

Grocery List

MEATS		Beef	Pork	Poultry	Fish	Deli	
<input type="checkbox"/>	Roast	<input type="checkbox"/>	Roast	<input type="checkbox"/>	Chicken	<input type="checkbox"/>	Sliced cold cuts
<input type="checkbox"/>	Steak	<input type="checkbox"/>	Ham	<input type="checkbox"/>	Turkey	<input type="checkbox"/>	Sausages
<input type="checkbox"/>	Stew	<input type="checkbox"/>	Bacon	<input type="checkbox"/>	Cornish Game Hens	<input type="checkbox"/>	Weiners
<input type="checkbox"/>	Ground	<input type="checkbox"/>	Chops	<input type="checkbox"/>	Chicken Breasts	<input type="checkbox"/>	Salads
<input type="checkbox"/>	Ribs	<input type="checkbox"/>	Ribs	<input type="checkbox"/>	Chicken Thighs	<input type="checkbox"/>	Cheese
<input type="checkbox"/>	Tenderloin	<input type="checkbox"/>	Tenderloin	<input type="checkbox"/>	Ground	<input type="checkbox"/>	Humous
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

VEGETABLES									
<input type="checkbox"/>	Russet Potatoes	<input type="checkbox"/>	White Onion	<input type="checkbox"/>	Celery	<input type="checkbox"/>	Green Beans	<input type="checkbox"/>	Iceberg Lettuce
<input type="checkbox"/>	White Potatoes	<input type="checkbox"/>	Yellow Onion	<input type="checkbox"/>	Broccoli	<input type="checkbox"/>	Yellow Beans	<input type="checkbox"/>	Romaine
<input type="checkbox"/>	New Potatoes	<input type="checkbox"/>	Red Onion	<input type="checkbox"/>	Cauliflower	<input type="checkbox"/>	Peas	<input type="checkbox"/>	Leaf
<input type="checkbox"/>	Yellow Potatoes	<input type="checkbox"/>	Green Onion	<input type="checkbox"/>	Cucumber	<input type="checkbox"/>	Snow Peas	<input type="checkbox"/>	Butter
<input type="checkbox"/>	Red Potatoes	<input type="checkbox"/>	Carrots	<input type="checkbox"/>	Green Peppers	<input type="checkbox"/>	Tomatoes	<input type="checkbox"/>	Spinach
<input type="checkbox"/>	Purple Potatoes	<input type="checkbox"/>	Zucchini	<input type="checkbox"/>	Red Peppers	<input type="checkbox"/>	Mushrooms	<input type="checkbox"/>	Cabbage
<input type="checkbox"/>	Yams	<input type="checkbox"/>	Squash	<input type="checkbox"/>	Yellow/Orange Peppers	<input type="checkbox"/>	Corn	<input type="checkbox"/>	Lentils
<input type="checkbox"/>	Turnip	<input type="checkbox"/>	Beets	<input type="checkbox"/>	Radish	<input type="checkbox"/>	Chard	<input type="checkbox"/>	Watercress
<input type="checkbox"/>	Parsnips	<input type="checkbox"/>	Scallions	<input type="checkbox"/>	Leeks	<input type="checkbox"/>	Sprouts	<input type="checkbox"/>	Artichoke hearts
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Chick Peas	<input type="checkbox"/>	Black Beans	<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

FRUITS									
<input type="checkbox"/>	Apples	<input type="checkbox"/>	Grapefruit	<input type="checkbox"/>	Honeydew Melon	<input type="checkbox"/>	Cherries	<input type="checkbox"/>	Dried Apples
<input type="checkbox"/>	Bananas	<input type="checkbox"/>	Oranges	<input type="checkbox"/>	Cantaloupe	<input type="checkbox"/>	Strawberries	<input type="checkbox"/>	Dried Bananas
<input type="checkbox"/>	Pears	<input type="checkbox"/>	Lemons	<input type="checkbox"/>	Watermelon	<input type="checkbox"/>	Blueberries	<input type="checkbox"/>	Dried Apricots
<input type="checkbox"/>	Plums	<input type="checkbox"/>	Limes	<input type="checkbox"/>	Kiwi	<input type="checkbox"/>	Raspberries	<input type="checkbox"/>	Dried Pineapple
<input type="checkbox"/>	Peaches	<input type="checkbox"/>	Mandarins	<input type="checkbox"/>	Pomegranate	<input type="checkbox"/>	Grapes	<input type="checkbox"/>	
<input type="checkbox"/>	Apricots	<input type="checkbox"/>	Pineapple	<input type="checkbox"/>	Mango	<input type="checkbox"/>	Blackberries	<input type="checkbox"/>	
<input type="checkbox"/>	Nectarines	<input type="checkbox"/>	Avocado	<input type="checkbox"/>	Papaya	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

DAIRY									
<input type="checkbox"/>	Milk	<input type="checkbox"/>	Butter	<input type="checkbox"/>	Cheddar Cheeze	<input type="checkbox"/>	Goat Cheese	<input type="checkbox"/>	Plain Yogurt
<input type="checkbox"/>	Cream	<input type="checkbox"/>	Eggs	<input type="checkbox"/>	White Cheddar	<input type="checkbox"/>	Feta Cheese	<input type="checkbox"/>	Vanilla
<input type="checkbox"/>	Whipped Cream	<input type="checkbox"/>		<input type="checkbox"/>	Mozzarella	<input type="checkbox"/>	String Cheese	<input type="checkbox"/>	Strawberry
<input type="checkbox"/>	Sour Cream	<input type="checkbox"/>		<input type="checkbox"/>	Parmesan	<input type="checkbox"/>		<input type="checkbox"/>	Blueberry
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Specialty Cheezes	<input type="checkbox"/>		<input type="checkbox"/>	Banana
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Cottage Cheese	<input type="checkbox"/>		<input type="checkbox"/>	Other
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	Cream Cheese	<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

GRAINS									
<input type="checkbox"/>	Bread - Sliced	<input type="checkbox"/>	Buns	<input type="checkbox"/>		<input type="checkbox"/>	Bagels	<input type="checkbox"/>	Quinoa
<input type="checkbox"/>	unsliced	<input type="checkbox"/>	Dinner Rolls	<input type="checkbox"/>	Pitas	<input type="checkbox"/>	Tacos	<input type="checkbox"/>	Buckwheat
<input type="checkbox"/>	Muffins	<input type="checkbox"/>	Hamburger	<input type="checkbox"/>	Tortillas	<input type="checkbox"/>		<input type="checkbox"/>	Barley
<input type="checkbox"/>	English Muffins	<input type="checkbox"/>	Hot Dog	<input type="checkbox"/>		<input type="checkbox"/>	White Rice	<input type="checkbox"/>	Millet
<input type="checkbox"/>	Spagetti	<input type="checkbox"/>	Rotini	<input type="checkbox"/>	Linguini	<input type="checkbox"/>	Brown Rice	<input type="checkbox"/>	Cous cous
<input type="checkbox"/>	Macaroni	<input type="checkbox"/>	Shells	<input type="checkbox"/>	Ravioli	<input type="checkbox"/>		<input type="checkbox"/>	Oatmeal
<input type="checkbox"/>	Canneloni	<input type="checkbox"/>	Manicotti	<input type="checkbox"/>	Tortollini	<input type="checkbox"/>	Rigatoni	<input type="checkbox"/>	Wheat Germ
<input type="checkbox"/>	Hot Cereal	<input type="checkbox"/>	Cold Cereal	<input type="checkbox"/>	Granola	<input type="checkbox"/>	Penne	<input type="checkbox"/>	Flax
<input type="checkbox"/>	Crisp Bread	<input type="checkbox"/>	Crackers	<input type="checkbox"/>		<input type="checkbox"/>	Fettucini	<input type="checkbox"/>	Bran
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	

Grocery List

SPICES & HERBS

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|--------------------------------------|---|-------------------------------------|-----------------------------------|--|
| <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper | <input type="checkbox"/> Curry | <input type="checkbox"/> Parsley | <input type="checkbox"/> Garlic |
| <input type="checkbox"/> Onion Salt | <input type="checkbox"/> Paprika | <input type="checkbox"/> Turmeric | <input type="checkbox"/> Dill | <input type="checkbox"/> Ginger |
| <input type="checkbox"/> Celery Salt | <input type="checkbox"/> Celery Pepper | <input type="checkbox"/> Cumin | <input type="checkbox"/> Chives | <input type="checkbox"/> Cinnamon |
| <input type="checkbox"/> Vanilla | <input type="checkbox"/> Cayenne | <input type="checkbox"/> Coriander | <input type="checkbox"/> Oregano | <input type="checkbox"/> Nutmeg |
| <input type="checkbox"/> Yeast | <input type="checkbox"/> Taco Seasoning | <input type="checkbox"/> Cloves | <input type="checkbox"/> Rosemary | <input type="checkbox"/> Cream of Tartar |
| <input type="checkbox"/> Bouillion | <input type="checkbox"/> Chili Powder | <input type="checkbox"/> All Spice | <input type="checkbox"/> Thyme | <input type="checkbox"/> Cylantro |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Bay Leaves | <input type="checkbox"/> Basil | <input type="checkbox"/> Sage |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SAUCES, OILS & CONDIMENTS

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|--|--|---|----------------------------------|--|
| <input type="checkbox"/> Ketchup | <input type="checkbox"/> Maple syrup | <input type="checkbox"/> Honey | <input type="checkbox"/> Pickles | <input type="checkbox"/> Tabasco Sauce |
| <input type="checkbox"/> Mayonnaise | <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Honey Mustard Mayo | <input type="checkbox"/> Olives | <input type="checkbox"/> Horse Radish |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Jelly | <input type="checkbox"/> Barbeque Sauce | <input type="checkbox"/> Capers | <input type="checkbox"/> Tartar Sauce |
| <input type="checkbox"/> Olive Oil | <input type="checkbox"/> Jam | <input type="checkbox"/> Spagetti Sauce | <input type="checkbox"/> Relish | <input type="checkbox"/> Salsa |
| <input type="checkbox"/> Salad dressings | <input type="checkbox"/> Chocolate | <input type="checkbox"/> Cooking Spray | <input type="checkbox"/> Vinegar | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Gelatin | <input type="checkbox"/> Canola Oil | <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

FROZEN FOODS

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|--------------------------------|------------------------------------|-------------------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Meals | <input type="checkbox"/> Ice Cream | <input type="checkbox"/> Potatoes | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Pizza | <input type="checkbox"/> Ice Milk | <input type="checkbox"/> vegetables | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> Sorbet | <input type="checkbox"/> waffles | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> Popsicles | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

VEGETARIAN

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|--------------------------------------|-----------------------------------|------------------------------------|------------------------------------|--------------------------|
| <input type="checkbox"/> Tofu | <input type="checkbox"/> Humous | <input type="checkbox"/> Soy Milk | <input type="checkbox"/> Legumes | <input type="checkbox"/> |
| <input type="checkbox"/> Hemp Butter | <input type="checkbox"/> Hemp Oil | <input type="checkbox"/> Hemp Milk | <input type="checkbox"/> Rice Milk | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

CANNED GOODS

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|-------------------------------------|---------------------------------|--|---------------------------------------|--------------------------|
| <input type="checkbox"/> Fruits | <input type="checkbox"/> Soups | <input type="checkbox"/> Tuna Fish | <input type="checkbox"/> Seafood | <input type="checkbox"/> |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Pastas | <input type="checkbox"/> Salmon | <input type="checkbox"/> Tomato Sauce | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> Broths | <input type="checkbox"/> Cranberry Sauce | <input type="checkbox"/> Stews | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

SNACKS

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|-----------------------------------|--------------------------------------|----------------------------------|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Pretzels | <input type="checkbox"/> Dip & Salsa | <input type="checkbox"/> Peanuts | <input type="checkbox"/> | <input type="checkbox"/> Popcorn |
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Crackers | <input type="checkbox"/> Cashews | <input type="checkbox"/> Almonds | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Chips | <input type="checkbox"/> Candies | <input type="checkbox"/> Walnuts | <input type="checkbox"/> Pistachio | <input type="checkbox"/> Snack Bars |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> Pecans | <input type="checkbox"/> Hazelnuts | <input type="checkbox"/> Jello |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

BEVERAGES

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|--------------------------------|------------------------------------|---------------------------------|--------------------------------|--------------------------|
| <input type="checkbox"/> Water | <input type="checkbox"/> Club Soda | <input type="checkbox"/> Coffee | <input type="checkbox"/> Cocoa | <input type="checkbox"/> |
| <input type="checkbox"/> Juice | <input type="checkbox"/> Sodas | <input type="checkbox"/> Tea | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

BAKING

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|--------------------------------------|--|--------------------------------------|---------------------------------|------------------------------------|
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Flour | <input type="checkbox"/> Vanilla | <input type="checkbox"/> Crisco | <input type="checkbox"/> Yeast |
| <input type="checkbox"/> Brown Sugar | <input type="checkbox"/> Baking Soda | <input type="checkbox"/> Bisquick | <input type="checkbox"/> Lard | <input type="checkbox"/> Molasses |
| <input type="checkbox"/> Cake Mix | <input type="checkbox"/> Baking Powder | <input type="checkbox"/> Corn Starch | <input type="checkbox"/> | <input type="checkbox"/> Chocolate |
| <input type="checkbox"/> Muffin Mix | <input type="checkbox"/> Cookie Mix | <input type="checkbox"/> Brownie Mix | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

TOILETRIES

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|--|------------------------------------|--|-------------------------------------|-----------------------------------|
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Deodorant | <input type="checkbox"/> Pain Reliever | <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Bandaids |
| <input type="checkbox"/> Conditioner | <input type="checkbox"/> Lotion | <input type="checkbox"/> Feminine protection | <input type="checkbox"/> Floss | <input type="checkbox"/> |
| <input type="checkbox"/> Shaving Cream | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Grocery List

PET PRODUCTS

- | | | | | |
|-------------------------------------|--|--------------------------|--------------------------|--------------------------|
| <input type="checkbox"/> Dog food | <input type="checkbox"/> Fish food | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Cat Food | <input type="checkbox"/> Hampster Food | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> Cat Litter | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | | |

PAPER PRODUCTS

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|--|--|--|---|---------------------------------------|
| <input type="checkbox"/> Toilet Paper | <input type="checkbox"/> Tissues | <input type="checkbox"/> Plastic Wrap | <input type="checkbox"/> Napkins | <input type="checkbox"/> Paper Cups |
| <input type="checkbox"/> Paper Towels | <input type="checkbox"/> Aluminum Foil | <input type="checkbox"/> Plastic Baggies | <input type="checkbox"/> Coffee Filters | <input type="checkbox"/> Paper Plates |
| <input type="checkbox"/> Muffin Liners | <input type="checkbox"/> | <input type="checkbox"/> Wax Paper | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | | | | |

HOUSEHOLD

- | | | | | |
|--|---|---|--------------------------------------|------------------------------------|
| <input type="checkbox"/> Garbage Bags | <input type="checkbox"/> Glass Cleaner | <input type="checkbox"/> Dishwashing Soap | <input type="checkbox"/> Sponges | <input type="checkbox"/> SOS Pads |
| <input type="checkbox"/> Laundry Detergent | <input type="checkbox"/> Drain Cleaner | <input type="checkbox"/> Dishwasher Detergent | <input type="checkbox"/> Light Bulbs | <input type="checkbox"/> Brushes |
| <input type="checkbox"/> Laundry Softener | <input type="checkbox"/> Oven Cleaner | <input type="checkbox"/> Household cleaners | <input type="checkbox"/> Batteries | <input type="checkbox"/> Matches |
| <input type="checkbox"/> Bleach | <input type="checkbox"/> Shower Cleaner | <input type="checkbox"/> Toilet Boil Cleaner | <input type="checkbox"/> Pot Scrubs | <input type="checkbox"/> Hand Soap |
| <input type="checkbox"/> | <input type="checkbox"/> Floor Cleaner | <input type="checkbox"/> Masking Tape | <input type="checkbox"/> Gift Wrap | <input type="checkbox"/> |
| | <input type="checkbox"/> | <input type="checkbox"/> Magazines & Books | <input type="checkbox"/> Cards | |
| | | <input type="checkbox"/> | | |