



Food Rituals - Shopping List

Deli

- Lunch meat
- Sliced cheese
- Shredded Cheese
- Feta cheese
- Breakfast sausage
- _____
- _____

Produce Veggies

- Lettuce
- Spinach
- Carrots
- Celery
- Peppers
- Cucumbers
- Cherry Tomatoes
- Roma/ Capi Tomatoes
- Asparagus
- Zucchini
- _____
- _____

Produce Fruit

- Apples / Pears
- Bananas
- Berries
- Grapes
- Kiwi
- Oranges
- Peaches / Plums
- _____
- _____

Meat

- Ground Meat
- Steak/Chops
- Chicken
- _____
- _____

Dairy/ Eggs

- Eggs
- Boiled eggs
- Milk
- Yogurt
- Cottage cheese
- _____
- _____

Frozen

- Waffles
- Breakfast Sandwich
- Fruit _____
- Veggies _____
- _____
- _____

Dry Goods/ Pantry

- Canned Veggies
- Bone Broth
- Condiments
- Bread/Tortillas/Buns
- Cereal
- Nut Butter
- Syrup/Honey/Jam
- Spray oil
- RTE Snacks
- _____
- _____

Beverages

- Bottled Water
- Fizzy Water
- Coconut Water
- Tea
- Coffee
- _____
- _____

Paper Products

- Napkins
- Paper towels
- TP
- Plastic baggies
- Aluminum Foil
- Parchment Paper
- _____
- _____

Cleaning Products

- Dish soap
- Dishwasher detergent
- Laundry Detergent
- Pin Sol
- Toilet Cleaner
- Scrubbers
- Refills
- _____
- _____

Health & Hygiene

- Toothpaste
- Toothbrush
- Vitamins
- Deodorant
- Shower Soap
- Bar Soap
- Hand Soap
- _____
- _____