

Produce

- _____
- _____
- _____
- Apple (O), _____
- Asparagus (*)
- Avocado
- Bananas
- Bell Pepper *(O)(N), _____
- Berries *(O), _____
- Broccoli (*)
- Brussels Sprouts *(O)
- Cabbage(*), _____
- Carrots(*)
- Cauliflower *(O)
- Celery (O)
- Cherries (O)
- Chile (N), _____
- Cilantro
- Cucumber
- Eggplant (N)
- Fennel
- Garlic
- Ginger Root
- Grapefruit
- Grapes (O), _____
- Green Beans
- Greens, Collard / Mustard *(O)
- Herbs, _____
- Herbs, _____
- Herbs, _____
- Jicama
- Kale, Chard *(O)
- Kiwi (*)
- Kohlrabi (*)
- Lemon
- Lettuce *(O), _____
- Lime
- Mango
- Melon (*), _____
- Mushrooms, _____
- Onions, Green (*)
- Onions, Yellow or Red (*)
- Oranges
- Papaya (*)
- Peaches or Nectarines (O)
- Pears
- Pineapple
- Plums (*)
- Potatoes (O)(N)
- Potatoes, Sweet or Yams (O)
- Radishes (*)
- Shallots
- Spinach *(O)
- Squash, _____
- Tomatillos (N)
- Tomatoes *(N), _____
- Turnips (*)
- Zucchini, Yellow or Green (*)

Deli

- _____
- _____
- Deli Meat, _____

Nuts, Snacks, Dried Fruit

- _____
- _____
- Dates
- Dried Fruit, _____
- Jerky, _____
- Nuts, _____

Natural

- _____
- _____
- Arrowroot Powder
- Coconut Butter / Manna
- Coconut Flour
- Coconut Oil
- Honey
- Nut Butter, _____
- Tamari / Coconut Aminos
- Tapioca Starch/Flour

Meat

- _____
- _____
- Beef, _____
- Beef, Steak, _____
- Chicken, _____
- Chicken, Breast
- Fish, _____
- Fish, Halibut
- Fish, Salmon
- Pork, _____
- Pork, Bacon, _____
- Pork, Chops or Steaks
- Pork, Sausage, _____
- Seafood, Crab
- Seafood, Scallops
- Seafood, Shrimp, _____
- Turkey, _____
- Turkey, Breast
- Turkey, Ground

Frozen

- _____
- _____
- Berries, _____
- Veggies, _____

Juice/Beverage

- _____
- _____
- Juice, _____
- Tea, Bottled
- Wine, _____

Dairy/Cheese

- _____
- _____
- Butter, _____

- Cheese, _____
- Cream
- Eggs, _____
- Milk, _____
- Yogurt, _____

Breakfast

- _____
- _____
- Coffee
- Tea, Cold Brew
- Tea, Hot

Canned Goods

- _____
- _____
- Applesauce
- Broth, _____
- Fish, _____
- Pumpkin or Sweet Potato
- Soup, _____
- Tomato, Paste or Sauce
- Tomato, Stewed or Diced

Ethnic Foods

- _____
- _____
- Chipotle (Canned)
- Coconut Milk
- Curry Paste, _____
- Diced Chiles (Large)
- Hot Sauce, _____
- Salsa, _____

Baking/Spices

- _____
- _____
- Baking Powder or Soda
- Bouillion, _____
- Chocolate Chips, Dark
- Cocoa
- Costco No-Salt Seasoning

Condiments

- _____
- _____
- _____
- Ketchup, Organic
- Maple Syrup
- Mustard, _____
- Olive Oil
- Olives, _____
- Pickles
- Vinegar, _____
- Worcestershire

Pets

- _____
- Pet Food
- Pet Litter

Kitchen/Pantry

- _____
- _____
- _____

- Aluminum Foil
- Dish Soap
- Dishwasher Soap
- Freezer Bags
- Garbage Bags
- Paper Towel
- Parchment Paper
- Plastic Wrap
- Sandwich Bags
- Wax Paper

Household

- _____
- _____
- Bathroom Cleaner
- Bleach
- Glass Cleaner
- Laundry Soap
- Toilet Paper

Personal Care

- _____
- _____
- _____
- Conditioner
- Deodorant
- Floss
- Kleenex/Facial Tissue
- Lotion
- Mouthwash
- Q-Tips or Cotton Squares
- Razors
- Shampoo
- Shave Cream
- Soap
- Sunscreen
- Toothpaste

Pharmacy

- _____
- _____
- _____
- Bandages, _____
- Bandages, Nexcare
- First Aid Cream

Other

- _____
- _____
- Batteries, _____
- Ink, _____
- Light Bulbs, _____

Don't Forget

- _____
- _____
- _____

Vitamins/Supplements

- _____
- _____
- _____
- Childrens Vitamins
- Fish Oil
- Magnesium
- Vitamin D3