| Vegetables  | Deli       | Pasta, Rice Beans | Baking         | Meat         |
|-------------|------------|-------------------|----------------|--------------|
| Asparagus   | Bacon      | Black Beans       | Bread Crumbs   | Beef         |
| Avocado     | Hot Dogs   | Pinto Beans       | Cinnamon       | Ground       |
| Broccoli    | Lunch Meat | Navy Beans        | Dry Milk       | Ribs         |
| Cabbage     | Sausage    | Quinoa            | Flour          | Roast        |
| Carrots     | Jausaye    | Rice              | Salt           | Steaks       |
| Cauliflower | H          |                   |                | Stew Meat    |
|             |            | Spaghetti         | Shortening     | Stew Meat    |
| Celery      |            | Egg Noodles       | Sugar          |              |
| Onions      | <u> </u>   |                   | Vanilla        |              |
| Lettuce     |            |                   |                |              |
| Potatoes    |            |                   |                |              |
| Tomatoes    | Dairy      |                   |                | Chicken      |
|             | Cheese     | Bread/Bakery      |                | Breast       |
|             | Eggs       | Bread             |                | Legs         |
|             | Milk       | Hamburger Buns    |                | Thighs       |
|             | Sour Cream | Hot Dog Buns      |                | Whole        |
|             | Yogurt     | Tortillas         |                |              |
|             |            |                   |                |              |
|             |            |                   |                |              |
|             |            |                   |                |              |
|             |            | Frozen            |                |              |
| Fruits      |            | Ice Cream         | Canned         | Pork         |
| Apples      |            | Juice             | Fruits         | Chops        |
| Bananas     | H          | Pizza             |                | Loin         |
|             |            | Pizza             | Ketchup        | Ribs         |
| Grapes      |            |                   | Mayonnaise     |              |
| Lemons      |            |                   | Oil            | Roast        |
| Oranges     | Beverages  |                   | Salad Dressing |              |
|             | Milk       |                   | Tuna           |              |
|             | Juice      | Snacks            | Vegetables     |              |
|             | Soda       | Chips             |                |              |
|             |            | Cookies           |                |              |
|             |            | Crackers          |                | Fish/Seafood |
|             |            |                   |                | Salmon       |
|             |            |                   |                | Shrimp       |
|             |            |                   |                | Tilapia      |
|             |            |                   |                | Tuna         |
|             |            |                   |                |              |
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