

What's for Dinner?

Produce/Deli

Fresh Fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- _____
- _____

Fresh Vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes
- _____
- _____

Meat

- Bacon / Sausage
- Beef
- Chicken
- Ground Beef
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey
- _____
- _____

Meat

- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

Refrigerated

Cheese

- Bleu Cheese
- Cheddar
- Cottage Cheese
- Cream Cheese
- Feta
- Goat Cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich Slices
- Swiss
- _____
- _____

Dairy

- Butter / Margarine
- Half & Half
- Heavy Cream
- Milk
- Sour Cream
- Whipped Cream
- Yogurt
- _____
- _____

Refrigerated Items

- Bagels
- English Muffins
- Chip Dip
- Eggs / Fake Eggs
- Fruit Juice
- Ready-bake breads
- Tofu
- Tortillas
- _____
- _____

Aisle

Condiments

- BBQ sauce
- Gravy
- Honey
- Hot Sauce
- Jam / Jelly
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad Dressing
- Salsa
- Soy Sauce
- Steak Sauce
- Syrup
- Worcestershire sauce
- _____
- _____

Canned Foods

- Applesauce
- Baked Beans
- Broth
- Fruit
- Olives
- Tinned Meats
- Tuna / Chicken
- Soup / Chili
- Tomatoes
- Veggies
- _____
- _____

Misc. Groceries

- Bouillon Cubes
- Cereal
- Coffee / Filters
- Instant Potatoes
- Lemon / Lime Juice
- Mac and Cheese
- Olive Oil
- Packaged Meals
- Pancake / Waffle Mix
- Pasta
- Peanut Butter
- Pickles
- Rice
- Tea
- Vegetable Oil
- Vinegar
- _____
- _____

Spices & Herbs

- Basil
- Black Pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red Pepper
- Salt
- Vanilla Extract
- _____
- _____

Baked Goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh Bread
- Pie
- Pita Bread
- Sliced Bread
- _____
- _____

Baking

- Baking Powder / Soda
- Bread Crumbs
- Cake / Brownie Mix
- Cake Icing
- Chocolate Chips
- Flour
- Shortening
- Sugar
- Sugar Substitute
- Yeast
- _____
- _____

Snacks

- Candy
- Cookies
- Crackers
- Dried Fruit
- Granola Bars
- Nuts
- Oatmeal
- Chips / Popcorn
- _____
- _____

Baking

- Bottled Water
- Club Soda
- Juice
- Mixers
- Red Wine
- Soda
- Sports Drinks
- _____
- _____

Frozen

- Breakfasts
- Burritos
- Fish Sticks
- Fries / Tator Tots
- Ice Cream
- Juice Concentrate
- Pizzas
- Popsicles
- Sorbet
- TV Dinners
- Vegetables
- Veggie Burgers
- _____
- _____

Misc.

Baby Stuff

- Baby Food
- Diapers
- Formula
- Lotion
- Baby Wash
- Wipes
- _____
- _____

Pets

- Carpet Cleaner
- Cat Food
- Cat Litter
- Dog Food
- Flea Treatment
- Pet Shampoo
- Treats
- _____
- _____

Other

- _____
- _____
- _____
- _____

Personal Care

Cleaning

- Air Freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish Soap
- Garbage Bags
- Glass Cleaner
- Mop Head
- Sponges
- Trash Bags
- _____
- _____

Medicine

- Allergy
- Antibiotic
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids
- Cold / Flu
- Pain Reliever
- Sinus
- _____
- _____

Personal Care

- Deodorant
- Bath Soap
- Condoms
- Cosmetics
- Cotton Swabs
- Facial Cleanser
- Facial Tissue
- Feminine Products
- Floss
- Hair Gel
- Lip Balm
- Moisturizing Lotion
- Mouthwash
- Razors
- Shampoo
- Shaving Cream
- Toilet Paper
- Toothpaste
- Vitamins
- _____
- _____

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Mon	Tue	Wed	Thu	Fri	Sat	Sun