

RALPHS

- ___ tomatoes
- ___ avocados
- ___ cucumbers
- ___ celery
- ___ lettuce
- ___ peppers
- ___ squash
- ___ broccol
- ___ onions
- ___ pearl onions
- ___ green onions
- ___ bok choy
- ___ snow peas
- ___ green beans
- ___ mushrooms
- ___ potatoes
- ___ bananas
- ___ apples
- ___ strawberries

- seasonal _____

- ___ butter
- ___ oil/vinegar
- ___ pickles
- ___ salad dressing
- ___ mustard

- ___ sour cream
- ___ plain yogurt
- ___ kid yogurt
- ___ cream
- ___ whipping cream
- ___ milk
- ___ cottage cheese

- ___ cheddar
- ___ swiss
- ___ romano
- ___ cream cheese
- ___ mozzarella
- ___ ricotta
- ___ parmesan

- ___ salami
- ___ lunch meat

- ___ soy sauce
- ___ salsa
- ___ enchilada sauce

- ___ eggs

- ___ black beans
- ___ kidney beans
- ___ corn
- ___ stewed tomatoes
- ___ tomato sauce
- ___ chicken broth
- ___ soup

- ___ tortillas flour/wheat/corn
- ___ rice
- ___ rice mix
- ___ potato mix
- ___ spice packets
- ___ spaghetti sauce
- ___ angel hair
- ___ fettucine
- other _____

- ___ sugar
- ___ spices _____
- ___ baking mix _____

- ___ cereal)
- ___ hot cereal
- ___ bread
- ___ bagels
- ___ crackers
- ___ peanut butter
- ___ hazelnut spread

- ___ junk food for Toby
- ___ pot pies
- ___ ice cream
- ___ frozen juice
- ___ frozen waffles
- ___ frozen peas
- ___ frozen green beans

- ___ fem. supplies
- ___ detergent
- ___ deodorant
- ___ tooth paste
- ___ shampoo/cond
- ___ soap

- ___ pull-ups
- ___ wipes
- other _____

- ___ cleaning supplies:
- ___ toilet paper
- ___ kleenex
- ___ paper towels

- ___ kitty litter
- ___ canned cat food
- ___ dry cat food

- ___ sponges
- ___ tall. garbage bags
- ___ plastic bags
- snack/sand/storage
- ___ tin foil
- ___ plastic wrap

- ___ coffee
- ___ tea
- ___ juice
- ___ drinking wine
- ___ cooking wine
- other _____

- ___ chicken
- thighs/wings/breasts
- ___ pork
- ___ hamburger
- ___ steak
- ___ sausage
- ___ bacon
- other _____

- taco salad
- grilled chicken
- spaghetti
- lasagna
- chili
- stir fry
- meat balls
- potato soup
- sausage and rice
- tamali pie
- fettucine alfredo
- steak & potatoes
- dad's chicken wings
- tortilla soup/adobe stew
- fried chicken
- green chile enchiladas
- Roman chicken and potatoes
- stew

MEAL PLAN

- MON: _____
- TUES: _____
- WED: _____
- THUR: _____
- FRI: _____
- SAT: _____
- SUN: _____