

# Weekly Grocery Purchases: (store)

4/8/23

<input checked="" type="checkbox"/>	Food	Quantity	Brand	Category
<input type="checkbox"/>	Asparagus	Bundle	Fresh	A-Produce Wall
<input type="checkbox"/>	Broccoli Crowns	Medium	Fresh	A-Produce Wall
<input type="checkbox"/>	Brocolini	Bunch	Fresh	A-Produce Wall
<input type="checkbox"/>	Carrots	6	Loose or small pkg.	A-Produce Wall
<input type="checkbox"/>	Celery	Bunch	Fresh/Reg. Or Organic	A-Produce Wall
<input type="checkbox"/>	Green Beans	12 oz. Package	Harris Teeter	A-Produce Wall
<input checked="" type="checkbox"/>	Misc Vegetables	TBD	Fresh	A-Produce Wall
<input type="checkbox"/>	Onions: Green	Bunch	Fresh	A-Produce Wall
<input type="checkbox"/>	Peppers: Red/Orange/Yellow	2 or 3	Fresh	A-Produce Wall
<input type="checkbox"/>	Salad: Greens	Package	Fresh	A-Produce Wall
<input type="checkbox"/>	Brussel Sprouts	Package	Fresh, Halved & Seasoned	B-Produce-Cooler
<input type="checkbox"/>	Herbs: Basil/Thyme/Mint, etc.	.5 oz.	Simple Truth	B-Produce-Cooler
<input type="checkbox"/>	Salad: Sweet Kale	1 or 2 Bags	EatSmart	B-Produce-Cooler
<input checked="" type="checkbox"/>	Salad: Everything; other	1 or 2 Bags	Taylor Farms	B-Produce-Cooler
<input type="checkbox"/>	Mango Juice	52 oz.	Bolthouse	B-Produce-Cooler
<input checked="" type="checkbox"/>	Avocados	2	Fresh	C-Produce Aisle
<input type="checkbox"/>	Garlic: Fresh	1 or 2 heads	Fresh	C-Produce Aisle
<input type="checkbox"/>	Garlic: Minced or Chopped	4.5 oz. Jar	Spice World-Refrigerated	C-Produce Aisle
<input type="checkbox"/>	Nuts: Pecans, Chopped	12 oz. Bag	Simple Truth	C-Produce Aisle
<input type="checkbox"/>	Nuts: Pecans, Whole	12 oz. Bag	Simple Truth	C-Produce Aisle
<input type="checkbox"/>	Nuts: Walnuts, Chopped	12 oz. Bag	Simple Truth	C-Produce Aisle
<input type="checkbox"/>	Onions: Yellow	4	Fresh	C-Produce Aisle
<input type="checkbox"/>	Potatoes: Baking (Russet)	2	Fresh	C-Produce Aisle
<input type="checkbox"/>	Potatoes: Red (Loose or Bag)	5 or 1 Bag	Fresh	C-Produce Aisle
<input type="checkbox"/>	Potatoes: Sweet	2	Loose/Fresh	C-Produce Aisle
<input type="checkbox"/>	Tomatoes: Fresh Cherry	Container	Fresh	C-Produce Aisle
<input checked="" type="checkbox"/>	Apples	2 or 3	Fuji/Gala/Other	D-Fruit-Aisle
<input checked="" type="checkbox"/>	Bananas	2±	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Blackberries	Small Box	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Blueberries	Small or Med Cont	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Grapefruit (Pink or Red)	2	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Lemons	2	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Limes	1 or 2	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Oranges: Navel	2, 4 or 6	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Raspberries	Small Package	Fresh	D-Fruit-Aisle
<input checked="" type="checkbox"/>	Strawberries	Quart	Fresh	D-Fruit-Aisle
<input type="checkbox"/>	Cheese: Munster	Package	Boors Head	E-Deli
<input type="checkbox"/>	Cheese: Parmesan Grated	5 oz.	Stella/Private Selec.	E-Deli
<input type="checkbox"/>	Cheese: Pecorino Romano	8 oz.	Locatelli, Grated	E-Deli
<input type="checkbox"/>	Chicken Rotisserie	1	Plain	E-Deli
<input checked="" type="checkbox"/>	Club Rolls	4 Pack	HT	E-Deli
<input type="checkbox"/>	Deli Meat (Presliced)	Small Pkg.	Boors Head	E-Deli
<input type="checkbox"/>	Ham off the Bone	6 slices	Deli-HT or Boors Head	E-Deli
<input type="checkbox"/>	Hummus	10 oz.	Boars Head	E-Deli
<input type="checkbox"/>	Beef: Ground (80/20 or 85/15%)	1 or 2 lbs.	HT or other	F-Meat
<input type="checkbox"/>	Chicken Breast	Thin Sliced	HT or other	F-Meat
<input type="checkbox"/>	Chicken Thighs	6 Pkg w/o skin	HT or other	F-Meat

<input type="checkbox"/>	Meat Loaf Mix	1± lb.	Strauss	F-Meat
<input type="checkbox"/>	Turkey: Ground (93/7%)	1± lb.	HT or other	F-Meat
<input type="checkbox"/>	Beer	15: 12 oz. Cans	Blue Moon	G-Beer
<input type="checkbox"/>	Capers	Small Bottle	NA	1-Condiments
<input type="checkbox"/>	Ketchup	20 oz. Bottle	Heinz	1-Condiments
<input type="checkbox"/>	Mayonnaise	30 oz.	Hellman's Real	1-Condiments
<input type="checkbox"/>	Mustard: Stone Ground	10 oz. Cont.	Inglehoffer	1-Condiments
<input type="checkbox"/>	Olives: Black, Sliced	2.25 oz. Can	Mario's	1-Condiments
<input type="checkbox"/>	Olives: Green Pimiento Stuffed	5.75 oz.	Pearls by Musco Family	1-Condiments
<input type="checkbox"/>	Pickles: Bread & Butter Chips	24 oz. Jar	Mt. Olive	1-Condiments
<input type="checkbox"/>	Salad Dressing: Sweet Val Onion	16 oz. Bottle	Ken's Lite	1-Condiments
<input type="checkbox"/>	Beans: Refried, Fat Free	16 oz.	Old ElPaso	1-International
<input type="checkbox"/>	Chiles: Chopped Green	4.5 oz.	Old ElPaso	1-International
<input type="checkbox"/>	Salsa: Mild	16 oz. Jar	Newman's Own	1-International
<input type="checkbox"/>	Soy Sauce: Low Sodium	10 oz. Bottle	Kikkoman	1-International
<input type="checkbox"/>	Rice: Arborio	32 oz.	RiceSelect	1-Rice
<input type="checkbox"/>	Rice: Basmati	32 oz.	RiceSelect or other	1-Rice
<input type="checkbox"/>	Rice: Brown	2 lb. Bag	Uncle Ben's	1-Rice
<input type="checkbox"/>	Rice: Farro	14 oz.	Earthly Choice	1-Rice
<input type="checkbox"/>	Rice: Risotto, Precooked	8.8 oz.	Simple Truth	1-Rice
<input type="checkbox"/>	Cherries: Canned Dark Sweet	15 oz.	Oregon	2-Canned Fruit
<input type="checkbox"/>	Cherries: Marachino	Small Bottle	HT	2-Canned Fruit
<input type="checkbox"/>	Pineapple: Canned	8 oz.	Dole	2-Canned Fruit
<input type="checkbox"/>	Chicken Breast: White Chunk	2: 12.5 oz. Cans	Swanson	2-Canned Meat
<input type="checkbox"/>	Clam Juice	Med Bottle	Misc	2-Canned Meat
<input type="checkbox"/>	Tuna: Solid White, in Water	2: 5 oz. Cans	StarKist Wild Caught	2-Canned Meat
<input type="checkbox"/>	Beans: Kidney	14.5 oz.	Bushes Lower Sodium	2-Canned Veggies.
<input type="checkbox"/>	Beans: Pinto	14.5 oz.	Bushes Lower Sodium	2-Canned Veggies.
<input type="checkbox"/>	Veg-All	15 oz. Can	Veg-All	2-Canned Veggies.
<input type="checkbox"/>	Elbow Macaroni	1 lb. Box	Barilla	2-Pasta
<input type="checkbox"/>	Noodles: Broad Ribbons	12 oz. Bag	Mueller's or HT	2-Pasta
<input type="checkbox"/>	Tomato Paste	6 oz. Can	Hunts	2-Pasta
<input type="checkbox"/>	Tomato Sauce	8/15/2. Cans	Hunts	2-Pasta
<input type="checkbox"/>	Tomatoes: Crushed	28 oz. Can	Hunts	2-Pasta
<input type="checkbox"/>	Spaghetti: Angel Hair	1 lb. Box	Barilla or Other	2-Pasta
<input type="checkbox"/>	Barley: Quick	11 oz.	Quaker	2-Soups
<input type="checkbox"/>	Beef Broth	10.5 oz.	Campbell's	2-Soups
<input type="checkbox"/>	Beef Stock	32 oz.	Swanson	2-Soups
<input type="checkbox"/>	Chicken Broth (less salt/fat)	14 oz. Can	Swanson	2-Soups
<input type="checkbox"/>	Chicken Stock	32 oz.	Kitchen Basics	2-Soups
<input type="checkbox"/>	Bread: 100% Whole Wheat	16 oz. Loaf	Sarah Lee	3-Bread
<input type="checkbox"/>	Bread: Raisin	18 oz.	Dave's Raisin the Roof	3-Bread
<input type="checkbox"/>	English Muffins (100% whole wh)	Pkg of Six	Thomas	3-Bread
<input type="checkbox"/>	Peanut Butter: Chunky	16 oz.	Smucker's Natural	3-Bread
<input type="checkbox"/>	Rolls: Hamburg (Hawaiian)	Pkg of Eight	Pepperidge Farms	3-Bread
<input type="checkbox"/>	Rolls: Hot Dog	Pkg of Eight	Ball Park	3-Bread
<input checked="" type="checkbox"/>	Cereal	Family Size	Life	3-Cereal
<input type="checkbox"/>	Oatmeal: 1 Minute Oats	18 oz. cont.	Quacker Oats	3-Cereal
<input type="checkbox"/>	Craisins: 50% Less Sugar	8 oz. Pkg.	Ocean Spray	3-Dried Fruit
<input type="checkbox"/>	Dried Apricots	6 oz.	Sunsweet	3-Dried Fruit
<input type="checkbox"/>	Raisins	12 oz. Box	Sun-Maid	3-Dried Fruit

<input type="checkbox"/>	Bacon: Turkey	1± lb.	Oscar Meyer	3x-Meat: Misc
<input type="checkbox"/>	Hot Dogs: Angus Beef	Six	Nathans	3x-Meat: Misc
<input type="checkbox"/>	Kielbasa: Turkey	13 oz. Package	Hillshire Farms	3x-Meat: Misc
<input type="checkbox"/>	Bread Crumbs: Plain	15 oz.	Progresso	4a-Baking
<input type="checkbox"/>	Canola Oil	16 oz.	Crisco	4a-Baking
<input type="checkbox"/>	Choc. Baking Bar: Semi-Sweet	4 oz.	Baker's	4a-Baking
<input type="checkbox"/>	Choc. Baking Bar: Unsweet	4 oz.	Baker's	4a-Baking
<input type="checkbox"/>	Chocolate Chips: Semi-Sweet	12 oz. Bag	Ghirardelli	4a-Baking
<input type="checkbox"/>	Chocolate Chips: White	11 oz. Bag	Ghirardelli	4a-Baking
<input type="checkbox"/>	Cocoa: Unsweetened Powder	8 oz. Cont	Hershey's	4a-Baking
<input type="checkbox"/>	Coconut: Sweetened	7 oz. Bag	HT	4a-Baking
<input type="checkbox"/>	Nuts: Macademia	Small Package	Fisher	4a-Baking
<input type="checkbox"/>	Olive Oil: California Olive Ranch	16.9 oz.	Extra Virgin, Medium	4a-Baking
<input type="checkbox"/>	Baking Powder	4 oz.	Rumford	4b-Baking
<input type="checkbox"/>	Bread Crumbs: Panko Plain	8 oz.	4C	4b-Baking
<input type="checkbox"/>	Corn Starch	16 oz.	Argo	4b-Baking
<input type="checkbox"/>	Gelatin: Unflavored	Small Box	Knox	4b-Baking
<input type="checkbox"/>	Graham Cracker Crumbs	13.5 oz. Box	Kelloggs	4b-Baking
<input type="checkbox"/>	Pudding: Butterscotch	3 oz. Box	Jell-O	4b-Baking
<input type="checkbox"/>	Jello: Black Cherry, etc.	3 oz. Box	Jell-O	4b-Baking
<input type="checkbox"/>	Black Pepper: Grinder	1.24 oz.	McCorminck	4c-Baking
<input type="checkbox"/>	Evaporated Milk	12 oz. Can	Carnation	4c-Baking
<input type="checkbox"/>	Flour: All Purpose	32 oz. Bag	Gold Medal	4c-Baking
<input type="checkbox"/>	Granulated Sugar	2 lb. Bag	Harris Teeter or other	4c-Baking
<input type="checkbox"/>	Sugar: Brown, Light	16 oz. or 32 oz. Bag	Domino	4c-Baking
<input type="checkbox"/>	Sugar: Confectioners	16 oz. Box	Domino	4c-Baking
<input type="checkbox"/>	Sugar: Raw	2 lb. Box	Turbinado Cane Sugar	4c-Baking
<input type="checkbox"/>	Vanilla (Pure)	2 oz. (or larger)	McCormick	4c-Baking
<input type="checkbox"/>	Coffee: French Roast	10 oz. Cont.	Peets or Starbucks	4c-Coffee
<input type="checkbox"/>	Coffee: Med. Decaf-K cups	10	Peet's or Starbucks	4c-Coffee
<input type="checkbox"/>	Cranberry: Cherry, 100%	64 oz.	Ocean Spray	5-Juice
<input type="checkbox"/>	V-8 Juice: Low Sodium	46 oz.	Campbell's	5-Juice
<input type="checkbox"/>	Corn Chips	9-1/4 oz. Bag	Fritos Original	6-Chips
<input type="checkbox"/>	Nut Mix: Omega 3	5.5 oz.	Planters Nutrition	6-Chips
<input checked="" type="checkbox"/>	Potato Chips: Waves	8 oz. Bag	Cape Cod	6-Chips
<input type="checkbox"/>	Wint-O-Green Mints	6 oz. Bag	Cape Cod	6-Chips
<input type="checkbox"/>	Crackers: Club Crisps, etc.	Misc	Kellogg	6-Crackers
<input type="checkbox"/>	Crackers: Multigrain	12.7 oz. Box	Club	6-Crackers
<input type="checkbox"/>	Crackers: Wheat Thins	8.5 oz. Box	Nabisco	6-Crackers
<input type="checkbox"/>	Butter: Regular	16 oz. Box	Land O Lakes (half sticks)	6x-Dairy
<input type="checkbox"/>	Butter: Soft Olive Oil & Sea Salt	7 oz. Tub	Land O Lakes	6x-Dairy
<input type="checkbox"/>	Cheese: Colby Jack	8 oz.	HT	6x-Dairy
<input checked="" type="checkbox"/>	Cheese: Sharp Cheddar Shredder	8 oz.	Harris Teeter	6x-Dairy
<input type="checkbox"/>	Cream Cheese: 1/3 less fat	8 oz.	Kraft or HT	6x-Dairy
<input type="checkbox"/>	Eggs	Dozen-Large	Egglands Best	6x-Dairy
<input type="checkbox"/>	Cashews: Whole (lightly salted)	18 oz.	Planters Deluxe	7-Nuts
<input type="checkbox"/>	Peanuts: Dry Roasted Lite Salt	16 oz. Jar	Planters	7-Nuts
<input type="checkbox"/>	Kleenex: Ultra Soft	4 pk.	Kleenex	7-Paper Products
<input type="checkbox"/>	Napkins	200	Bounty	7-Paper Products
<input type="checkbox"/>	Paper Towels	4 pk.	Bounty	7-Paper Products

<input type="checkbox"/>	Sandwich Bags	90±	Ziplock	7-Paper Products
<input type="checkbox"/>	Toilet Paper: Ultra Soft	6 pk.	Quilted Northern	7-Paper Products
<input type="checkbox"/>	Aluminum Foil: Heavy Duty	75 feet	Reynolds	8-Household
<input type="checkbox"/>	Cleaner: Bathroom (no bleach)	30 oz.	Clorox	8-Household
<input type="checkbox"/>	Cleaner: Clorox Cleanup (w bleac	30 oz.	Clorox	8-Household
<input type="checkbox"/>	Cleaner: Fabuloso	33 oz.	Colgate	8-Household
<input type="checkbox"/>	Dish Soap	20 oz.	Dawn or Palmolive	8-Household
<input type="checkbox"/>	Dishwasher Rinse Aid	8 oz.	Finish	8-Household
<input type="checkbox"/>	Dishwasher Soap (Pods)	11.7 oz. Bag	Cascade	8-Household
<input type="checkbox"/>	Washing Machine Soap (cold)	92 oz.	Tide	8-Household
<input type="checkbox"/>	Wipes: Stainless	30	Weiman	8-Household
<input type="checkbox"/>	Hand Soap: Sea Minerals	10 oz.	Method	9-Household
<input type="checkbox"/>	Tooth Paste: Sensitive Mint	6 oz. Tube	Colgate	9-Cosmetics
<input type="checkbox"/>	Tooth Paste: Total Mint	4.8 oz. Tube	Colgate	9-Cosmetics
<input type="checkbox"/>	Cream: Half & Half	32 oz.	Organic Valley	9x-Dairy
<input checked="" type="checkbox"/>	Milk: 1%	Half-gallon	Harris Teeter	9x-Dairy
<input checked="" type="checkbox"/>	Milk: 2%	Quart	Harris Teeter	9x-Dairy
<input type="checkbox"/>	Cheese: Cottage	2: 5 oz.	Good Culture	10-Dairy
<input type="checkbox"/>	Sour Cream	8 oz. Cont.	Daisy or Breakstone	10-Dairy
<input type="checkbox"/>	Perogies	13 oz. Box	Mrs. T's	10-Frozen Sides
<input type="checkbox"/>	Juice: Orange/Peach/Mango	48 oz.	Dole	11-Cooler Misc
<input checked="" type="checkbox"/>	Juice: Orange	52 oz. Bottle	Harris Teeter Fresh	11-Cooler Misc
<input checked="" type="checkbox"/>	Yogurt: Mango/Blueberry	2 to 4: 5.3 oz. Conts	Chobini	11-Cooler Misc
<input type="checkbox"/>	Corn: Frozen	10 oz. Bag	BirdsEye	11-Cooler Misc
<input type="checkbox"/>	Peas: Frozen	10 oz. Bag	BirdsEye	11-Cooler Misc
<input type="checkbox"/>	Ice Cream	1.5 Quart	Tillimook	11-Cooler Misc
<input type="checkbox"/>	Veggie Griller Burgers	9 oz. Bag	Morning Star	11-Cooler Misc
<input type="checkbox"/>	Ensure: Vanilla, High Protein	8 oz. Six Pack	Abbott	12-Pharmacy
<input type="checkbox"/>	Misc:			

### Notes —

On your computer, create a "Grocery" folder. Put and organize the items below in it.

Make a "Master" grocery document (like above) for each grocery store frequently used.

This list should be items that you buy at least once every few months.

Put an x (in the "x" column), for items that are purchased almost every week.

Arrange the grocery items to be in the sequence you go through the store, separated as above.

Make sure to keep your list to a page width (as above) so it can be printed.

Each week make a copy of the Master document in the Grocery folder. Then print it out.

Put an "x" on line items of the printed copy, as you think of things during the week.

When finished, sort the list over the column "x". Delete the unchecked line items.

Print out the list of needed (checked) items. Put it on a clipboard with a pen, and go shopping.

When in the store, cross off items that are put in your cart (or unavailable).

When in the store, mark up the list for anything to correct the Master.

When home, make any Master corrections, and then print out the full list for next week.

*Rinse, repeat and enjoy!*