

Grocery & Meal List

Shelves		Produce		Shelves		Cooler		Cooler		Shelves		Shelves	
☐	Chips	☐	Spring Mix	☐	Rice	☐	Eggs	☐	Butter	☐	Madras Lentils	☐	Sardines
☐	Corn Tortillas	☐	Power Greens/Spinach	☐	Quinoa	☐	Frozen Blueberries	☐	Cheddar Cheese	☐	Peanut Butter	☐	Honey
☐		☐	Apples	☐	Laundry Detergent	☐	Frozen Strawberries	☐	Greek Yogurt	☐	Spaghetti Sauce	☐	Olive Oil
☐	Cooler	☐	Bananas	☐	Paper towels	☐	Frozen Mango/Mixed berry	☐	Ice cream	☐	Canned Tomatos	☐	Coconut Oil
☐	Chicken Legs with bone	☐	Tangarines	☐	Toilet Paper	☐	Frozen Peas	☐	Celery Juice	☐	Tomato Paste	☐	Almonds
☐	Ground Turkey	☐	Brussel Sprouts	☐	Garbage Bags	☐	Frozen Salmon/Salm burg	☐	Veggie Burgers	☐	Almond Milk	☐	Vinegar
☐	Hummus	☐	Green Beans	☐	Sponges	☐	Makarel/Fish Sticks	☐		☐		☐	Taco Seasoning
☐	Tofu	☐	Avocados	☐	Bottled Water	☐	Shrimp	☐	Shelves	☐	Salsa	☐	Sundried Tomatos
☐	Turkey Slices	☐	Asparagus/Peppers	☐	Ziploc Bags	☐	Dino Nuggets	☐	Cheerios	☐	Canned Tuna	☐	Turmeric
☐		☐	Celery	☐		☐	Garlic Toast	☐	Oatmeal	☐	Canned Salmon	☐	Vitamins
☐		☐	Lemons/Blueberries	☐		☐	Cheese Pizza	☐	Granola	☐	Ramen	☐	Nori
☐		☐	Watermelon	☐	Garlic	☐	Cauliflower Pizza	☐		☐	Mayo	☐	Coffee Pods
Target						Target Produce		Target Cooler		Health Food Store			
☐	Taco Shells	☐	Coco Powder	☐	Dishsoap/Dishwasher Soap	☐	Avocados	☐	Turkey Slices/ Bacon	☐	Sprouts	☐	Shaved Coconut
☐	Pasta	☐	Flax seeds	☐	Method counter spray	☐	Yams	☐	Corn	☐	Butter Squash	☐	GF Flour
☐	Refriend Beans	☐	Baking Soda	☐	Handsoap	☐	Strawberries	☐	Peas	☐	Lemons	☐	Braggs
☐	Enchilada Sauce	☐	Rice Krispies/Cereal	☐	Pantyliners/Pads	☐	Bananas	☐	GF Bagels	☐	Ginger	☐	Parsley/Cilantro
☐	Canned Pineapple	☐	Sleep Tea	☐	Toothpaste	☐	Carrots	☐	GF Pizza	☐	Garlic	☐	Braggs
☐	Evaporated milk	☐	Sugar	☐	Bar soap	☐	Onion	☐	MorningStar Ground Round	☐	Beets	☐	Kale
☐	Apple cider vinigar	☐	Shredded coconut	☐	Shampoo	☐	Green Apples	☐	MorningStar Bacon	☐	Green Pepper	☐	
☐	Brown Rice	☐		☐	Wrap	☐	Mushrooms	☐	Spaghetti sauce	☐	Salmon Bones	☐	Sinigang Mix
☐	Sriracha	☐		☐	Shower Curtain	☐	Potatos	☐	Tortilla Wraps	☐	Celery	☐	Miso
☐	Mustard	☐		☐	Dr. Bronners	☐	Garlic	☐	Corn Tortillas	☐	Mochiko Flour	☐	Glass Noodles
☐	Ketchup	☐		☐	Chips	☐	Organic Grapes	☐		☐	Coconut milk	☐	Pansit Noodles
Meals:													
☐	Spaghetti, Garlic Bread	☐	Pizza & Salad	☐	Tomato Soup & Grilled Ch.	☐	Tortilla Soup & Corn Bread	☐	Tortilla Soup, Corn bread	☐		☐	
☐	Rice, Miso Soup & Fish	☐	Sunday Brunch	☐	Salmon baked with Mayo	☐	Enchiladas Bean & Yam	☐	Tofu Stir Fry	☐		☐	
☐	Bean Tacos, Guac, Rice	☐	Dal, rice, sardines	☐	Slaw Fish/Shrimp Tacos	☐	Lasagna & Salad	☐	Turkey Meatballs	☐		☐	
☐	Salmon & Pea Pasta	☐	Poke, Tuna, Avocado, Nori	☐	Fish stew	☐	Potato, Peas, Red Pep Curry	☐	Chicken Long Rice	☐		☐	
☐	Kale,Yam,Lentil Curry &Fish	☐	Salmon Fillets & Mash Pot	☐	Chili & Corn Bread	☐	Vegetable Korma	☐		☐		☐	

Safeway			Down to Earth		
☐	Sprouts	☐	Lara Bars	☐	Salad Dressing
☐	Kale	☐	Torilla Chips	☐	Crutons
☐	Lemons	☐	Chips	☐	GF Flour
☐	Ginger	☐	Seltzer Water	☐	Cornmeal
☐	Garlic	☐		☐	Braggs
☐	Beets	☐		☐	Red Lentils
☐	Green Pepper	☐		☐	White Rice Flour
☐	Pears	☐		☐	Sprouts
☐	Salmon	☐		☐	Face Cream
☐	Celery	☐		☐	Essential Oil
☐	Butter Squash	☐		☐	Parsley/Cilantro