

# Grocery List

<b>Fruits</b>	<b>Meat</b>	<b>Canned Foods</b>	<b>Sauces</b>	<b>Personal</b>
Blueberries	Turkey breast		Olive Oil	
Oranges				
Strawberries				
Bananas				
Avocados				
<b>Vegetables</b>			<b>Condiments</b>	<b>Rice</b>
Seaweed				Whole grains
Sweet potatoes				Oatmeal
Red bell peppers	<b>Dairy</b>	<b>Dry/Baking</b>		
Leafy greens	Yogurt		<b>Spices</b>	
	Eggs		Turmeric	
	Fat free milk			
<b>Frozen</b>				<b>Snacks</b>
				Any seeds
	<b>Beverages</b>		<b>Seafood</b>	Any nuts
	Green tea	<b>Pasta</b>	Oysters	Dark chocolate
	Chamomile tea		Salmon	
<b>Baked Goods</b>	Cherry juice			<b>Pet Food</b>
			<b>Baby Food</b>	