



- ☐ apples
- ☐ pears
- ☐ bananas
- ☐ oranges
- ☐ berries
- ☐ grapes
- ☐ melon
- ☐ lemon/lime
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ salad greens
- ☐ broccoli
- ☐ carrots
- ☐ cucumbers
- ☐ garlic
- ☐ lettuce
- ☐ tomatoes
- ☐ mushrooms
- ☐ onions
- ☐ peppers
- ☐ potatoes
- ☐ squash
- ☐ zucchini
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ cold cuts
- ☐ cheese
- ☐ deli salad
- ☐ hot dogs
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ beef
- ☐ poultry
- ☐ pork
- ☐ fish
- ☐ bacon
- ☐ sausage
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ milk
- ☐ butter
- ☐ eggs
- ☐ sour cream
- ☐ creamer
- ☐ cream cheese
- ☐ yogurt
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ meals
- ☐ pizza
- ☐ potatoes
- ☐ vegetables
- ☐ waffles
- ☐ ice cream
- ☐ _____
- ☐ _____
- ☐ _____

☐ hot cereal
☐ cold cereal
☐ _____
☐ _____
☐ _____

- ☐ sugar
- ☐ flour
- ☐ vanilla
- ☐ pancake mix
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ peanut butter
- ☐ jelly/honey
- ☐ ketchup
- ☐ mustard
- ☐ mayo
- ☐ salsa
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ salt
- ☐ pepper
- ☐ taco seasoning
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ beans
- ☐ soup
- ☐ broth
- ☐ tomato sauce
- ☐ tuna fish
- ☐ fruit
- ☐ vegetables
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ spaghetti
- ☐ macaroni
- ☐ rice
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ water
- ☐ juice
- ☐ soda
- ☐ coffee
- ☐ tea
- ☐ beer/wine
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ bbq sauce
- ☐ oil
- ☐ vinegar
- ☐ salad dressing
- ☐ soy sauce
- ☐ spaghetti sauce
- ☐ maple syrup
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ toilet paper
- ☐ paper towels
- ☐ tissues
- ☐ napkins
- ☐ aluminum foil
- ☐ plastic wrap
- ☐ plastic baggies
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ dog food
- ☐ cat food
- ☐ cat litter
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ sandwich
- ☐ fresh loaf
- ☐ bagels
- ☐ muffins
- ☐ pitas
- ☐ tortillas
- ☐ buns
- ☐ croutons
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ hummus
- ☐ cookies
- ☐ chips
- ☐ dip
- ☐ crackers
- ☐ candy
- ☐ nuts
- ☐ popcorn
- ☐ raisins
- ☐ snack bars
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ soap
- ☐ shampoo
- ☐ conditioner
- ☐ razors
- ☐ shaving cream
- ☐ deodorant
- ☐ lotion
- ☐ toothpaste
- ☐ floss
- ☐ pain reliever
- ☐ _____
- ☐ _____
- ☐ _____

- ☐ garbage bags
- ☐ laundry soap
- ☐ dryer sheets
- ☐ bleach
- ☐ dish soap
- ☐ hand soap
- ☐ cleaner
- ☐ glass cleaner
- ☐ sponges
- ☐ batteries
- ☐ light bulbs
- ☐ stamps
- ☐ _____
- ☐ _____
- ☐ _____

[illegible]