CITY MARKET NORTH

1. ___ frozen veggies, fruit
___ frozen juice
___ frozen potatoes
___ frozen GF bread/waffles

2. ___ ice cream
___ frozen GF pizza

3. ___ lunch meat
___ bacon/bkfst sausage
___ hot dogs
___ beer/alcoholic bev

4. ___ bottled beverages
___ soda water/soda

5. ___ potato/tortilla chips
___ popcorn
___ snack nuts
___ juice
___ almond/DF milk

6. ___ cookies, crackers
___ peanut butter/jelly
___ honey
___ pudding
___ candy
___ granola/sports bars

7. ___ hot/cold cereal
___ maple syrup
___ GF flour/mixes
___ sugar/salt/spices
___ oil

8. ___ coffee/tea/cocoa
___ canned fruit
___ canned veggies
___ canned fish
___ soup/broth
___ mac and cheese

9. ___ pasta/sauce
___ Latin foods
___ Asian foods
___ beans/rice
___ mustard/ketchup/mayo
___ pickles/olives
___ vinegars/salad dressing

10. ___ seasonal/books/mags
___ cards
___ candles

11. ___ pet/lights/office/school

12. ___ foils/wraps
___ ziplock bags/containers
___ cleaning supplies
___ deterg/softener/bleach
___ trash bags
___ kitchen ware

13. ___ napkins/paper towels
___ TP
___ Kleenex
___ baby needs/diapers

14. ___ vitamins/cough/cold
___ first aid
___ GasX or meds

15. ___ soap/lotion/suntan lotion
___ cosmetics
___ deodorant/shaving

16. ___ toothpaste/picks/m.wash
___ shampoo/hair spray
___ feminine products

DAIRY

___ milk
___ butter/DF butter
___ yogurt/DF yogurt
___ DF cheese
___ eggs
___ cheese/shredded cheese
___ cream cheese
___ orange juice, grapefruit juice

TORTILLA WALL

___ corn or flour tortillas

MEATS

___ beef
___ pork
___ chicken
___ turkey
___ seafood
___ sausage

PRODUCE

___ garlic
___ onions
___ red onions
___ potatoes
___ tomatoes
___ zucchini
___ cucumbers
___ peppers
___ carrots
___ celery
___ broccoli
___ spinach
___ cabbage
___ kale/chard
___ mushrooms
___ lettuce
___ apples
___ pears
___ bananas
___ grapes
___ berries
___ limes/lemons
___ herbs: _____
___ _____
___ _____
___ _____
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DELI & BAKERY

___ parmesan, feta cheese
___ hummus
___ bread
___ salami
___ sushi
___ rotisserie chicken/turkey

MISCELLANEOUS

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