

# GROCERY LIST

## Grocery

- Cereal
- Granola
- Cookies
- Rice Cakes
- Sugar
- Baking Chocolate
- Morsels
- Baking Soda
- Oil
- Olive Oil
- Coconut Oil
- Tuna
- Relish
- Tomato Paste
- Tomato Sauce
- Crushed Tomatoes
- Spaghetti
- Macaroni
- Mayonnaise
- Bbcue Sauce
- Salsa
- Tamari
- Broth
- Relish
- Red Wine Vinegar
- Rice Wine Vinegar
- Balsamic
- Vinegar
- Fruit Jam
- Apricot Jam
- Peach Jam
- Peanut Butter
- Coffee Filters
- Decaf
- Caf
- Tea
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## Produce

- Apples
- Nectarines
- Lemons
- Oranges
- Limes
- Grapefruit
- Papaya
- Mango
- Lettuce
- Carrots
- Onion
- Garlic
- Cucumber
- Radish
- Leek
- Fennel
- Ginger
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## Baking

- Vanilla Extract
- Almond Extract
- Mint Extract
- Oat Flour
- Maple Syrup
- Honey
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## Meat/Seafood

- Lamb
- Chicken
- Ground Beef
- Pork
- Sausage
- Shrimp
- Fish
- Turkey
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## Bulk

- Coconut
- Sugar
- Brazil Nuts
- Walnuts
- Almonds
- Cashews
- Cranberries
- Raisins
- Jasmine Rice
- Arborio Rice
- Quinoa
- Lentils
- Pumpkin seeds
- Flax Seed
- Chia Seeds
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## Bulk Spices

- Cinnamon
- Cumin
- Coriander
- Fennel
- Garlic Powder
- Peppercorns
- Sesame Seeds
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## Dairy

- Milk
- Cream
- Cream Cheese
- Cheese
- Yogurt Starter
- Butter
- Earth Balance
- Lunch Meat
- Eggs
- Bread
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## Body

- Soap
- Shampoo
- Tooth Paste
- Dental Floss
- Deodorant
- Alcohol
- Band-aids
- Neosporin
- Pain Reliever
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## Household Items

- Laundry Detergent
- Dish Detergent
- Dish Tabs
- Bleach
- Starch
- Toilet Paper
- Tissues
- Paper Towels
- Parchment
- Aluminum Foil
- Wax Paper
- Lg Baggies
- Small Baggies
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## Frozen

- Ice Cream
- Muffins
- Strawberries
- Blueberries
- Peas
- Bagels
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