

Grocery (Any Store)	ALDI	Fresh Produce/Extras
Coffee	Figs/Dried Cherries	Apples
Tea	Raisins	Bananas
Oatmeal	Whole Grain Bread	Carrots
Granola/Meusli	Mushrooms	Cauliflower
Sunflower/Pepita Seeds	Olive Oil	Celery
Peanuts/Almonds/Walnuts	Lemon Juice	Cucumbers
Peanut Butter	Ketchup/Mustard	Garlic
Crackers/Triscuits	Ground Flax	Grapes
Applesauce (unsweetened)	Granola Bars	Grapefruit
100% Fruit Juice	Frozen Beans/Peas	Lettuce
Vanilla Non-Dairy Yogurt	Frozen Veggies	Onions
Berry Non-Dairy Yogurt	Frozen Fruit	Oranges
Popcorn	Veggie Burgers	Peppers
Pizza Crust - Whole Wheat	Hummus	Potatoes
Refried Beans	Almond Milk	Radishes
Petite Diced Tomatoes	Baking Powder	Sweet Potatoes
Crushed Tomatoes	Cinnamon	Tomatoes
Spag. Noodles/Elbows	Garlic/Oniion Powder	Dark Chocolate
Brown Rice	Oregano/Parsley	Honey (Local)
Lentils/Quinoa	Paprika	
Dry Beans/Peas	Red Pepper Flakes	
Whole Wheat/Corn Tortillas	Salt/Pepper	
Whole Wheat Buns	Soy Sauce	
Corn Meal	Vanilla	
Whole Wheat Flour	Coconut Oil	
	Vinegar	
	Baking Soda	
	Stevia	