

• GoGo! FAMILY GROCERY LIST •

FRIDGE ESSENTIALS

- Eggs (AAA) (AA) (*organic style*)
- Horizon Milk (2%) (1%) (*NonFat*)
- American Cheese Slices
- Shredded Cheese *flavor:*
- Yogurt *flavor:*
- Cottage Cheese *brand:*
- Cream Cheese *brand:*
- Sour Cream *brand:*
- Salsa *brand:*
- Butter (*salted*) (*un-salted*)

PANTRY ESSENTIALS

- Sourdough bread
- Sandwich bread *brand:*
- Granola (low oil)
- Tostitos Corn Chips
- Chips (BBQ, Doritos, Cheeto's)
- Pringle's *flavor:*
- Tortillas (*flour*) (*wheat*) (*corn*)
- Bagels (*HoneyWheat/Plain/Raisin*)
- English Muffins (*Thomas's*)
- Peanut Butter (*Skippy*) (*Jif*)
- Pancake/Crepe Mix
- Tea (*English Breakfast*) (*Green*)

CEREALS

- Cheerios
- Special K
- Kids Cereal:
- Banana Nut Crunch
- Frosted Flakes
- Raisin Bran
- Other:

DRINKS

- Fruit Juice:
- Apple Juice
- Grape Juice
- Cranberry Juice
- Capri Suns/kids juice boxes
- VitaminWaters *flavor:*
- Bottled Waters *brand:*
- Diet Drinks *brand:*
- Soda: (Coke) (Pepsi) (7up)
- Diet Soda: (Coke) (Pepsi) (7up)
- (Root Beer) (Fresca) (Hansen's)
- Sparkling Apple Juice Mini's
- Ginger Ale

FRUIT

- Avocados
- Apples
- Nectarines
- Strawberries
- Blackberries
- Blueberries
- Lemons
- Oranges
- Grapefruit
- Watermelon
- Cantaloupe

VEGETABLES

- Tomatoes
- Head Lettuce
- Greens lettuce
- Baby Carrots
- Celery
- Green/Red Peppers
- Onions
- Broccoli
- Artichoke

MEAT

- Ham
- Roasted Turkey
- Salami
- Chicken
- Steak

TREATS

- Pepperidge Farm *kind:*
- Oatmeal Cookies
- Goldfish Crackers
- Fruit Roll Ups
- Zone Bars or Power Bars

FREEZER ITEMS

- Waffles:
- Popsicles:
- Ice Cream:

COOKING ITEMS

- Vegetable Oil
- Blueberry Muffin Mix
- Corn Bread Mix
- Sugar:
- Flour:

CONDIMENTS

- Mayo
- Mustard (Golden)
- Mustard (Grey Poupon)
- Ketchup
- Syrup
- Low Carb Syrup
- Vinegar
- Salad Dressing
- Honey
- Jam (Blackberry)

OTHER ITEMS

- Paper towels
- Napkins
- Dish Washing Soap
- Dish Washer Detergent
- Hand Soap
- Shampoo
- Dove Soap
- Firewood
- Toothpaste
- Toothbrush
- Sunscreen
- Laundry Detergent
- Fabric Softener
- Garbage Bags (kitchen)
- Toilet paper

DINNER IDEAS