

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Deli Area:

- Cheese _____
- Meats (? Lunches)
- _____
- _____

Dressings/Condiments/Rice/
Salsa

- _____
- _____
- _____

Organics:

- Froz? _____
- Sweet: _____
- _____
- _____
- _____
- _____

Pasta/Beans/Stock/Savory

- _____
- _____
- _____

Flour/Baking/Spices/Stock/S
avory

- _____
- _____
- _____
- _____

Coffee/Pasta/Tea/Cookies

- Aisle:
- Applesauce – unsweetened
 - _____
 - _____
 - _____

Chicken/Meat

- _____
 - _____
- Cereal
- _____
 - _____

Frozen:

- Veggies

- Berries?
- Ice Cream/Cold Treat?
- Quik entrees?
- _____
- _____

Cold Wall/Hummus:

- Hummus
- OJ
- _____
- _____

Paper/Plastic:

- _____
- _____
- _____

Dairy:

- Organic Low Fat # ____
- Eggs Organic
- Yogurt
- Butter _____
- _____

Beer ?Wine:

- _____

Bread

- Loaf of Brownish bread
- _____
- _____

Other:

- _____
- _____
- _____
- _____
- _____
- _____

Fruit:

- Bananas
- Apples
- Berries (seasonal)
- Citrus (lemon/lime/oranges)
- _____
- _____

Vegetables/Herbs:

- Lettuce or Spinach?
- Carrots?
- Mushrooms?
- Tomato?
- Onion ?
- Other Green?:
- Herbs:
- _____
- _____
- _____