

# SHOPPING LIST CHECKLIST

## MEAT

- chicken
- fish
- pork or ground beef
- canned fish
- 
- 

## VEGETABLES

- broccoli
- tomatoes
- spinach, kale, or lettuce
- sweet bell peppers
- mushrooms
- carrots
- onions – green, scallions, sweet, white
- cucumbers
- mint, parsley or herbs
- sweet potatoes
- potatoes
- frozen veggie burgers
- garlic
- 
- 

## FRUIT

- bananas
- apples
- berries
- peaches
- limes or lemons
- avocados
- frozen fruit
- 
- 
- 

## DAIRY

- cheese
- eggs
- yogurt
- cream cheese
- butter
- cream
- alternative milk
- cow milk
- 
- 
- 
- 

## BULK

- nuts
- chia seeds
- hemp hearts
- pumpkin seeds
- nut butter
- honey
- sugar
- granola or muesli
- granola bars
- dried cranberries or raisins
- chocolate
- slivered almonds
- sesame seeds
- 
- 
- 
- 

## BREAD AND GRAINS

- bread
- bagels
- flour
- tortilla chips
- rice cakes
- tortillas
- rice
- pasta
- cereal
- crackers
- 
- 
- 

## DIPS AND MISCELLANEOUS

- tomato sauce
- hummus dip
- tzatziki dip
- spices: paprika, salt, pepper, Italian, curry
- olive oil
- sesame oil
- avocado oil
- balsamic vinegar
- white wine vinegar
- salsa
- 
- 
- 
- 

