



Grocery Shopping Suggestions

Please include quantities and description (ie. 1% milk, 1lb smoked turkey, 8 Granny Smith Apples)

Dairy/Refrigerator items

Milk:

Creamer:

Cheese

Specialty cheese:

Kids cheese:

Sour Cream:

Cottage Cheese:

Eggs:

Butter:

Yogurt:

Adult:

Kids:

Juice:

Meat, Chicken, Fish

Beef:

Chicken:

Fish:

Breakfast:

Deli:

Condiments

Maple Syrup

Ketchup, Mayo, Mustard:

Dressing:

Honey:

Breads

Sliced:

Rolls:

Crackers:

Frozen Dept

Veggie Burgers:

Veggies:

Pizza:

Ice Cream:

Fruits and Veggies

Fruits:

Veggies:

Crudités Platter:

Drinks

Coffee/Tea:

Seltzer:

Soda:

Juice:

Wine/Beer:

Desserts

Cake/Pie:

Ice Cream:

Cookies:

Client Name: _____

Cell Phone: _____