

Produce

- _____
- _____
- _____
- _____
- _____
- _____
- Apple, _____
- Asparagus
- Avocado
- Bananas
- Bell Pepper, _____
- Berries, _____
- Broccoli
- Brussels sprouts
- Cabbage, _____
- Carrots
- Cauliflower
- Celery
- Cherries
- Chile, _____
- Cilantro
- Cucumber
- Fennel
- Garlic
- Ginger Root
- Grapefruit
- Grapes, _____
- Green Beans
- Greens, Collard/Mustard
- Herbs, _____
- Herbs, _____
- Herbs, _____
- Jicama
- Kale, Chard
- Kiwi
- Kohlrabi
- Lemon
- Lettuce, _____
- Lime
- Mango
- Melon, _____
- Mushrooms, _____
- Onions, Green
- Onions, Yellow or Red
- Oranges
- Papaya
- Peaches or Nectarines
- Pears
- Pineapple
- Plums
- Potatoes, Sweet or Yams
- Radishes
- Shallots
- Spinach
- Squash, _____
- Tomatillos
- Tomatoes, _____
- Turnips
- Zucchini, Yellow or Green

Nuts, Snacks, Dried Fruit

- _____
- _____
- Dried Fruit, _____
- Jerky, _____
- Nuts, _____

Natural

- _____
- _____
- Arrowroot Powder
- Coconut Butter/Manna
- Coconut Flour
- Coconut Oil
- Honey
- Lara Bars
- Nut Butter, _____
- Tamari/Coconut Amino
- Tapioca Starch/Flour

Meat

- _____
- _____
- Beef, _____
- Beef, Steak, _____
- Chicken, _____
- Chicken, Breast
- Fish, _____
- Fish, Halibut
- Fish, Salmon
- Ham or Canadian Bacon
- Pork, _____
- Pork, Bacon, _____
- Pork, Chops
- Pork, Sausage, _____
- Seafood, Crab
- Seafood, Scallops
- Seafood, Shrimp, _____
- Turkey, _____
- Turkey, Breast
- Turkey, Ground

Frozen

- _____
- _____
- Berries, _____
- Veggies, _____

Juice/Beverage

- _____
- _____
- _____
- Juice, _____
- Tea, Bottled
- Wine, _____

Dairy/Cheese

- _____
- _____
- Butter, _____
- Cheese, _____
- Cream

- Eggs, _____
- Milk, _____
- Yogurt, _____

Breakfast

- _____
- _____
- Coffee
- Tea, Cold Brew
- Tea, Hot

Canned Goods

- _____
- _____
- Applesauce
- Broth, _____
- Fish, _____
- Soup, _____
- Tomato, Paste or Sauce
- Tomato, Stewed or Diced

Ethnic Foods

- _____
- _____
- Chipotle (Canned)
- Coconut Milk
- Curry Paste, _____
- Diced Chiles (Large)
- Hot Sauce, _____
- Salsa, _____

Baking/Spices

- _____
- _____
- _____
- Baking Powder or Soda
- Bullion, _____
- Chocolate Chips, Dark
- Cocoa
- Pepper, _____

Condiments

- _____
- _____
- Ketchup, Organic
- Maple Syrup
- Mustard, _____
- Olive Oil
- Olives
- Pickles
- Vinegar, _____
- Worcestershire

Pets

- _____
- _____
- _____
- Cat Food
- Cat Litter

Kitchen/Pantry

- _____
- _____
- Aluminum Foil
- Dish Soap
- Dishwasher Soap

- Freezer Bags
- Garbage Bags
- Paper Towel
- Plastic Wrap
- Sandwich Bags
- Wax Paper

Household

- _____
- _____
- _____
- Bathroom Cleaner
- Bleach
- Glass Cleaner
- Laundry Soap
- Toilet Paper

Personal Care

- _____
- _____
- _____
- _____
- Conditioner
- Deodorant
- Floss
- Kleenex/Facial Tissue
- Lotion
- Mouthwash
- Q-Tips
- Razors
- Shampoo
- Shave Cream
- Soap
- Sunscreen
- Toothpaste

Pharmacy

- _____
- _____
- Bandages, _____
- Bandages, Nexcare
- First Aid Cream

Other

- _____
- _____
- Batteries, _____
- Fresh Flowers
- Ink, _____
- Light Bulbs, _____

Don't Forget

- _____
- _____
- _____
- _____

Vitamins/Supplements

- _____
- _____
- Fish Oil
- Magnesium
- Vitamin D3