



shecooksdesign.com  
so many great recipes!

**PRODUCE/FRESH**

- apples
- artichokes
- asparagus
- bananas
- beans
- blueberries/berries
- broccoli
- brussel sprouts
- cabbage
- carrots
- cauliflower
- celery
- corn
- cucumber
- garlic
- ginger
- grapes
- herbs
- jalapeños
- kiwi
- lemons/limes
- lettuce/greens
- melons
- mushrooms
- onions/purple
- oranges
- peaches
- pears
- peas
- peppers
- pineapple
- potatoes
- raspberreis
- strawberries
- spinach/frozen
- sprouts
- tomatoes

**MEATS/SEAFOOD**

- chicken
- chicken sausage
- pork sausage
- gr. beef/chicken
- ham
- sausage
- pork tenderloin
- ribs
- roast
- salmon
- scallops
- shrimp
- swordfish
- tuna
- turkey
- bones for stock

**DAIRY**

- butter
- cottage cheese
- milk
- buttermilk
- cream cheese
- yogurt/greek
- sour cream
- cheese
- ½ & ½
- heavy cream

**FROZEN**

- burritos
- frozen fruit
- frozen veggies
- ice cream
- orange juice
- lemonade
- waffles

**DELI**

- prosciutto
- goat cheese
- feta
- turkey/chicken
- ham
- canadian bacon
- salami

**FRIDGE**

- eggs
- kimchi
- salad dressing
- soy milk
- tofu
- wontons

**HEALTH & BEAUTY**

- deodorant
- lotion
- shampoo
- conditioner
- bar soap
- toothpaste/brush
- listerine
- razors
- shave cream
- aspirin/motrin
- q-tips

**HOUSEHOLD**

- laundry detergent
- stain remover
- dryer sheets
- dish soap
- dishwasher/rinse
- plastic bags
- light bulbs
- paper towels
- kleenex
- toilet paper
- wraps/foil/saran

**MISC.**

- beer/wine
- candles
- cards
- flowers
- pet food/treats
- water/seltzer

**PANTRY**

- artichokes
- barbeque sauce
- beans
- refried
- kidney
- black
- garbanzo
- boboli/pizza crust
- bread
- bagels/eng. muff
- pita
- cereal
- chips/pretzels
- chocolate
- coffee/decaf/filters
- cookies/crackers
- dried fruit
- flour
- honey
- jelly/jam
- juice
- maple syrup
- mayonnaise
- mustard
- nuts/seeds
- oil/cooking spray
- olive oil
- olives capers
- pasta
- peanut butter
- pizza
- pop
- popcorn
- rice
- salsa
- soup/stock
- spices/herbs
- soy/vinegars
- sugar
- tomatoes
- sauce
- paste
- puree
- whole
- tortillas
- worchest/tabasco
- vinegar

**SHOPPING TIPS:**

- take a quick look in your fridge, freezer, and pantry before you leave for shopping, it might spark an idea for a meal, or just remind you that you need
- don't shop hungry!
- check your store's sales and coupons
- shop seasonally, your food will taste better, promise
- #1 tip: please support our local makers and farmers!



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