Whole Foods Shopping List Guide

DATE:_____

Salad Fixings
Fruit
Potaotoes
Onions
365 Baked Thin Wheats
Paul Newman Cookies
Whetabix Organic Cereal
Kellogg's All Bran
Quaker Oats - 3 Minute
Whole Grain Toasted Os
Maple Syrup - Grade B
Tuna Fish
365 Mayonnaise
Caesar Dressing-Newman's
Family Italian Dressing-Newman's
Balsamic Vinaigrette-Neman's
Whole Wheat Pasta-DeCecco
Muir Glen Garden Vegetables
Tomato Sauce
Taco Shells
Taco Seasoning
Macaroni & Cheese
Beans - 365 Canned
Refried Beans
Baked Beans - 365 Organic
Organic Soup Broths
Knudsen Juices
Very Veggie - Low Sodium
Tea
Coffee
Canola Oil

Olive Oil
Other Oils
Flour - Arrowhead Mills
Flex Straws
Aluminum Foil
Ziploc Bags
Wax Paper
Saran Wrap
7th Gen. Kitchen Bags
7th Gen. Napkins
7th Gen. Paper Towels
7th Gen. Diswasher Detergent

MEATS

Hamburg
Chicken
Pork Roast
Sausages
Applegate Beef Hot Dogs
Bacon - Wellshire Dry rubbed
Ham

DAIRY

Low-Fat Plain Yogurt-Stonyfield
Low-Fat Vanilla Yogurt-Stonyfield
2% Milk
Fat Free Milk
OJ with Vit. D - Not from Concntrate
Eggs - X-Large Omega 3
Butter

FROZEN	**Additional Items and Notes**
Morningstar Sausage Pattys	
Bell & Evans Chicken	
Amy's Burritos	
Cheese Tortellini	
Mango	
Raspberry	
Strawberry	
Vegetables	
END	
P'Nut Butter Smooth/ Crunchy	
Oat Nut Bread	
Tortillas	
Wraps	
Hot Dog Rolls	
Hamburger Rolls	
Tabouli	
Hummus-Tahini	
Deli Turkey	
Deli Ham - Honey	
Grated Parmesan	
Mozarella	
Bagels - Raisin Cinnamon	
Bagels - Whole Wheat	
Kalamata Olives	