**Grocery list:** circle or highlight needs + add on

Condiments:ketchup, mustard, soy sauce, sweet &sour, sesame ginger, mayo, bbq &steak sauce, pickles, relish, tartar sauce, dressings= italian, ranch, french, caesar, honey dijon, catalina, blue cheese, thousand island, vinaigrette, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Spices &seasoning:salt, pepper, lawrys, garlic, basil, oregano, parsley, cinnamon, nutmeg, allspice, ginger, cloves, poultry, paprika, mexican, bullion cubes= chicken and beef, herbs,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cooking/Baking:vinegar, oil= spray, veggie &olive, shortening, flour, sugar= white &brown &powder, baking soda &powder, corn starch, oats, cocoa power &syrup, maple syrup, honey, lemon juice, vanilla, almond, food coloring, sprinkles, chocolate chip, vanilla bars, marshmellows,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Box mixes:pancake /waffle, bisquick, crusts, breads, muffins, cookies, brownies, cakes (&frosting), jello & pudding,\_\_\_\_\_\_\_\_\_\_\_

Mix cans &dips:marinara & spaghetti sauce, pizza sauce, sloppy joe, tomato paste, salsa,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Meal cans:chili, spaghetti-os, ravioli, dinty moore,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Quick Meals:mac& cheese, helpers (hamburger, tuna, \_), complete meals, homestyle bakes, asian skillets, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Soups:ramen noodles, Broth = beef & chicken, chicken noodle, tomato, cream of\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Protein cans/jars:peanut butter, tuna, chicken, turkey, ham, beans (baked, refried…),\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Meat:hot dogs, sausage, bacon, fish (fresh,sticks,\_), chicken(whole, legs, breast, nuggets, \_),beef (ground, patties, steaks, roast\_), pork (ribs, chops, roast\_), turkey, ham, game, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dry Grains &carbs:dry beans, rice (white +)\_, pasta (variety)\_, bread crumbs, croutons, boxed potatoes, breads= loaves, buns, croissants, rolls, pita, tortillas, raisin bread,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Breads –cold storage/ready 2make:bagels, english muffins, biscuits, croissants, cinn-roles, pie crust, frozen dough,\_\_\_\_\_\_\_\_\_\_\_

Cereals:apple\_, basic 4, capt-crunch, chex, crispix, corn\_, cinn\_, cookie, cocoa\_, cherrios\_, crispys\_, fruity\_, frosted\_, golden\_, granola, grape nuts, honey\_, kix, life, lucky charms, nut\_, oat\_, ohs, Peanut butter\_, Pebbles\_, puffed\_, raisin\_, rice\_, special k, trix, waffle crisp, wheat\_,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hot cereals:cream of wheat, oatmeal, malt-o-meal, grits,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Quick snacks:fruit snacks, meal replacement bars, granola bars, cereal bars, poptarts, cookies, crackers= saltine, goldfish, grahams, ritz, wheat, club, chedder, pretzles, chips, popcorn, donuts,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dry Fruit&Nuts:almonds, pecans, walnuts, cashews, peanuts, coconuts, trail mix, tropical, raisins, banana chips,\_\_\_\_\_\_\_\_\_\_\_\_\_

Veggies –fresh:onions, potatoes, lettuce, carrots, celery, cucumber, tomatoes, peppers (green +), spinach, cole slaw, mix salads, broccoli, cauliflower, squash, mushrooms, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Fruit –fresh:bananas, apples, peaches, nectarines, plums, oranges, kiwi, berries, grapes, mellons= water and cantaloupe, strawberries, blueberries, raspberries, rhubarb,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Can Fruit:jam spreads, mandarin oranges, pineapples, fruit cocktail, peaches, pears, applesauce, mar-cherries,\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Canned Veggies:corn, green beans, tomatoes, peas, spinach, carrots, potatoes, sw-pototoes, zucchini,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Drink –pantry:water, koolaid &lemonaid pkg, gatorade, pop= cola, ginger ale,\_, juice= apple, grape, cranberry, fruit punch,\_\_\_\_ (individual box),milk (can, box &dry), coffee (creamer), tea, hot cider,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Drinks –store cold:orange juice, v8, meal replacement drinks, smoothies, apple cider, milk= dairy, soy, rice, almond,\_\_\_\_\_\_\_\_\_\_

Fridge stock:butter, eggs, sour cream, veggie dip, yogurt (plain &flavored),\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cheeses:american, co-jack, mozzarella, pepperjack, swiss, chedder (string, shred, sliced, block), parmesan, ricotta, provolone, velveeta, cream &cottage cheese,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Lunch meat:sandwich spread, turkey, ham, chicken, bologna, roast beef, salami,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Freezer stock juice concentrates, mixed fruit, berries, broccoli, beans, peas, zucchini, french fries, tator tots,\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Frozen treats:ice cream, popsicles, sherbet, cool whip, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Frozen breakfasts:waffles, pancakes, french toast, toaster strudels, breakfast sandwiches, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Frozen meals:pizzas, kid cuisines, hungry man, lean cuisine, hot pockets, master chef, swanson, frozen lasagna,\_\_\_\_\_\_\_\_\_\_\_\_\_

 weekly **MEAL** planner

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| WEEK OF: | Monday | Tuesday  | Wednesday | Thursday | Friday | Saturday | Sunday |
| \_\_\_ - \_\_\_ | Chef: | Chef: | Chef: | Chef: | Chef: | Chef: | Chef: |
| **Breakfast**DairyGrainFruit |  |  |  |  |  |  |  |
| **Lunch**ProteinDairyGrainFruit or Veg |  |  |  |  |  |  |  |
| **Dinner**ProteinDairyGrainFruit Veg |  |  |  |  |  |  |  |
| **Snack options** |  |  |  |  |  |  |  |