SHOPPING LIST By LEAVING THE Rut .COM ©

Dry Items

	Item	Qty
☐	Black Beans	
☐	Pink Beans	
☐	Tomatoes, diced	
☐	Tomato Sauce	
☐	Rotel	
☐	Spagetti Sauce	
☐	Enchilada Sauce	
☐	Spanish Rice	
☐	Tortillas (corn/flour)	
☐	Cheerios	
☐	Nilla wafers	
☐	Teddy grahams	
☐	Goldfish Crackers	
☐	Tobasco sauce	
☐	Ketchup, Mustard, Mayo	
☐	Dressing	
☐	Worc./Soy Sauce	
☐	Lipton Onion Soup	
☐	Flour	
☐	Sugar	
☐	Brown Sugar	
☐	Canned Soups	
☐	Mac and Cheese Cups	
☐	Broth (chicken/beef)	
☐	Almonds	
☐	Peanut Butter/Jelly	
☐	Pineapple Juice	
☐	Club Soda	
☐	Mandrine Oranges	
☐	Crackers	
☐	Tortilla Chips	
☐	Salsa	
☐	Olive Oil	
☐	Vinegar	
☐	Salt/Pepper	
☐	Spices	
☐		
☐		

Refridgerator Items

	Item	Qty
☐	Milk	
☐	Butter	
☐	Eggs	
☐	Sour Cream	
☐	Hummus	
☐	Orange Juice	
☐	Yogurt (Flavored/Plain)	
☐	Cheese, Shredded	
☐	Cheese, Block	
☐	Cream Cheese	
☐	Cheese, Cottage	
☐	Cheese, Parmesan	
☐	Cheese, 'Specialty'	
☐	Lunch Meat, Salami	
☐	Lunch Meat, Turkey	
☐	Lunch Meat, Ham	
☐	Produce, Green Beans	
☐	Produce, Asparagus	
☐	Produce, Zucchini/Squash	
☐	Produce, Spinach	
☐	Produce, Carrots	
☐	Produce, Lettuce	
☐	Produce, Bell peppers	
☐	Produce, Mushrooms	
☐	Produce, Onions	
☐	Produce, Green Onions	
☐	Produce, Cauliflower	
☐	Produce, Apples	
☐	Produce, Grapes	
☐	Produce, Strawberries	
☐	Produces, Bananas	
☐	Chicken breasts w/bone	
☐	Rotisserie Chicken	
☐		
☐		
☐		
☐		
☐		

Freezer items

	Item	Qty
☐	Chicken Tender	
☐	Pork Tenderloin	
☐	Ground Beef	
☐	Steaks	
☐	Bacon	
☐	Ham steaks	
☐	Salmon	
☐	Chicken Nuggets	
☐	Stir Fry Vegtables	
☐	Mixed Vegetables	
☐	Broccoli	
☐	Corn	
☐	Peas	
☐		

Other

	Item	Qty
☐	Clorox	
☐	Clorox wipes	
☐	Oxi Clean Spray	
☐	Ajax	
☐	Laundry Soap	
☐	Dish Soap	
☐	Shampoo/Cond.	
☐	Shower Gel	
☐	Ivory Soap	
☐	Windex	
☐	Zip Lock Bags	
☐	Saran Wrap	
☐	Foil	
☐	Garbage Bags	
☐	Toilet Paper	
☐	Paper Towels	
☐	Diapers	
☐	Wipes	
☐	First Aid Items	
☐		
☐		

Meals	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	
Mon	
Tues	
Wed	
Thurs	
Fri	
Sat	
Sun	