

Grocery List



Friday, July 17, 2020

Fruits & Vegetables

Done	Item	Quantity	Brand
	Oranges		
	Apples	5 pounds	
	Bananas	40 fingers	
	grapes		
	Berries- straw, blue, black, red		
	lemons		
	Lettuce		
	Tomatoes		
	Squash		
	cabbage		
	Celery		
	kale		
	carrots	10 pounds	organic
	spinach		
	Cucumber		
	Mushrooms		

Starch

Done	Item	Quantity	Brand
	White Potatoes		
	Red potatoes		
	Pumpkin		
	White yam		
	Yellow yam		
	sweet potatoes		
	Plantain		
	corn		

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Beans & Peas

Done	Item	Quantity	Brand
	Chick peas		
	Black beans		
	Brown lentils		
	Green split peas		
	red kidney		

Spreads

Done	Item	Quantity	Brand
	Hummus	2	
	nut butter		
	oil spray	2	
	olive oil		
	black strap molasses (unsulphured)		
	non dairy cheese	2	
	tomato sauce		
	pasta sauce		
	Apple sauce		
	coconut cream		

Meat Analog

Done	Item	Quantity	Brand
	Tofu	4 boxes	extra firm

Bread

Done	Item	Quantity	Brand
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Friday, July 17, 2020

Ezekiel	1
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Whole wheat hamburger buns	2 bags
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Pita	
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Grains

Done	Item	Quantity	Brand
	brown rice		
	oats- quick	2	
	oats - old fashion	2	

Frozen

Done	Item	Quantity	Brand
	fruit	2	

Spices and Herbs

Done	Item	Quantity	Brand
	onion powder		
	garlc powder		
	cinnamon powder		
	fresh parsley		
	fresh thyme		
	onions		
	garlic		
	ginger		