Eat Healthy YOUR WAY

COMMISSARY SHOPPING LIST

FRESH PRODUCE
- ☐ Apples
- ☐ Asparagus
- ☐ Bananas
- ☐ Berries
- ☐ Broccoli
- ☐ Carrots
- ☐ Fresh Herbs
- ☐ Garlic
- ☐ Grapes
- ☐ Lemons/limes
- ☐ Melons
- ☐ Onions
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Peppers
- ☐ Potatoes
- ☐ Squash
- ☐ Tomatoes
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

CANNED FOOD
- ☐ Applesauce
- ☐ Beans
- ☐ Broth
- ☐ Fruit
- ☐ Peas
- ☐ Soup
- ☐ Tomatoes
- ☐ Tuna
- ☐ Vegetables
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN FOOD
- ☐ Broccoli
- ☐ Carrots
- ☐ Corn
- ☐ Fruit
- ☐ Ice Cream
- ☐ Juice
- ☐ Mixed Veg.
- ☐ Peas
- ☐ Pizza
- ☐ Waffles
- ☐ _____
- ☐ _____

MEAT
- ☐ Bacon
- ☐ Beef
- ☐ Chicken
- ☐ Deli
- ☐ Ground beef/turkey
- ☐ Ham
- ☐ Pork
- ☐ _____
- ☐ _____

SEAFOOD
- ☐ Salmon
- ☐ Crabmeat
- ☐ Scallops
- ☐ Shrimp
- ☐ _____
- ☐ _____

DAIRY
- ☐ Butter
- ☐ Creamer
- ☐ Eggs
- ☐ Milk
- ☐ Sour Cream
- ☐ Yogurt
- ☐ _____
- ☐ _____

CHEESE
- ☐ Cheddar
- ☐ Cottage Cheese
- ☐ Cream Cheese
- ☐ Feta
- ☐ Goat
- ☐ Mozzarella
- ☐ Parmesan
- ☐ Swiss
- ☐ _____
- ☐ _____

SNACKS
- ☐ Chips
- ☐ Cookies
- ☐ Crackers
- ☐ Fruit rolls/dried
- ☐ Nuts
- ☐ Popcorn
- ☐ Pretzels
- ☐ Raisins
- ☐ _____
- ☐ _____

CONDIMENTS/ SAUCES
- ☐ BBQ Sauce
- ☐ Canola Oil
- ☐ Cooking Spray
- ☐ Honey
- ☐ Horseradish
- ☐ Jelly/Jam
- ☐ Ketchup
- ☐ Maple Syrup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Pasta sauce
- ☐ Pickles
- ☐ Salad dressing
- ☐ Salsa
- ☐ Soy Sauce
- ☐ Vinegar
- ☐ _____
- ☐ _____

BAKING
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Brown Sugar
- ☐ Cereal
- ☐ Cocoa
- ☐ Cornstarch
- ☐ Flour
- ☐ Mixes
- ☐ Sugar
- ☐ _____
- ☐ _____

BEVERAGES
- ☐ Coffee
- ☐ Juice
- ☐ Milk
- ☐ Orange Juice
- ☐ Sports Drink
- ☐ Tea
- ☐ Water
- ☐ _____
- ☐ _____

BREAKFAST
- ☐ Cereal
- ☐ Fruit Bars
- ☐ Granola
- ☐ Oats
- ☐ _____
- ☐ _____

SPICES/HERBS
- ☐ Cinnamon
- ☐ Ginger
- ☐ Nutmeg
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Pepper
- ☐ Salt
- ☐ Vanilla
- ☐ _____
- ☐ _____

MISC.FOODS
- ☐ Bagels
- ☐ Bread
- ☐ Bread Crumbs
- ☐ Couscous
- ☐ Pasta
- ☐ Peanut Butter
- ☐ Quinoa
- ☐ Rice
- ☐ Taco
- ☐ Tofu
- ☐ Tortilla/Wrap
- ☐ _____
- ☐ _____

HEALTHCARE
- ☐ Allergy
- ☐ Antibiotic ointment
- ☐ Bandages
- ☐ Cough Drops
- ☐ First Aid Cream
- ☐ Pain Reliever
- ☐ Supplements/ Vitamins
- ☐ _____
- ☐ _____

PERSONAL CARE
- ☐ Conditioner
- ☐ Cosmetics
- ☐ Dental Floss
- ☐ Deodorant
- ☐ Feminine Products
- ☐ Lotion
- ☐ Mouthwash
- ☐ Petroleum Jelly
- ☐ Razors
- ☐ Shampoo
- ☐ Shaving Cream
- ☐ Soap
- ☐ Sunblock
- ☐ Toothpaste
- ☐ _____
- ☐ _____

PET ITEMS
- ☐ Dog Food
- ☐ Cat Food
- ☐ Cat Litter
- ☐ _____

CLEANING ITEMS
- ☐ Bleach
- ☐ Dish Detergent
- ☐ Dishwashing Soap
- ☐ Glass Cleaner
- ☐ Laundry Detergent
- ☐ Sponges
- ☐ Toilet Cleaners
- ☐ _____

MISC. HOUSEHOLD
- ☐ Aluminum Foil
- ☐ Baby Items
- ☐ Batteries
- ☐ Light bulbs
- ☐ Napkins
- ☐ Paper Towels
- ☐ Plastic Bags
- ☐ Plastic Wrap
- ☐ Tissue
- ☐ Toilet Paper
- ☐ Trash Bags

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Visit www.EatHealthyYourWay.net for recipes and articles about healthy eating.