

# Our Shopping List

Sunday	
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	

## Vegetables

- Baby spinach
- Mixed greens
- Broccoli
- Cauliflower
- Carrots
- Herbs
- Potatoes
- Onions
- Garlic
- Green onions
- Greens
- Peppers
- Roots
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## Fruit

- Limes
- Lemons
- Oranges
- Apples
- Pears
- Bananas
- Melons
- Strawberries
- Tropical
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## Cheese

- Parmesan
- Blues
- Cheddar
- Pizza
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## Fish

- Salmon
- Clams
- Mussels
- Shrimp
- White
- Fresh
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## Bread

- Tortillas
- Pitas
- Sandwich
- Whole grain
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## Meat

- Bacon
- Sausage
- Beef
- Pork
- Chicken
- Ham Hocks
- Turkey
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## Organic

- Grains
- Legumes
- Edamame
- Tomatoes
- Seaweed
- Flax
- Cleaners
- Soy Rice milk
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## Household

- Diapers
- Toothpaste
- Soap
- Shampoo
- Kit
- Garbage bags
- Cleaners
- Laundry
- Toilet paper
- Paper Towel
- Tissues
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## Cans & Bottles

- Tomatoes
- Tomato Paste
- Tuna fish
- Sardines
- Beans
- Condensed milk
- Clams
- Olive Oil
- Cooking Oil
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## Baking

- AP flour
- WW Flour
- Sugar
- Brown sugar
- Baking powder
- Chocolate
- Cornmeal
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## Dairy

- Milk
- Butter
- Yogurt
- Eggs
- Cheese
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## Frozen

- Peas
- Corn
- Brussels sprouts
- Blueberries
- Raspberries
- Fruit
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## Beverages

- Orange juice
- Apple juice
- Soy Rice milk
- Water
- Mixers
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## Etc.

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