

Smart Shopping List

Circle what you need:

Breads/Grains -----

Bread	Cereal	Rice
Pasta	Oatmeal	Buns
Muffins	Crackers	Tortillas
Bagels	Grits	Waffles
Pretzels	Popcorn	Graham
Crackers		

Fruits -----

Bananas	Oranges	Strawberries
Apples	Applesauce	Kiwi
Apricots	Grapefruit	Blueberries
Grapes	Raspberries	Pineapple
Peaches	Pears	Cantaloupe
Mango	Plums	Watermelon
Raisins	Nectarines	Tangerines

Vegetables -----

Corn	Broccoli	Carrots
Potatoes	Green Beans	Cucumbers
Kale	Collards	Spinach
Peas	Lima Beans	Tomatoes
Squash	Cauliflower	

Dairy -----

Milk	Cottage Cheese	Yogurt
Cheese	pudding	Ice Cream

Meats/Beans/Eggs -----

Chicken	Turkey	Black Beans
Beef	Hamburgers	Navy Beans
Pork	Eggs	Pinto Beans
Ham	Fish	Peanut Butter



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