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MASTER GROCERY LIST: remember that moderation is key!

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| Fruits <ul style="list-style-type: none">o appleso apricotso avocadoso bananaso berrieso cherrieso grapefruito grapeso kiwio lemonso limeso melonso nectarineso orangeso papayao peacheso pearso plumso pomegranateo watermelono _____o _____o _____o _____ | Breakfast <ul style="list-style-type: none">o cerealo gritso oatmealo pancake mixo _____o _____ Meats <ul style="list-style-type: none">o bacono chickeno deli meato ground beefo ground turkeyo hamo hot dogso porko sausageo steako turkeyo _____o _____ Seafood <ul style="list-style-type: none">o catfisho codo crabo halibuto lobstero oysterso salmono shrimpo tilapiao tunao _____ Frozen <ul style="list-style-type: none">o dessertso fruito iceo ice creamo ice popso meatso pizzao potatoeso vegetableso waffleso _____o _____ Baby <ul style="list-style-type: none">o baby cerealo baby foodo diaperso diaper creamo formulao wipeso _____ | Pets <ul style="list-style-type: none">o cat foodo cat littero dog foodo shampooo treatso flea treatmento _____ Baking <ul style="list-style-type: none">o baking powdero baking sodao bread crumbso cake mixo canned milko chocolate chipso cocoao cornmealo cornstarcho flouro food coloringo frostingo muffin mixo pie crusto sugar - browno sugar – powderedo sugar – whiteo _____ Snacks <ul style="list-style-type: none">o cookieso crackerso dried fruito graham crackerso granola barso gumo nutso popcorno potato chipso pretzelso puddingo raisinso seedso tortilla chipso _____ Bakery <ul style="list-style-type: none">o bagelso breado cakeo cookieso croutonso dinner rollso bunso muffinso pita breado tortillaso _____ | Pasta and Rice <ul style="list-style-type: none">o brown riceo burger helpero couscouso macaronio lasagnao mac & cheeseo noodle mixo rice mixo spaghettio white riceo _____ Can & Jars <ul style="list-style-type: none">o applesauceo baked beanso black beanso brotho bouillon cubeso canned fruito carrotso chilio corno creamed corno jam/jellyo mushroomso olives (green/black)o pastao pasta sauceo peanut buttero pickleso pie fillingo soupo vegetableso _____ Refrigerated <ul style="list-style-type: none">o biscuitso buttero cheddar cheeseo creamo cream cheeseo dipo eggso eggs substituteo feta cheeseo half & halfo jack cheeseo milko mozzarellao salsao shredded cheeseo sour creamo swiss cheeseo whipped creamo yogurto _____o _____ | Seasoning <ul style="list-style-type: none">o basilo bay leaveso cinnamono cloveso cumino curryo dillo garlic powdero garlic salto gravy mixo Italian seasoningo marinadeo meat tenderizero oreganoo paprikao peppero poppy seedo red peppero sageo salto vanilla extracto _____ Sauces & Condiments <ul style="list-style-type: none">o bbq sauceo catsupo cocktail sauceo cooking sprayo honeyo horseradisho hot sauceo lemon juiceo mayonnaiseo mustardo olive oilo relisho salad dressingo salsao soy sauceo steak sauceo sweet & souro teriyakio vegetable oilo vinegaro _____ Drinks <ul style="list-style-type: none">o beero champagneo club sodao coffeeo juiceo liquoro soda/diet sodao teao wineo _____ | Paper Products <ul style="list-style-type: none">o aluminum foilo coffee filterso garbage bagso napkinso paper plates/cupso paper towelso plastics bagso plastic cutlery/strawso plastic wrapo waxed papero _____ Cleaning <ul style="list-style-type: none">o air freshenero bleacho dish soapo dishwasher detergento fabric softenero floor cleanero glass sprayo laundry soapo polisho spongeso vacuum bagso _____ Personal Care <ul style="list-style-type: none">o bath soapo bug repellento conditionero cotton swabso dental flosso deodoranto facial tissueo family planningo hair sprayo hand soapo lip careo lotiono makeupo mouthwasho razor bladeso shampooo shaving creamo sunscreeno toilet tissueo toothbrusho toothpasteo _____ Miscellaneous Items <ul style="list-style-type: none">o batterieso charcoalo greeting cardso light bulbso _____o _____ |
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