

SHOPPING LIST

STAPLES:

- Cooking Spray, canola oil, or extra virgin olive oil
- Shortening or coconut oil
- Sugar, stevia, or honey
- Self-rising flour, or plain flour, and baking power
- Baking Soda
- Corn Starch
- Pasta
- Rice
- Canned tomatoes: diced & pureed
- Tomato Sauce and Paste
- Canned Beans
- Canned Peas
- Chicken or vegetable stock
- Canned fruits
- Apple Cider Vinegar
- Peanut or almond butter
- Cocoa Powder
- Black Pepper and Iodized Salt
- Spices/Herbs/Flavorings
- Syrup

REFRIGERATOR ITEMS:

- Ketchup
- Mustard
- Mayonnaise
- Salad Dressings
- Jams & Jellies
- Butter or Margarine
- Cheese

PAPER GOODS & CLEANING SUPPLIES:

Toilet tissue

Paper Towels

Napkins

Dish Detergent and Dishwasher Detergent

Laundry Detergent

Fabric Softener

A general purpose cleaner

Nylon scrubber (for cleaning pots & pans)

Sponges
