

Custom Grocery List

Week of:



FRUIT

- Apples ☺
- Bananas
- Cantaloupe
- Grapes ☺
- Lemons/Limes
- Oranges
- Peaches/Nectarines ☺
- Pears ☺
- Strawberries ☺
- _____
- _____
- _____

VEGETABLES

- Avocado
- Bell Peppers ☺
- Broccoli
- Carrots ☺
- Celery ☺
- Cucumbers
- Lettuce/Spinach ☺
- Onions (green)
- Onions (yellow/purple)
- Potatoes
- Tomatoes
- _____
- _____
- _____

BAKERY/DELI AREA

- Buns
- Rolls
- Deli meats
- Deli cheese
- _____

AISLE 8/9- BREAD/MEXICAN/CHIPS

- Hamburger/Hotdog Buns
- Salsa
- Sandwich Bread
- Taco Shells
- Tortillas (flour/corn)
- Chips

AISLE 10 –

☺-Listed on “Dirty Dozen” (buy organic if possible) on sale
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CONDIMENTS/JELLY

- Jelly/Jam
- Marinades
- Mayonnaise
- Olives
- Salad Dressing
- Soy Sauce
- Vinegar

AISLE 11/12/13- CRACKERS

- Cookies
- Crackers
- Nuts
- Popcorn
- Sports Drinks
- Juice (bottled)

AISLE 14 PASTA/BEANS/RICE /CANNED FRUIT

- Applesauce
- Beans (dried)
- Canned Fruit
- Pasta (Plain)
- Pasta Mixes
- Rice
- Velveeta/Sauce Mixes

AISLE 16- CANNED VEGETABLES/MEAT/ BEAN/TOMATOES/SOUP

- Beans (canned)
- Broth/Soups
- Canned Meat/Seafood
- Canned Vegetables
- Tomato Paste
- Tomato Sauce
- Tomatoes-Diced

AISLE 18- OATMEAL / PEANUT BUTTER

- Oatmeal
- Peanut Butter
- Jelly
- Boxed Juice

AISLE 20- CEREAL/TEA

- Cereal
- Coffee
- Hot Cocoa
- Tea

AISLE 22-BAKING

- Baking Soda/Powder
- Bread Crumbs

- Cake/Muffin Mix
- Canned Milk/Powder
- Chocolate Chips
- Cooking Oil/Spray
- Flour
- Jell-o/Pudding
- Nuts
- Spice: _____
- Sugar
- Vanilla/ Other Extract
- Vinegar
- Yeast

DAIRY/JUICE

- Butter
- Buttermilk
- Cheese
- Cottage Cheese
- Cream Cheese
- Eggs
- Juice
- Milk
- Sour Cream
- Yogurt
- _____

MEAT, FISH & POULTRY

- Beef
- Chicken
- Fish/Shrimp
- Hamburger Meat
- Pork
- Sausage
- Turkey (ground)
- Turkey (other)
- _____

AISLE 26 FROZEN FOODS

- Frozen Bread
- Frozen Dinner
- Frozen Veggies
- Ice Cream
- Juice Concentrate

AISLE 24-

WEEKLY DINNER MENU PLAN

Monday:
Tuesday:
Wednesday:
Thursday:
Friday:
Saturday:
Sunday:

AISLE 36-CLEANERS

- Soft Soap
- Dish Detergent
- Dishwasher Soap
- Glass Cleaner
- Toilet Bowl Cleaner

AISLE 38- PAPER PRODUCTS 2

- Aluminum Foil
- Plastic Wrap
- Ziploc bags

AISLE 40- LAUNDRY SUPPLIES

- Bleach
- Laundry Detergent
- Fabric Softener
- Stain Remover

BATHROOM/PHARMACY

- Bath Soap
- Conditioner
- Cotton Squares
- Deodorant
- Lotion
- Mouthwash
- Razors
- Shampoo
- Shaving Cream
- Tampons
- Toothpaste

MEDICINE/FIRST AID

- Bandages
- Neosporin
- Cough Medicine
- Cold Medicine
- Sore Throat Lozenges
- Saline
- Pain Reliever

KEY: (C) = use coupon, * =

Revised February 2016