

Grocery List

Fruit/veg	Vegetables	Dairy	Frozen Foods	Meat / Seafood	Canned Goods	Specialty
<input type="checkbox"/> Apples	<input type="checkbox"/> Baby spinach	<input type="checkbox"/> NON-dairy yogurt	<input type="checkbox"/> Berries	<input type="checkbox"/> 2 portions Salmon- Mon	<input type="checkbox"/> Spaghetti Sauce	<input type="checkbox"/> Protein Powder
<input type="checkbox"/> Bananas	<input type="checkbox"/> Carrots	<input type="checkbox"/> Eggs 2 dozen	<input type="checkbox"/> Vegetables	<input type="checkbox"/> Prepared Turkey-lunch	<input type="checkbox"/> Tuna	<input type="checkbox"/> Miso Paste
<input type="checkbox"/> Avocado	<input type="checkbox"/> Celery	<input type="checkbox"/> Almond or Cashew milk	<input type="checkbox"/> Edemame	<input type="checkbox"/> BBQ Chicken- Tues	<input type="checkbox"/> Water Chestnuts	<input type="checkbox"/> Sesame Seeds
<input type="checkbox"/> fresh berries	<input type="checkbox"/> Snap peas	Vegetables	Vegetables	<input type="checkbox"/> Ground lean meat-Thurs	<input type="checkbox"/> 2 x crushed tomatoes	<input type="checkbox"/> sprouted firm tofu -Wed
<input type="checkbox"/> roman lettuce	<input type="checkbox"/> Kale	<input type="checkbox"/> iceberg/boston lettuce	<input type="checkbox"/> snow peas	<input type="checkbox"/> Steak- Friday	<input type="checkbox"/> salsa (sugar free)	<input type="checkbox"/> Almond Meal (1 cup)
<input type="checkbox"/> cucumber	<input type="checkbox"/> Garlic	<input type="checkbox"/> parsley	<input type="checkbox"/> garlic	<input type="checkbox"/> Talapia- Saturday	<input type="checkbox"/>	<input type="checkbox"/> Chia Seeds (3 tbsp)
<input type="checkbox"/> Spaghetti Squash	<input type="checkbox"/> Sweet Potato	<input type="checkbox"/> beets	<input type="checkbox"/> ginger	<input type="checkbox"/> Ground Chicken- Sun	<input type="checkbox"/>	<input type="checkbox"/> Cocoa powder
<input type="checkbox"/> green onion	<input type="checkbox"/> parsnips	<input type="checkbox"/> Brussel Sprouts	<input type="checkbox"/> chives	<input type="checkbox"/> Prosciutto (optional)	<input type="checkbox"/>	<input type="checkbox"/> unsweetened coconut flakes
<input type="checkbox"/> assorted peppers	<input type="checkbox"/> onion	<input type="checkbox"/> red onion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> red curry paste
<input type="checkbox"/> coleslaw mix	<input type="checkbox"/> zucchini	<input type="checkbox"/> matchstick carrots	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> worcestershire sauce
<input type="checkbox"/> basil leaves	<input type="checkbox"/> eggplant	<input type="checkbox"/> mushrooms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Snacks	Baking/Condiments	Beverages	Paper / Plastic	Cleaning Products	Toiletries	Miscellaneous
<input type="checkbox"/> Hummus	<input type="checkbox"/> cumin	<input type="checkbox"/> Coffee	<input type="checkbox"/> Aluminum Foil	<input type="checkbox"/> Bleach	<input type="checkbox"/> Body Wash	<input type="checkbox"/> Baby Wipes
<input type="checkbox"/> almonds	<input type="checkbox"/> Almond butter	<input type="checkbox"/> soda water	<input type="checkbox"/> Garbage Bags	<input type="checkbox"/> Dish Soap	<input type="checkbox"/> Conditioner	<input type="checkbox"/> Batteries
<input type="checkbox"/> 85% dark chocolate	<input type="checkbox"/> soy sauce	<input type="checkbox"/> Unsweetened cranberry	<input type="checkbox"/> Napkins	<input type="checkbox"/> Fabric Softener	<input type="checkbox"/> Deodorant	<input type="checkbox"/> Diapers
<input type="checkbox"/> Dates (12)	<input type="checkbox"/> garlic salt	<input type="checkbox"/> chamomile tea	<input type="checkbox"/> Paper Plates	<input type="checkbox"/> Laundry Detergent	<input type="checkbox"/> Hairspray	<input type="checkbox"/> Litter
<input type="checkbox"/> walnuts	<input type="checkbox"/> Dijon Mustard	<input type="checkbox"/> mint tea	<input type="checkbox"/> Paper Towels	<input type="checkbox"/> Toilet Bowl Cleaner	<input type="checkbox"/> Ibuprofen	<input type="checkbox"/> Pet Food
<input type="checkbox"/> Date rolls (opt)	<input type="checkbox"/> Honey	<input type="checkbox"/> green tea	<input type="checkbox"/> Plastic Wrap	<input type="checkbox"/> Windex	<input type="checkbox"/> Shampoo	<input type="checkbox"/>
<input type="checkbox"/> Kale chips (opt)	<input type="checkbox"/> hoisin sauce	<input type="checkbox"/>	<input type="checkbox"/> Sandwich Baggies	<input type="checkbox"/> VINEGAR	<input type="checkbox"/> Shaving Cream	<input type="checkbox"/>
<input type="checkbox"/> Coconut chips (opt)	<input type="checkbox"/> Stevia	<input type="checkbox"/>	<input type="checkbox"/> Toilet Paper	<input type="checkbox"/> BAKING SODA	<input type="checkbox"/> Toothpaste	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Balsamic Vinegar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Tylenol	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Olive oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Curcumin	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/> Coconut oil	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Probiotics	<input type="checkbox"/>