

Master List

Fresh Stuff

- apples
- bananas
- broccoli
- spinach
- mushrooms
- onions
- bell peppers
- potatoes
- carrots
- garlic
- tomatoes
- greens
- mangos
- avacado
- brussel sprouts
- seasonals

Canned

- tomatoes diced
- tomato sauce
- green beans
- corn
- olives
- beans
- soups

Spices

- garlic
- vanilla
- diced onions
- Mrs. Dash

Frozen

- okra
- brussel sprouts
- green peas
- strawberries
- blueberries
- mixed fruit
- plain veggies

Dry Goods

- steel cut oats
- oats
- barley
- grits
- brown rice
- crackers
- wheat/rice pasta
- flaxseed
- wheat germ
- wheat bran
- tortillas
- pita bread
- pop corn
- almonds
- cashews
- peanuts
- tortillas
- pita bread
- rice crackers
- pita chips

Miscellaneous

- agave nectar
- maple syrup
- apple sauce
- peanut butter
- spaghetti sauce
- honey

Dried Fruit

- dates
- apricots
- raisins
- cranberries
- cherries

Baking

- cocoa powder
- Real Salt
- baking powder
- backing soda
- turbinado sugar

Cold Stuff

- almond milk
- hummus
- 100% OJ Concentrate

Beans

- red kidney
- pinto
- lentils
- black
- garbanzos

Sam's Club or Costco/ Bulk Item's List

Fresh Stuff

- apples
- bananas
- broccoli
- spinach
- mushrooms
- onions
- bell peppers
- potatoes
- carrots
- garlic
- tomatoes
- salad greens
- mangoes
- avacado
- seasonals

Frozen

- strawberries
- blueberries
- mixed fruit
- plain veggies

Dry Goods

- cherries
- raisins
- cranberries
- tortillas
- pita bread
- rice crackers
- pita chips
- maple syrup

Canned

- tomatoes diced
- tomato sauce
- green beans
- corn
- olives

- peanut butter
- honey
- spaghetti sauce
- walnuts
- cashews
- almonds
- peanuts

spices

- zip lock
- napkins

- garlic
- vanilla
- diced onions
- Mrs. Dash

Wal-Mart List

Fresh Stuff

- apples
- bananas
- broccoli
- spinach
- mushrooms
- onions
- bell peppers
- potatoes
- carrots
- garlic
- tomatoes
- greens
- mangoes
- avocado
- Brussels sprouts

Canned

- tomatoes diced
- tomato sauce
- green beans
- corn
- olives
- beans
- soups

Frozen

- okra
- Brussels sprouts
- green peas

dry goods

- steel cut oats
- oats
- barley
- grits
- brown rice
- crackers
- wheat/rice pasta
- flaxseed
- wheat germ
- wheat bran
- tortillas
- pita bread
- pop corn

Beans

- red kidney
- pinto
- lentils
- black
- garbanzos

Miscellaneous

- agave nectar
- maple syrup
- apple sauce
- peanut butter
- spaghetti sauce
- honey

Dried Fruit

- dates
- apricots
- raisins
- cranberries
- cherries

Baking

- cocoa powder
- Real Salt
- baking powder
- backing soda

cold stuff

- almond milk
- hummus
- 100% OJ Concentrate