

## Grocery List

Produce			Self Care / Hygiene		
QTY	Item	Cost	QTY	Item	Cost
	Broccoli			Shampoo	
	Onions			Body wash	
	Green pepper			Toothpaste	
	Spinach			Dental floss	
	Kale				
	Apples				
	Avocado				
	Sweet Potatoes				
	Garlic		<b>Household</b>		
	Celery		QTY	Item	Cost
	Lemons			Toilet paper	
	Bananas			Paper towels	
				Laundry detergent	
				Dish soap	
				Dish sponges	
Meats / Cheese					
QTY	Item	Cost			
	Chicken Breast				
	Chicken thighs (no bone)				
	Ground turkey		<b>Cold / Frozen</b>		
	Sliced turkey		QTY	Item	Cost
	Beef			Eggs	
				Kashi meals	
				Frozen Blueberries	
				Frozen Raspberries	
				Cauliflower	
Aisles					
QTY	Item	Cost			
	Black beans				
	Chick peas				
	Pasta				
	Rice				
	Quinoa				
	Spaghetti Sauce				
	Vegetable broth		<b>Spices</b>		
	Ezekial Bread		QTY	Item	Cost
				Cumin	
				Oregano	
				Herbs de provance	