

ALCOHOL

__ beer _____
 __ wine _____
 __ rum _____
 __ gin _____
 __ vodka _____
 __ kahlúa _____
 __ tequila _____
 __ sake _____
 __ sherry _____
 __ marsala _____
 __ brandy _____
 __ vermouth _____
 __ whiskey _____
 __ Cointreau _____
 __ Gran Marnier _____
 __ Triple Sec _____
 __ liqueur _____
 __ Rose's lime juice _____
 __ mix _____

BAKING

__ baking powder _____
 __ baking soda _____
 __ cocoa powder _____
 __ chocolate squares _____
 __ chocolate bars _____
 __ chocolate, white _____
 __ chocolate chips _____
 __ (other) chips _____
 __ coconut _____
 __ cornstarch _____
 __ yeast _____
 __ phyllo pastry _____
 __ Ready Crust _____

BEVERAGES

__ water, bottled _____
 __ coffee _____
 __ tea _____
 __ hot cocoa mix _____
 __ coconut milk _____
 __ coconut cream _____
 __ evaporated milk _____
 __ sweetened cond. milk _____
 __ orange juice _____
 __ apple _____
 __ lemonade _____
 __ juice _____
 __ V-8 juice _____
 __ lemon juice _____
 __ lime juice _____
 __ Sprite/7-Up _____
 __ coke _____
 __ root beer _____
 __ ginger ale _____
 __ tonic water _____
 __ club soda _____
 __ soft drinks _____
 __ soft drinks _____

BEANS/PEAS (dry)

__ black _____
 __ garbanzo/chick peas _____
 __ green peas _____
 __ kidney _____
 __ lentils _____
 __ pinto _____

BREAD

__ whole wheat _____
 __ sour dough _____
 __ sweet French _____
 __ baguette _____
 __ squaw _____
 __ rye _____
 __ specialty _____
 __ English muffins _____
 __ tortillas - corn _____
 __ tortillas - flour _____
 __ hot dog buns _____
 __ hamburger buns _____
 __ rolls _____
 __ pita _____
 __ chapati _____
 __ bread sticks _____
 __ bread crumbs _____
 __ croutons _____

CANNED FOODS

__ anchovies _____
 __ applesauce _____
 __ bamboo shoots _____
 __ bean sprouts _____
 __ beans, refried _____
 __ beans, kidney _____
 __ beans, black _____
 __ beans, garbanzo _____
 __ beans, lentil _____
 __ beans _____
 __ beets _____
 __ broth, beef _____
 __ broth, chicken _____
 __ broth, vegetable _____
 __ clams _____
 __ corn, whole kernel _____
 __ corn, creamed _____
 __ chiles, green-whole _____
 __ chiles, green-diced _____
 __ fish - tuna _____
 __ fish - salmon _____
 __ kippers _____
 __ Mandarin oranges _____
 __ meat - ham _____
 __ meat - chicken _____
 __ meat _____
 __ mushrooms _____
 __ olives, black sliced _____
 __ olives, black whole _____
 __ oysters, smoked _____
 __ peaches _____
 __ pears _____

CANNED GOODS

__ peas _____
 __ pineapple _____
 __ pineapple _____
 __ pie filling _____
 __ pumpkin filling _____
 __ sauce, enchilada _____
 __ sauce, spaghetti _____
 __ sauce _____
 __ soup, tomato _____
 __ soup, chicken noodle _____
 __ soup, pea _____
 __ soup, lentil _____
 __ soup, cream/mushrm _____
 __ soup, cream/chicken _____
 __ soup _____
 __ spinach _____
 __ sweet potato/yam _____
 __ tomato paste _____
 __ tomato sauce _____
 __ tomatoes, stewed _____
 __ tomatoes, diced _____
 __ tomatoes _____
 __ water chestnuts _____

CEREALS

__ granola _____
 __ muesli _____
 __ oatmeal _____
 __ hot _____
 __ box _____
 __ box _____
 __ cereal _____

CHEESES

__ bleu/gorgonzola _____
 __ brie _____
 __ cheddar _____
 __ feta _____
 __ gouda _____
 __ jack _____
 __ mozzarella _____
 __ parmesan _____
 __ ricotta _____
 __ swiss _____

CRUMBS / MEALS

__ bread crumbs _____
 __ corn meal _____
 __ graham cracker _____
 __ bran _____
 __ wheat germ _____
 __ polenta _____
 __ masa harina _____

CONDIMENTS

__ catsup _____
 __ mustard, Dijon _____
 __ mustard _____
 __ mayonnaise _____
 __ horseradish _____
 __ soy sauce _____
 __ tamari _____
 __ tahini _____
 __ Worcestershire _____
 __ Tabasco _____
 __ hot (Asian) sauce _____
 __ wasabi _____
 __ black bean sauce _____
 __ oyster sauce _____
 __ capers _____
 __ olives, green _____
 __ pickles, dill _____
 __ pickles, sweet _____
 __ pickle relish _____
 __ hot dog relish _____
 __ salsa _____
 __ peanut butter _____
 __ jam _____
 __ preserves _____

DAIRY (fresh)

__ milk _____
 __ soy milk _____
 __ buttermilk _____
 __ half & half _____
 __ yogurt _____
 __ cottage cheese _____
 __ sour cream _____
 __ cream cheese _____
 __ whipping cream _____
 __ eggs _____
 __ butter _____
 __ margarine _____
 __ tofu _____

FLOURS

__ white, all-purpose _____
 __ white, self-rising _____
 __ whole wheat _____
 __ cake _____
 __ breadmaking _____
 __ rice _____
 __ specialty _____

SUGARS

__ white _____
 __ brown _____
 __ powdered/icing _____
 __ honey _____
 __ corn syrup _____
 __ maple syrup _____
 __ molasses _____

FRESH FRUIT

__ apples _____
 __ apricots _____
 __ bananas _____
 __ blackberries _____
 __ blueberries _____
 __ canteloup _____
 __ cherries _____
 __ grapes _____
 __ kiwi fruit _____
 __ lemons _____
 __ limes _____
 __ mangoes _____
 __ melons _____
 __ oranges _____
 __ papaya _____
 __ peaches _____
 __ pears _____
 __ pineapple _____
 __ plums _____
 __ raspberries _____
 __ rhubarb _____
 __ strawberries _____
 __ watermelon _____

FRESH VEGGIES

__ artichoke _____
 __ arugula _____
 __ asparagus _____
 __ avocado _____
 __ bean sprouts _____
 __ beets _____
 __ broccoli _____
 __ brussel sprouts _____
 __ cabbage _____
 __ cauliflower _____
 __ celery _____
 __ chiles _____
 __ chives _____
 __ corn _____
 __ cucumbers _____
 __ eggplant _____
 __ garlic _____
 __ green beans _____
 __ green/bell pepper _____
 __ leeks _____
 __ lettuce _____
 __ mushrooms _____
 __ onions, green _____
 __ onions, yellow _____
 __ onions _____
 __ potatoes (russet) _____
 __ potatoes (sweet) _____
 __ red peppers _____
 __ shallots _____
 __ snow peas _____
 __ spinach _____
 __ sprouts _____
 __ squash, summer _____
 __ squash, winter _____
 __ squash _____

FRESH VEGGIES

__ tomatoes _____
 __ tomatoes, cherry _____
 __ zucchini _____

FRESH EXOTIC

__ breadfruit _____
 __ coconut _____
 __ lychees _____
 __ plantains _____
 __ taro _____

FRESH HERBS

__ basil _____
 __ chives _____
 __ cilantro _____
 __ dill _____
 __ fennel _____
 __ ginger root _____
 __ lemon grass _____
 __ marjoram _____
 __ mint _____
 __ oregano _____
 __ parsley _____
 __ rosemary _____
 __ sage _____
 __ tarragon _____
 __ thyme _____

FROZEN

__ ice _____
 __ ice cream _____
 __ Cool Whip _____
 __ peas _____
 __ spinach _____
 __ mixed veggies _____
 __ veggie _____
 __ fruit _____

INSTANT / PRE-MIX

__ powdered milk _____
 __ buttermilk powder _____
 __ egg powder _____
 __ cake _____
 __ dessert _____
 __ Bisquick _____
 __ pudding _____
 __ Jell-O _____
 __ Knox gelatin _____
 __ potatoes, mashed _____
 __ rice _____
 __ taco seasoning _____
 __ enchilada sauce _____
 __ gravy _____
 __ dips _____
 __ dressings _____
 __ Good Season. Italian _____
 __ Tomato Cup-a-Soup _____
 __ soup _____
 __ broth _____
 __ coffee, instant _____

MEAT
 ___ *BEEF*, ground
 ___ beef, steak
 ___ beef, roast
 ___ beef _____
 ___ hot dogs

___ *CHICKEN*, whole
 ___ chicken, cut up
 ___ chicken, boneless
 ___ chicken _____
 ___ chicken, sausage

___ *FISH*, whole _____
 ___ fish _____
 ___ prawns/shrimp
 ___ scallops
 ___ calamari
 ___ crab
 ___ clams/mussels

___ *TURKEY*, whole
 ___ turkey, ground
 ___ turkey, breasts
 ___ turkey, bacon
 ___ turkey, boneless roast

___ *PORK*, roast
 ___ pork chops
 ___ pork tenderloin
 ___ spare ribs
 ___ sausage
 ___ bacon
 ___ ham

___ *LAMB*, leg
 ___ lamb chops
 ___ lamb for stew
 ___ veal

___ *DELI*, misc
 ___ salami
 ___ pastrami
 ___ pepperoni
 ___ prosciutto
 ___ turkey slices
 ___ ham slices
 ___ bologna

NUTS, SEEDS & DRIED FRUITS
 ___ almonds _____
 ___ cashews
 ___ filberts
 ___ macadamia
 ___ peanuts
 ___ pecans _____
 ___ walnuts _____
 ___ pine nuts
 ___ poppy seeds
 ___ sesame seeds

NUTS, SEEDS & DRIED FRUITS
 ___ sunflower seeds
 ___ pumpkin seeds
 ___ sprout seeds
 ___ raisins
 ___ cranberries
 ___ currants
 ___ dates
 ___ dried apricots
 ___ dried fruit mix
 ___ dried tomatoes
 ___ dried mushrooms
 ___ dried peppers

OILS & FATS
 ___ olive oil
 ___ vegetable oil
 ___ canola oil
 ___ peanut oil
 ___ sesame oil
 ___ hot Asian oil (chili)
 ___ PAM/cooking spray
 ___ Crisco/lard
 ___ butter (canned)

PASTAS
 ___ shapes _____
 ___ spaghetti
 ___ flat/wide
 ___ spiral
 ___ lasagna
 ___ tortellini
 ___ ravioli
 ___ ramen/saimin
 ___ couscous

RICE & GRAINS
 ___ white rice
 ___ brown rice
 ___ wild rice
 ___ basmati rice
 ___ bulgur
 ___ risotto
 ___ quinoa

SNACKS & MISC.
 ___ crackers, saltine
 ___ crackers, graham
 ___ goldfish
 ___ biscuits
 ___ cookies _____
 ___ popcorn
 ___ candy _____
 ___ gum _____
 ___ power bars _____
 ___ snack bars _____
 ___ potato chips
 ___ tortilla chips
 ___ chips _____

SNACKS
 ___ pretzels
 ___ Wheat Thins
 ___ Triscuits
 ___ breath mints

SPICES
 ___ salt
 ___ pepper, black
 ___ pepper, white
 ___ peppercorns
 ___ garlic powder
 ___ garlic salt
 ___ onion salt
 ___ celery salt

 ___ allspice
 ___ arrowroot
 ___ basil
 ___ Cajun mix
 ___ cardamon
 ___ cayenne pepper
 ___ cinnamon
 ___ cinnamon stick
 ___ cloves _____
 ___ coriander
 ___ cream of tartar
 ___ cumin
 ___ curry
 ___ dill
 ___ fennel
 ___ fenugreek
 ___ ginger
 ___ Italian herb mix
 ___ marjoram
 ___ mustard (dried)
 ___ nutmeg _____
 ___ orange peel
 ___ oregano
 ___ paprika
 ___ rosemary
 ___ red chile pepper
 ___ sage
 ___ tarragon
 ___ thyme
 ___ turmeric
 ___ saffron
 ___ vanilla bean
 ___ vanilla flavoring
 ___ almond flavoring
 ___ flavoring _____

VINEGARS
 ___ cider
 ___ white
 ___ white wine
 ___ red wine
 ___ balsamic
 ___ rice wine

NON-FOOD ITEMS
 ___ paper towels
 ___ toilet paper
 ___ napkins
 ___ kleenex
 ___ paper plates
 ___ plastic utensils
 ___ toothpicks
 ___ matches

___ tin foil
 ___ wax paper
 ___ parchment paper
 ___ cheese cloth
 ___ Ziplock bags _____
 ___ garbage bags
 ___ charcoal
 ___ lamp oil
 ___ batteries _____

___ dish soap
 ___ sponges
 ___ laundry soap
 ___ bleach
 ___ ammonia
 ___ Comet (cleanser)
 ___ Glass Plus/Windex
 ___ Simple Green
 ___ Murphy's Wood Soap
 ___ Lemon oil

TOILETRIES
 ___ soap _____
 ___ shampoo
 ___ conditioner
 ___ No More Tangles
 ___ toothpaste
 ___ toothbrush
 ___ mouthwash
 ___ lotion
 ___ deodorant
 ___ razors/blades
 ___ shaving cream
 ___ tampons
 ___ sunscreen
 ___ baby oil (creamy)
 ___ chapstick/Carmex
 ___ vaseline
 ___ nail polish
 ___ Q-tips

MEDICINES & SUPPLEMENTS
 ___ aspirin
 ___ Exedrin PM
 ___ ibuprofen (Advil)
 ___ Aleve
 ___ cold/cough/flu
 ___ seasick/motion sick
 ___ eyes _____
 ___ ears _____
 ___ skin _____

MEDICINES & SUPPLEMENTS
 ___ Vitamin A
 ___ Vitamin B _____
 ___ Vitamin C
 ___ Vitamin E
 ___ multi-vitamins
 ___ calcium supplements
 ___ antibacterial ointment
 ___ antibacterial soap
 ___ sunburn relief
 ___ bandaids
 ___ rubbing alcohol

ADDITIONAL ITEMS

WEEKLY MEAL PLAN

1.
2.
3.
4.
5.
6.
7.
8.