

<b>Monday</b>	
<b>Tuesday</b>	
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	

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:
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_