**SAMPLE SHOPPING LIST**

**Veggies**

Carrots\*

Onions\*

Garlic\*

Sweet Potatoes\*

Regular Potatoes

Broccoli

Cauliflower

Peppers

Winter Squash (butternut)

Kale/dark greens

**Fruits**

Apples\*

Oranges\*

Bananas

Avocados\*

Tomatoes

Cucumber

Plums

Grapes

SEASONAL

**Canned**

Corn

Beans\*

Mushrooms

Spinach

Tomatoes (diced, crushed etc)

Fruit

Coconut milk

Pickles

Chiles

Tomato

Pesto

**Meat**

Pepperoni\*

Hard Salami\* (Passionately referred to as the meat stick)

Bacon

Chicken

Ground Beef

Sausage

**Dairy**

String Cheese

Hard Cheese\* (Parmesan, Sharp Cheddar)

Cheddar

Pepper Jack

Cream Cheese

Eggs

Butter

**Sauces/Dips**

Hummus

Salsa

**Dried Goods**

**Grains**

**Baking Goods**

Beans\* (black, pinto, kidney)

Lentils\*

Split Peas\*

Dehydrated Hummus\*

Refried beans\*

Falafel mix\*

Dried fruit\* (raisins, craisins, cherries, blueberries, pineapple, mango etc)

Powdered milks\*

Rice (Jasmine, Brown)

Oatmeal\*

Quinoa\*

Couscous\*

Cream O Wheat

Grits

Pasta

Textured-Vegetable-Protein\* (TVP-hydrate well or you will have a gassy crew)

Cereals

Granola\*

Tortillas/pitas\*

Bread

Bagels

Flour\*

Baking Soda

Baking Powder

Sugar

Yeast

Cornbread mix

Pudding mix

Cake mix

Muffin Mix

Pancake Mix\*

**Spices**

**Condiments**

Salt\*

Pepper\*

garlic powder\*

onion powder

curry powder\*

Chili powder\*

italian seasoning\*

Basil

Ginger

Cinnamon\*  
Seasoning packets (pesto, gravy, taco etc)\*

Sriracha or other hot sauce\*

Mustard\*

Ranch

BBQ

Ketchup

Soy Sauce

Apple Cider Vinegar

Parmesan cheese

Oil\*

PB\*

Almond Butter\*

Sunbutter

Cashew Butter

Jelly\*

Nutella\*

Honey

Maple Syrup

Brown Sugar\*

**Drinks:**

Slaterade\*

Tang

Ice tea

Cocoa\*

Coffee\*

Tea

**Snacks:**

Soy nuts\*

Peanuts\*

Almonds\*

Cashews\*

Walnuts\*

Pumpkin seeds

Sunflower seeds

Wasabi Peas

Sesame Sticks\*

Pretzels

Animal Crackers

Coconut Flakes

Chocolate Chips

Butterscotch Chips

M&Ms\*

Popcorn

Cheezits

Goldfish

Cookies

Chips (tortilla, potato, other!)

*Don’t stress about making meals elaborate, just keep it simple!*

**TIPS**

* Avoid glass (front or back country), or duct tape around the outside
* Avoid single serving packaging
* Look at labels for allergies
* Think about where you are and what is readily available in your area
* Cheese doesn’t go bad as fast as you think it does. Oil will separate, but it’s still good!
* Snack bag: in small bags, don’t mix moistures, use candy coated chocolate, reuse bags
* Don’t get married to your menu; eat rotting food first