

# SHOPPING LIST

Date \_\_\_\_\_

Fill in size, brand and amount needed next to each item.

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This form can be filled in, saved, edited, and then printed.

DAIRY		VEGETABLES	
Milk (Whole, 1%, Skim lactose free, Buttermilk, Chocolate)		Potato (White, Sweet)	
		Broccoli	
		Peas	
		Beans	
Cream		Corn	
Butter		Spinach	
Margarine		Tomato	
Yogurt (Low-fat, No fat flavors)		Carrots	
		Celery	
Cheese		Lettuce (Type)	
Cottage Cheese		Onion (White, Red)	
Eggs (Egg Substitute)		Cabbage (Red, White)	
		Pepper	
		Other:	
BREAD - CEREAL - PASTA - RICE		FRUITS	
Bread (White, Whole Wheat, Rye Etc...)		Apples	
Breadsticks		Oranges	
Crackers		Grapefruit	
Ricecakes		Bananas	
Cold Cereals		Grapes	
Hot Cereals (Instant/Regular)		Cherries	
Pasta		Berries (Strawberries/ Blueberries/Raspberries)	
Rice (Brown/White)		Peaches	
		Plums	
		Nectarines	
		Melons	
		Lemons, Limes	
POULTRY/MEATS - FISH		FRUIT JUICE - Fresh - Frozen - Canned	
Chicken		Orange	
Turkey		Apple	
Beef (Cut)		Grapefruit	
Pork		Cranberry	
Veal		Other	
Fish			
Shellfish		DRIED FRUITS - NUTS	
Coldcuts		Fruits (Raisins/Prunes/Apricots)	
		Nuts (Salted/Unsalted)	

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CANNED GOODS		PAPER GOODS	
Tomato		Toilet Paper	
Tomato Puree		Paper	
Tomato Paste		Towels	
Beans		Napkins	
Soups (Low Salt, No Salt)		Paper Plates/Cups	
Tuna (Packed in Oil, Water)		Other	
Vegetables		HOUSEHOLD - CLEANING SUPPLIES	
Other		Garbage Bags	
		Trash Bags	
COFFEE - TEA		Plastic Storage/Freezer Bags	
Coffee (Regular, Decaf)		Ammonia	
Instant coffee		Clorox Bleach	
Tea (Regular, Herbal, Decaf)		Window Cleaners	
Other		SOS/Brillo Pads	
CONDIMENTS		Sponges/Wipes	
Oil (Olive, Safflower)		Hand Soap	
Vinegar		Dishwashing Liquid	
Mustard		Dishwasher (Powder, Liquid, Gel)	
Ketchup		Woolite	
Mayonnaise		Detergent (Powder, Liquid)	
Jams, Jelly		Fabric Softener (Liquid)	
Honey		Fabric Softener (Dryer Sheets)	
Peanut Butter (Salt, No Salt)		Other	
Pickles			
Olives			
Other			
SODA - WATER			
Bottled Water			
Seltzer (Plain or Flavored)			
Cola (Regular/Diet/Caffeine free)			
Flavored Sodas (Regular/Caffeine free)			
Iced Tea			
Other			