



Grocery List and Meal Plan



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banana

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	A	B	C	D	E					
4	Baby tomatoes		Bananas		Buttermilk	Buns	Beans, black		Coffee, ground	Bay leaf
5	Basil		Blackberries		Cheese slices	English muffins	Beans, cannellini		Coffee, whole	Cayenne pepper
6	Beets		Blueberries		Cheese spread	French bread	Beans, garbanzo		Cookies	Cilantro
7	Broccoli		Cantaloupe		Cottage cheese	Garlic bread	Beans, kidney		Couscous	Cinnamon
8	Brussels sprouts		Cherries		Cream cheese	Hamburger buns	Beans, pinto		Crackers	Cloves
9	Cabbage, red		Cranberries		Cream, heavy	Hot dog buns	Beans, refried		Linguini	Coriander
10	Cabbage, green		Grapes		Egg nog	Pita bread	Chili		Mac and cheese	Garam masala
11	Carrots		Grapefruit		Egg substitute	Rustic loaf	Corn, whole		Macaroni	Garlic
12	Cauliflower		Honeydew		Eggs	Rye bread	Peaches		Penne	Ginger
13	Celery		Kiwi		Fruit juice	Sandwich bread	Pears		Quinoa	Mint
14	Chard		Limes		Half and half	Sourdough	Ravioli		Rice, brown	Oregano
15	Chives		Lemons		Milk	Tortillas, flour	Tomatoes, whole		Rice, instant	Paprika
16	Cilantro		Mango		Yogurt, plain	Tortillas, corn	Tomatoes, crushed		Rice, jasmine	Parsley
17	Collards		Melon		Yogurt, flavored		Tomatoes, diced		Rice, long grain	Pepper
18	Corn		Nectarines				Tomato soup		Rotini	Salt
19	Cucumber		Oranges				Tomato sauce		Spaghetti	Turmeric
20	Eggplant		Peaches				Tuna, flaked		Shells	Baking powder
21	Garlic		Pears						Tea, green	Baking soda
22	Green onion		Pineapple						Tea, herbal	Bread crumbs
23	Green pepper		Plums						Tea, black	Brown sugar
24	Kale		Raspberries							Cake mix