

**Produce:**

- Strawberries
- Blueberries
- Pears
- Nectarines
- Peaches
- Cherries
- Kiwi
- Apples       Honeydew
- Grapefruit    Watermelon
- Plums         Cantaloupe
- Bananas (x \_\_\_\_)
  
- Cilantro       Mushrooms
- Parsley       Portabellas
- Radishes
- Celery
- Broccoli
- Cauliflower    Cabbage
- Carrots
- Endive
- Tomatoes
- Kale
- Avocados
- Ginger
- Garlic
- Asparagus
- Green Onion
- White Onions
- Red Onions
- Sweet Onions
- Shallots
- White Potato
- Sweet Potato
- Yam
- Squash

**Specialty Rack:**

- GF Brown Rice Tortillas
- Ketchup       Ground Flax Seed
- Mayo
- Mustard:
  - Yellow
  - Dijon
- Artichoke Hearts
- Palm Hearts
- Pepperchinis
- Sardines in Olive Oil/Oysters
- Canned Green or Black Olives

**Dairy:**

- Milk             Kiefer
- Chocolate Milk
- Almond Milk
- Yogurt         Soy Yogurt
- Sour Cream
- Cottage Cheese
- Eggs
- Orange Juice
- Pom Juice
- Acai

**Bulk Foods:**

- Variety Nuts
- Brazil Nuts
- Sliced Almond
- Whole Almonds
- Millet         Raisins
- Gogi Berries  Beans:
- Walnuts       \_\_\_\_\_
- Pepitas       \_\_\_\_\_
- Dried Cranberries
- Sunflower Seeds
- Honey
- Agave Nectar
- Molasses     Sauerkraut

**Cereal/Juices:**

- Cherry Juice    Canned Fruit
- Vegetable Juice  Dried Prunes
- Lemon Juice    Lime Juice
- Salsa

**Specialty Isle:**

- Rice Cakes     Tahini
- Chocolate Bar
- Peanut Butter
- Almond Butter
- Cashew Butter
  
- GF Pasta       Short Grain
- Pasta Sauce    Brown Rice
- Parmesan      Specialty Rice
- Salad Dressing
- Rice Vinegar    Quinoa
- Apple Cider Vinegar
- Hot Sauce      Canned Beans
- Specialty Salt

- Spices: \_\_\_\_\_
- Seaweed
- Olive Oil       Spray Oil

**Meat Case/Deli/Seafood:**

- Steak             Chicken
- Pork             Lamb
- Hamburger
- Bison (ground or steak)
- Turkey
- Specialty Meat: \_\_\_\_\_
- Salmon
- Specialty Fish: \_\_\_\_\_

**Deli Meats:**

- Turkey         Beef
- Chicken

**Bakery and Specialty Cheeses:**

- GF Bread (white or wheat)
- GF Bagels
- GF Rice Crackers/Crackers
- GF Rolled Oats or Steel Cut Oats
- Olives from Olive Bar

**Cheese:**

- Sliced: \_\_\_\_\_
- Block: \_\_\_\_\_
- Shredded Mozzarella
- Shredded Cheddar

**Beverages:**

- Tea (decaf)     Fizzy Water
- Coffee (decaf)  Kombucha

**Frozen Foods:**

- Frozen Fruit: Berries
- Frozen Vegetables: Potatoes or Spinach

**Nutritional/Supplements/Household:**

- Body Soap       Sports Bars
- Chia Seed       Probiotic
- Rice Protein: Vanilla or Chocolate
- \_\_\_\_\_
- \_\_\_\_\_