

# My Shopping List - Ideas



Use this page to help you think of ideas for your shopping list.

## Fruits

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apples	kiwi
oranges	mangoes
bananas	cantaloupe
grapes	raspberries
pears	honeydew
peaches	pineapple
strawberries	
blueberries	
watermelon	

## Vegetables

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corn	snow peas
carrots	celery
potatoes	peppers
green beans	
cucumbers	
lettuce	
broccoli	
cauliflower	
squash	

## Meats & Protein

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ham	tofu
eggs	edamame
pork	black beans
beef	chickpeas
fish	nuts
turkey	nut butter
chicken	
tuna	
shrimp	

## Grains

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bread  
bagels  
cereal  
oatmeal  
macaroni  
spaghetti  
tortillas  
rice  
quinoa

## Dairy

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milk  
cheese  
yogurt  
butter  
sour cream  
kefir

## Snacks

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crackers  
pretzels  
trail mix  
applesauce  
popcorn