

Grocery List

Date: 8/3/2010

Done?	Produce	Price	Quantity	Brand
✓	Strawberries	\$1.50	1 lb.	Beach Street Farms (not org.)
✓	Blueberries	\$1.50	6 oz.	Hursts USA
✓	Cantaloupe	\$1.50	1 melon	3 Star California USA
✓	Bananas	\$0.98	1.5 lbs.	Chiquita Ecuador
✓	Tomatoes	\$1.49	1 lb.	CA Grown Cluster Tomatoes
	Apples	\$1.29	1 lb.	Braeburn
✓	Avocado	\$1.98	2	U.S.A.
	Bag Salad	\$3.69	1 bag	Fresh Express Caesar

Done?	Dairy	Price	Quantity	Brand
✓	Milk (Skim)	\$3.19	1 gal.	Sprouts (don't carry Alta Dena)
✓	Milk (Whole)	\$1.49	1 qt.	Rockview
	Cheese		.68 lb	Shredded Cheddar
	Eggs	\$2.79	doz.	Sprouts Cage Free Brown AA Lg.
✓	Provolone	\$2.30	10 slices	Sprouts deli
✓	Butter product	\$3.99	13 oz.	Earth Balance w/Olive Oil
	Grated Parmesan		.32 lb.	

Done?	Meat	Price	Quantity	Brand
✓	Beef	\$3.05	1.02 lb.	Org. Grass Fed Ground- Uruguay
✓	Poultry	\$5.14	1.03 lb.	Sprouts "Natural"
✓	Seafood	\$7.99	1 lb.	USA Fresh Wild Sockeye Salmon
✓	Lunch meat	\$3.71	.53 lb.	Sprouts Nitrate Free Turkey
✓	Lunch meat		.5 lb.	Applegate Organic Salami

Done?	Drinks	Price	Quantity	Brand
✓	Soda	\$1.29	1 liter	Crystal Geyser Sparkling Lime
✓	Orange Juice	\$4.99	1.75 liters	Simply Orange not from Conc.
	Coffee	\$8.99	1 lb.	Premium bulk coffee
✓	Water (gallon)	\$1.49	1 gal.	Arrowhead Distilled
	Water (6 pk)	n/a	n/a	didn't carry

Done?	Frozen Food	Price	Quantity	Brand
✓	Mixed Vegetables	\$2.50	10 oz.	Cascadian Farms Organic
✓	Rice Pilaf	\$4.49	4 servings	Rice Expressions

Done?	Prepared food	Price	Quantity	Brand
	Soup	\$2.79		Amy's Organic
✓	Cereal	\$3.99	15 oz.	Kashi Go Lean Crunch
✓	Cereal		10.4 oz.	Cascadian Farms Honey Nut O's
✓	Apple Sauce	\$4.29	6 pk.	Santa Cruz Organic
	Spaghetti Sauce	\$2.50	24 oz.	Sprouts Tomato Basil
✓	Mac n Cheese	\$1.50	1 pkg.	Annie's Organic

Done?	Bakery	Price	Quantity	Brand
✓	Bread	\$4.69	1 loaf	Oroweat 7 grain (no W/W)
✓	Buns	\$4.19	8 pk.	Oroweat
	Tortillas	\$1.79	doz.	La Fe Flour Tortillas

Done?	Snacks	Price	Quantity	Brand
✓	Tortilla Chips	\$2.99	16 oz.	Sprouts Basic
✓	Trail Mix	\$3.59	1.2 lbs.	Bulk Deluxe Nut Mix
✓	Ice cream	\$5.49	1.5 qts.	Alden's Organic
✓	Popcorn			don't carry MW popcorn
✓	Cookies	\$4.29	1 doz.	Sprouts "Homemade" large size

\$113.43