranges	☐
☐	☐	Watermelon	☐
☐	☐	Strawberries	☐
☐	☐	_____	☐

VEGGIES			
☐	☐	Red Leaf Lettuce	☐
☐	☐	Onions	☐
☐	☐	Potatoes	☐
☐	☐	Broccoli	☐
☐	☐	Mushrooms	☐
☐	☐	Garlic	☐
☐	☐	_____	☐
☐	☐	Spinach	☐
☐	☐	Spring Onions	☐
☐	☐	Tomatoes	☐
☐	☐	Spring Peas	☐
☐	☐	Lemons	☐
☐	☐	Green Beans	☐
☐	☐	_____	☐

BREADS			
☐	☐	Deli Hoagies	☐
☐	☐	English Muffins	☐
☐	☐	_____	☐
☐	☐	Sliced Bread	☐
☐	☐	Dinner Rolls	☐
☐	☐	_____	☐

SNACKS			
☐	☐	Pretzels	☐
☐	☐	Chips Ahoy	☐
☐	☐	_____	☐
☐	☐	Popcorn	☐
☐	☐	Chips	☐
☐	☐	_____	☐

GENERAL			
☐	☐	Spaghetti	☐
☐	☐	Spaghetti Sauce	☐
☐	☐	Diced Tomatoes	☐
☐	☐	Tomato Paste	☐
☐	☐	Macaroni Pasta	☐
☐	☐	Kraft Mac's n Cheese	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	Crackers	☐
☐	☐	Soup	☐
☐	☐	Tea Bags	☐
☐	☐	Tostitos	☐
☐	☐	Salsa	☐
☐	☐	Graham Crackers	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	_____	☐

SPICES / BAKING			
☐	☐	Sugar	☐
☐	☐	Salt	☐
☐	☐	Pepper (medium ground)	☐
☐	☐	Mrs. Dash	☐
☐	☐	Sweetened Cond Milk	☐
☐	☐	Lawry's Pepper Seasoning	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	Flour	☐
☐	☐	Bisquick	☐
☐	☐	Bread Flour	☐
☐	☐	Mexican Marinade	☐
☐	☐	Red Wine Vinegar	☐
☐	☐	Basil	☐
☐	☐	_____	☐
☐	☐	_____	☐

BREAKFAST			
☐	☐	Pop Tarts	☐
☐	☐	Syrup	☐
☐	☐	Muffins	☐
☐	☐	Cereal - _____	☐
☐	☐	_____	☐
☐	☐	Oatmeal	☐
☐	☐	Chocolate Syrup	☐
☐	☐	Granola Bars	☐
☐	☐	Cereal - _____	☐
☐	☐	_____	☐

MEAT			
☐	☐	Steak	☐
☐	☐	Hamburger	☐
☐	☐	Bacon	☐
☐	☐	Lunch Meat	☐
☐	☐	_____	☐
☐	☐	Chicken	☐
☐	☐	Ham	☐
☐	☐	Pork	☐
☐	☐	Shrimp	☐
☐	☐	_____	☐

DAIRY			
☐	☐	Milk	☐
☐	☐	Cheese	☐
☐	☐	Eggs	☐
☐	☐	Yogurt	☐
☐	☐	Orange Juice	☐
☐	☐	_____	☐
☐	☐	Butter	☐
☐	☐	Margarine	☐
☐	☐	Sour Cream	☐
☐	☐	Oven Biscuits	☐
☐	☐	String Cheese	☐
☐	☐	_____	☐

FROZEN			
☐	☐	Ice Cream	☐
☐	☐	Endame	☐
☐	☐	Vegetable: _____	☐
☐	☐	Tater Tots	☐
☐	☐	_____	☐
☐	☐	Fruit: _____	☐
☐	☐	Nectar Ambrosia	☐
☐	☐	Pizzas	☐
☐	☐	Cool Whip	☐
☐	☐	_____	☐

FRUITS			
☐	☐	Apples	☐
☐	☐	Bananas	☐
☐	☐	Grapes	☐
☐	☐	_____	☐
☐	☐	Oranges	☐
☐	☐	Watermelon	☐
☐	☐	Strawberries	☐
☐	☐	_____	☐

VEGGIES			
☐	☐	Red Leaf Lettuce	☐
☐	☐	Onions	☐
☐	☐	Potatoes	☐
☐	☐	Broccoli	☐
☐	☐	Mushrooms	☐
☐	☐	Garlic	☐
☐	☐	_____	☐
☐	☐	Spinach	☐
☐	☐	Spring Onions	☐
☐	☐	Tomatoes	☐
☐	☐	Spring Peas	☐
☐	☐	Lemons	☐
☐	☐	Green Beans	☐
☐	☐	_____	☐

BREADS			
☐	☐	Deli Hoagies	☐
☐	☐	English Muffins	☐
☐	☐	_____	☐
☐	☐	Sliced Bread	☐
☐	☐	Dinner Rolls	☐
☐	☐	_____	☐

SNACKS			
☐	☐	Pretzels	☐
☐	☐	Chips Ahoy	☐
☐	☐	_____	☐
☐	☐	Popcorn	☐
☐	☐	Chips	☐
☐	☐	_____	☐

GENERAL			
☐	☐	Spaghetti	☐
☐	☐	Spaghetti Sauce	☐
☐	☐	Diced Tomatoes	☐
☐	☐	Tomato Paste	☐
☐	☐	Macaroni Pasta	☐
☐	☐	Kraft Mac's n Cheese	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	Crackers	☐
☐	☐	Soup	☐
☐	☐	Tea Bags	☐
☐	☐	Tostitos	☐
☐	☐	Salsa	☐
☐	☐	Graham Crackers	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	_____	☐

SPICES / BAKING			
☐	☐	Sugar	☐
☐	☐	Salt	☐
☐	☐	Pepper (medium ground)	☐
☐	☐	Mrs. Dash	☐
☐	☐	Sweetened Cond Milk	☐
☐	☐	Lawry's Pepper Seasoning	☐
☐	☐	_____	☐
☐	☐	_____	☐
☐	☐	Flour	☐
☐	☐	Bisquick	☐
☐	☐	Bread Flour	☐
☐	☐	Mexican Marinade	☐
☐	☐	Red Wine Vinegar	☐
☐	☐	Basil	☐
☐	☐	_____	☐
☐	☐	_____	☐

BREAKFAST			
☐	☐	Pop Tarts	☐
☐	☐	Syrup	☐
☐	☐	Muffins	☐
☐	☐	Cereal - _____	☐
☐	☐	_____	☐
☐	☐	Oatmeal	☐
☐	☐	Chocolate Syrup	☐
☐	☐	Granola Bars	☐
☐	☐	Cereal - _____	☐
☐	☐	_____	☐

MEAT			
☐	☐	Steak	☐
☐	☐	Hamburger	☐
☐	☐	Bacon	☐
☐	☐	Lunch Meat	☐
☐	☐	_____	☐
☐	☐	Chicken	☐
☐	☐	Ham	☐
☐	☐	Pork	☐
☐	☐	Shrimp	☐
☐	☐	_____	☐

DAIRY			
☐	☐	Milk	☐
☐	☐	Cheese	☐
☐	☐	Eggs	☐
☐	☐	Yogurt	☐
☐	☐	Orange Juice	☐
☐	☐	_____	☐
☐	☐	Butter	☐
☐	☐	Margarine	☐
☐	☐	Sour Cream	☐
☐	☐	Oven Biscuits	☐
☐	☐	String Cheese	☐
☐	☐	_____	☐

FROZEN			
☐	☐	Ice Cream	☐
☐	☐	Endame	☐
☐	☐	Vegetable: _____	☐
☐	☐	Tater Tots	☐
☐	☐	_____	☐
☐	☐	Fruit: _____	☐
☐	☐	Nectar Ambrosia	☐
☐	☐	Pizzas	☐
☐	☐	Cool Whip	☐
☐	☐	_____	☐