	TT 14 70 1	m . 10	TI 10 P. 1	m . 1.0	VI 14 50 1	m + 1 °	11 11 22 1	m + 1 °	11 11 5 1	m . 1 0
	Unit Price	Total Cost								
EGGS & DAIRY										
Eggs										
Milk										
Cream										
Half & Half										
Butter										
logurt										
Sour Cream										
Cream Cheese										
Cottage Cheese										
Ricotta										
Cheddar										
Mozzarella										
Parmesan										
MEATS & POULTRY										
Chicken-whole										
Chicken-breasts										
Chicken-thighs/legs										
Turkey-whole										
Γurkey-breast										
Beef-ground										
Beef-roast										
Beef-steak										
Beef-stew										
Pork-roast										
Pork-chops										
Pork-ground										
Sausage-breakfast										
Sausage-Italian										
Bacon										
Ham										
FISH & SEAFOOD										
Salmon										
Halibut										
Cod										
Shrimp										
Other Shellfish										
VEGETABLES										
Yellow Onions										
Red Onions										
Shallots										
Leeks										
Garlic										
Potatoes-russet										
Potatoes-red/gold										
Squash-winter										
Squash-summer										
Gquash-pumpkin										
Carrots										
Broccoli										
Cauliflower										
Cabbage										
Corn										
Peas										
Green Beans										
Peppers-sweet										
Peppers-hot										
Cucumbers										
Tomatoes										
Tomatoes-cherry										
vocado										

Lettuce					
Kale					
Other Greens					
Fresh Herbs					
Ginger root					
FRUITS					
Apples					
Bananas					
Blueberries					
Cantaloupe					
Cherries					
Grapes					
Oranges					
Clementines					
Kiwifruit					
Lemons					
Limes					
Pineapple					
Strawberries					
Watermelon					
Tratermeton					
FROZEN FOODS					
Broccoli					
Carrots					
Corn					
Green Beans					
Green Peas					
Mixed Vegetables					
Spinach					
Sweet Potato					
Mango					
Blueberries					
Strawberries					
CANNED GOODS					
Tomatoes-whole					
Tomatoes-diced					
Tomatoes-sauce					
Tomatoes-paste					
Pasta Sauce					
Corn					
Beets					
Pumpkin					
Beans-navy					
Beans-kidney					
Beans-black					
Beans-pinto					
Beans-refried					
Chickpeas					
Green Chilies					
Applesauce					
Peaches					
Pineapple					
Coconut Milk					
Coconut Cream					
Pickles-Dill					
Pickled Peppers					
Salsa					
Jam/Jelly					
LEGUMES					
Pinto Beans					
Kidney Beans					

Navy Beans					
Cannellini Beans					
Black Beans					
Red Beans					
Garbanzo Beans					
Split Peas					
Lentils					
NUTS & SEEDS					
Almonds					
Walnuts					
Pecans					
Peanuts					
Peanut Butter					
Coconut Flakes					
Flax Seeds					
Sesame Seeds					
Sunflower Seeds					
DRIED FRUITS					
Raisins					
Currants					
Cranberries					
Apricots					
Prunes					
Mango					
Cherries					
Dates					
GRAINS & FLOURS					
Unbleached Flour					
Whole Wheat Flour					
WW Pastry Flour					
Spelt Flour					
Rye Flour					
Rolled Oats					
Quick Oats					
Cornmeal					
Masa Harina					
Rice					
Wild Rice					
Wild Rice					
OILS					
Olive Oil					
Coconut Oil					
Palm Oil					
Tallow					
Lard					
Avocado Oil					
Grapeseed Oil					
Grapeseeu Off					
SWEETENERS					
Honey					
Maple Syrup Molasses					
Sugar					
Confectioner's Sugar					
BAKING SUPPLIES					
Baking Powder					
Baking Soda					
Cornstarch					
Cream of Tartar					
Yeast					
Cocoa Powder					

				I		
Chocolate Chips						
Baking Chocolate						
Vanilla Extract						
Almond Extract						
HERBS & SPICES						
Allspice						
Anise						
Basil						
Bay leaves						
Black Pepper						
Cardamom						
Cayenne Pepper						
Celery Seed						
Chili Powder						
Chives						
Cinnamon						
Coriander						
Cumin						
Curry Powder						
Cloves-ground						
Cloves-whole						
Dill						
Fennel						
Herbs de Provence						
Garlic powder						
Ginger						
Italian Seasoning						
Marjoram						
Mustard-ground						
Mustard-seed						
Nutmeg						
Onion-dried minced						
Onion-powder						
Oregano						
Parsley						
Paprika-sweet						
Paprika-smoked						
Poppy Seed						
Red Pepper Flakes						
Sage						
Savory						
Taco Seasoning						
Tarragon						
Thyme						
Turmeric						
White Pepper						
MISCELLANEOUS						
Salt						
Coffee						
Tea						
Seltzer Water						
White Vinegar						
Apple Cider Vinegar						
Red Wine Vinegar						
Balsamic Vinegar						
Lemon Juice						
Worcestershire Sauce						
Soy Sauce						
Ketchup						
Mustard-prepared						
Mayonnaise						
Hot Sauce						
Pasta						
Granola						
Granola Bars						
Pretzels						
Tortilla Chips						
Toruna Criips						