

# Shopping List

Name on account: \_\_\_\_\_

# of family members: \_\_\_\_\_

Special dietary restrictions? \_\_\_\_\_

Other instructions (how many points to use, food preferences, etc) \_\_\_\_\_

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## Fresh Produce

- Daily variety box
- Potato
- Onion
- Carrot
- Apple
- Pear
- Melon
- Grapefruit
- Orange
- Cabbage
- Lettuce/salad
- Kale/cooking greens
- \_\_\_\_\_

## Canned Goods

- Beans
- Fruits
- Vegetables
- Tomato \_\_\_\_\_
- Pumpkin
- Soup
- Broth
- Tuna/salmon
- \_\_\_\_\_

## Grains & Bread

- Bread
- Rice
- Pasta
- Oats
- Cereal
- \_\_\_\_\_

## Personal Care

- Soap
- \_\_\_\_\_

## Dairy

- Milk
- Milk alternative
- Eggs
- Yogurt
- Sour cream
- Cottage cheese
- Cheese
- Butter
- \_\_\_\_\_

## Beverages

- Coffee
- Tea
- Water
- Juice
- Soft drink
- \_\_\_\_\_

## Boxed Meals

- Hamburger helper
- Mac n' cheese
- Ramen
- Cup o' noodles
- \_\_\_\_\_

## Snack foods

- Dried fruit
- Crackers
- Chips
- Bakery treats
- \_\_\_\_\_

## Pets

- Dog food
- Cat food
- \_\_\_\_\_

## Meat & Frozen

- Ground beef
- Ground turkey
- Lunchmeat
- Hot dogs
- Chicken
- Fish/seafood
- Non-meat protein
- Frozen vegetables
- Frozen fruits
- Frozen beans
- Bakery treats
- \_\_\_\_\_

## Condiments

- Peanut butter
- Jam
- Salad dressing
- Ketchup
- Mustard
- Mayonnaise
- BBQ sauce
- \_\_\_\_\_

## Spices & Seasoning

- Salt
- Pepper
- Garlic
- \_\_\_\_\_

## Baking Goods

- Flour
- Sugar
- \_\_\_\_\_

## Other Needs?

- \_\_\_\_\_