

***Stuff to Remember:**

Coupons
Bags
Bulk containers

***Check pantry for:**

oil: about 1 ½ cups
flour: ½ cup
cane sugar: 1 ½ cups
maple syrup: 1 ¼ cup
honey: ¾ cup
brown sugar: about ½ cup
powdered sugar: 2 Tablespoons
vinegar: ¼ cup
soy sauce: 2 Tablespoons
mustard powder, oregano,
cayenne

1. PRODUCE & CHEESE

-apples
-pears
-lime x 2
-lemon
-jalapeno
-bananas x 6
-avocado x 4
-tomato x 6
-onion x 2
-garlic
-lettuce
-red potatoes x 6
-scallions x 7
-carrot x 4
-cucumber
-cheddar cheese
-feta cheese

2. COFFEE & BULK

-Coffee 1 lb.
-unswt chocolate 4 oz.
-brown rice 2 c.
-sunflower seeds
-peanuts 1 c.
-steel cut oats 1 c.
-dried chickpeas 2c.
-raisins
-peanut butter
-pancake mix
-granola
-dried apricots
-popcorn

3. SPICES/H&B/TEA

4. COLD CASE & DRY GOODS 5a. DAIRY

-tortillas
-eggs
-nori
-silken tofu x 2
-water packed tofu x 2
-pad thai rice noodles
-mac and cheese
-couscous

-butter 1 lb.
-cottage cheese
-milk 1 gallon
-yogurt 32 ounces
-kefir

5. BREAD & CEREAL

-loaf bread
-cereal
-jam
-cookies
-graham sticks

6. FREEZER/SNACKS/DELI

-tortilla chips
-frozen edamame
-frozen mangos
-frozen peas
-olives
-pita bread
-take-and-bake large pizza
-roast chicken