

GROCERY SHOPPING LIST

Vegetables

Qty	Isle	Item
		Asparagus
		Beans
		Broccoli
		Brussel Sprouts
		Cabbage
		Carrots
		Cauliflower
		Celery
		Cucumbers
		Fresh Herbs
		Garlic
		Green Onions
		Green pepper
		Lettuce
		Mushrooms
		Onions
		Peas
		Peppers
		Potatoes
		Radishes
		Spinach
		Squash
		Tomatoes
		Yams
		Zucchini

Fruits

Qty	Isle	Item
		Apples
		Apricots
		Avocados
		Bananas
		Blackberries
		Blueberries
		Cantalope
		Cherries
		Cranberries
		Grapes
		Grapefruit
		Guava
		Kiwi
		Lemons
		Mandarin Oranges
		Mangos
		Melons
		Oranges
		Papaya
		Peaches
		Pears
		Pineapple
		Plums
		Raspberries
		Strawberries
		Tangerines
		Watermelon

Bulk Grocery

Qty	Isle	Item
		Almonds
		Beans
		Chocolate Chips
		Dried Fruit
		Granola
		Honey
		Lentils
		Oats
		Pasta
		Powdered Milk
		Raisins
		Rice
		Spices
		Sunflower Seeds
		Sugar
		Walnuts
		Wheat Bran
		Wheat Germ
		Whole Wheat Flour
		White Flour
		WW Pastry Flour

Bakery

Qty	Isle	Item
		Bagels
		Buns
		Cakes
		Cookies
		Croissants
		Cupcakes
		Dinner Rolls
		Donuts
		French Bread
		Muffins
		Pies

Staples

Qty	Isle	Item
		Bread Crumbs
		Cereal
		Cocoa
		Flour
		Jello
		Mixes (gravy, taco etc)
		Nuts
		Rice
		Stuffing
		Sugar
		Tea

Condiments

Qty	Isle	Item
		Catsup
		Mayonaise
		Molasses
		Mustard
		Olives
		Pickles
		Popcorn
		Relish
		Salad Dressing
		Syrup

Frozen

Qty	Isle	Item
		Berries
		Desserts
		Fast Foods
		Ice Cream
		Juices
		Non-Dairy
		Pizza's
		Potatoes
		Vegetables
		Waffles

Supplements

Qty	Isle	Item
		B-Complex
		Calcium
		Minerals
		Multiple Vitamin
		Vitamin C
		Vitamin E

Spices

Qty	Isle	Item
		Bacon Bits
		Bacon Powder
		Baking Soda
		Chili Powder
		Cinnamon
		Chopped Onion
		Garlic Powder
		Oregano
		Parsley
		Salt/Pepper
		Sugar
		Yeast

GROCERY SHOPPING LIST

(Page 2)

Milk/Dairy

Qty	Isle	Item
		Butter
		Buttermilk
		Chocolate Milk
		Cookie Mix
		Cottage Cheese
		Creamer
		Cream Cheese
		Eggs
		Egg Whites
		Evaporated Skim Milk
		Fresh Pizza
		Fresh Juices
		Fresh Pasta
		Fresh Salsa
		Frozen Yogurt
		Half 'n' Half
		High-Calcium Milk
		Lo-Cal Cheese
		Lowfat Milk
		Margerine
		Nonfat Dry Milk
		Nonfat Light Yogurt
		Plain Yogurt
		Processed Cheese
		Pudding
		Ricotta Cheese
		Skim Milk
		Sour Cream
		Swiss Cheese

Grains

Qty	Isle	Item
		Bagels
		Buns
		Crackers (rye)
		Croutons
		Dinner rolls
		English Muffins
		Muffins
		Multigrain Bread
		Oat Bran Cereal
		Oatmeal
		Pancake Mix
		Pita Bread
		Puffed Wheat
		Quinoa
		Pasta (Macaroni)
		Raisin Bread
		Rice (brown)
		Rice (Spanish)
		Rice (Wild)
		Rye Bread
		Rye Flour
		Shredded Wheat
		Spaghetti
		Tortilla (corn)
		Tortillas (whole wheat)
		Waffles
		Wheat Bran
		Wheat Germ
		Whole Wheat Bread
		Whole Wheat Crackers
		Whole Wheat Noodles
		Whole Wheat Rolls

Meat/Fish/Poultry

Qty	Isle	Item
		Bacon
		Bass
		Beef
		Chicken
		Fish
		Ground Beef
		Halibut
		Ham
		Hotdogs
		Lamb
		Liverworsts
		Pork
		Red Snapper
		Roasts
		Salami
		Salmon
		Sausages
		Shrimp
		Sole
		Steaks
		Stewing Meats
		Turkey

Legumes

Qty	Isle	Item
		Baked Beans
		Bean Borrito
		Bean Dip
		Bean Sprouts
		Beans
		Chili Beans
		Black-eyed Peas
		Black Beans
		Garbanzo Beans
		Green Peas
		Kidney Beans
		Lentils
		Lima Beans
		Minestrone Soup
		Navy Beans
		Peanuts
		Pinto Beans
		Refried Beans
		Rice
		Split Pea Soup
		Soy Beans
		Soy Milk
		Sunflower Seeds
		Tofu
		Trail Mix

Canned Goods

Qty	Isle	Item
		Apple Sauce
		Canned Fruits
		Canned Mushrooms
		Coffee
		Honey
		Jams/Jellies
		Ketchup
		Oil
		Pasta Sauce
		Peanut Butter
		Salad Dressings
		Shortening
		Soups
		Syrups
		Tomato Paste
		Tomato Sauce
		Tuna Fish
		Vinegar

Non-Food Items

Qty	Isle	Item
		Baggies
		Brown lunchbags
		Candles
		Clothes Detergent
		Coffee Filters
		Dish Soap
		Dishwasher Detergent
		Foil
		Matches
		Napkins
		Paper Plates
		Paper Towels
		Saran Wrap
		Soap (hand & body)
		Toilet Paper

Munchies

Qty	Isle	Item
		Candy
		Cookies
		Crackers
		Peanuts
		Potato Chips

Drinks

Qty	Isle	Item
		Apple Juice
		Coffee
		Juice
		Soda Pop
		Tang
		Tea
		Water

Personal Items

Qty	Isle	Item
		Conditioner
		Deodorant
		Feminine
		Lotion
		Shampoo
		Toothpaste