

GROCERIES

VEGETABLES

- BROCCOLI
- BRUSSELS SPROUTS
- CAULIFLOWER
- BOK CHOY
- CABBAGE
- WATERCRESS
- RADICCHIO
- CELERY
- ONIONS
- LEEKs
- CHIVES
- SCALLIONS
- CARROTS
- ARTICHOKES
- BEETS
- RADISHES
- ASPARAGUS
- GARLIC
- CUCUMBER
- TOMATOES

LEAFY GREENS

- ROMAINE
- RED/GREEN LEAF
- LETTUCE
- MASCULINE
- ARUGULA
- SPINACH
- ENDIVE
- KALE
- COLLARDS
- SWISS CHARD
- DANDELION
- BUTTER LETTUCE
- FENNEL
- ESCAROLE
- MUSTARD GREEN
- SEA WEED

OTHER \_\_\_\_\_  
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 \_\_\_\_\_  
 \_\_\_\_\_  
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FRUITS

- AVOCADOS
- BANANAS
- BLUEBERRIES
- BLACKBERRIES
- CRANBERRIES
- STRAWBERRIES
- CHERRIES
- PEARS
- POMEGRANATES
- KIWIS
- APPLES
- LEMON
- LIME
- PASSION FRUIT
- APRICOTS
- ORANGES
- GRAPEFRUIT
- MELON
- WATERMELON
- OTHER \_\_\_\_\_

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VEGAN

- VEGGIE PATTIES
- TOFU
- TEMPEH

OTHER \_\_\_\_\_

FLOURS

- ALL PURPOSE
- WHOLE WHEAT
- PASTRY
- COCONUT
- ALMOND
- ARROWROOT

OTHER \_\_\_\_\_  
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 \_\_\_\_\_  
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HERBS & SPICES

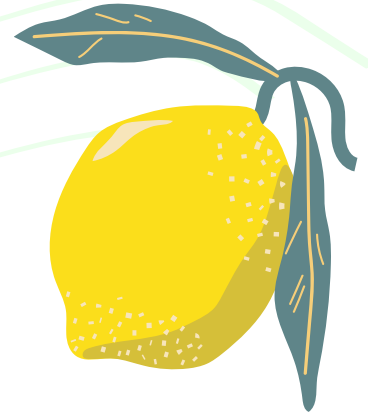
- BASIL
- OREGANO
- TERREGON
- THYME
- ROSEMARY
- PARSLEY
- MINT
- TALIAN SEASONING
- SALT
- BLACK PEPPER
- GARLIC POWDER
- ONION POWDER
- GINGER
- RED PEPPER
- CINNAMON
- CAYENNE PEPPER
- CUMIN
- NUTMEG
- PAPRIKA
- TURMERIC
- CURRY
- CHILLI POWDER
- OTHER \_\_\_\_\_

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CARBS

- BREAD
- POTATOES
- SWEET POTATOES
- BEANS
- PASTA
- LENTILS
- WILD RICE
- RICE
- YAM
- SQUASH
- PUMPKINS
- QUINOA
- GREEN BANANA
- PLANTAIN

OTHER \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
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FISH

- WHITE
- FRESH WATER BASS
- ALASKIAN HALIBUT
- TUNA
- HAWAIIAN FISH
- SHRIMP
- CRAB
- LOBSTER
- SCALLOPS
- CALAMARI
- CLAMS
- OYSTERS
- MUSSELS
- SARDINES
- ANCHOVIES

BOWTIE

- CHICKEN
- CHICKEN LIVER
- TURKEY
- TURKEY BACON
- CORNISH HEN
- DUCK
- EGGS

MEAT

- BEEF:
- GROUND
- STEAK
- ROAST
- BACON
- PORK
- LAMB
- GOAT
- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Dairy

- MILK
- CREAM
- CHEESE
- YOGURT
- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

pantry

- CANNED FISH
- CANNED MEAT
- TOMATO SAUCE
- TOMATO PASTE
- CRACKERS
- OLIVES
- PICKELS
- KIMCHI
- JAM
- NUT BUTTER
- MAYONNAISE
- MUSTARD
- RELISH
- KETCHUP
- BBQ SAUCE
- HOT SAUCE
- SALAD DRESSING
- SALT
- HONEY
- SUGAR

vinegar

- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

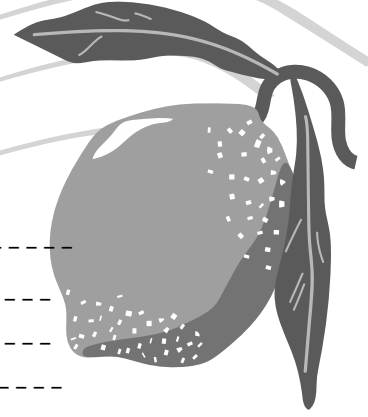
NUTS & SEEDS

- MACADAMIA
- WALNUTS
- PISTACHIOS
- PECANS
- COCONUTS
- HAZEL
- CHESTNUTS
- BRAZIL
- PINE
- FLAX
- HEMP
- ALMONDS
- NUT MILK:\_\_\_\_\_

- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

OILS

- OLIVE
- COCONUT
- VEGETABLE
- PEANUT
- MCT
- AVACADO
- SESAME
- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



BEVERAGES

- COFFEE
- TEA
- SODA
- WATER
- WINE
- BEER
- SPIRITS
- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Cleaning supplies

- LAUNDRY DETERGENT
- DISHWASHER DETERGENT
- DISH DETERGENT
- ALL PURPOSE CLEANER
- BLEACH
- TOILETTE BOWL CLEANER

GLASS cleaner

- OTHER\_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

