

Grocery Shopping List

DAIRY & EGGS - Milk, Yogurt, Kefir, Butter, Eggs, Hummus

Quantity		Quantity	

BULK BINS - Grains, Lentils, Nuts, Dried Foods, Spices

Quantity		Quantity	

ANIMAL PROTEIN - Poultry, Meat, Fish (Fresh, Frozen, Canned)

Quantity		Quantity	

Fresh Bread, Crackers, Cheese

Quantity		Quantity	

PRODUCE - Vegetables, Fruits, Herbs (Commerical, Organic)

Quantity		Quantity	

CENTER STORE - Staples (Oil, Vinegar, Tea, Coffee, Spices)

Quantity		Quantity	

CENTER STORE - Other (Pasta, Seaweed, Coconut Water/Milk, Canned)

Quantity		Quantity	