

CITY MARKET

Apples
Bananas
Lemon Lime
Oranges Grapefruit
Blueberries
Avocado
Sweet Potato
Purple Sweet Potato
Squash
Sprouting Seeds
Broccoli
Celery
Lettuce
Greens _____
Scallions Leek
Carrots
Beets
Tomato
Garlic
Onion Shallots
Basil
Radish/Daikon
Mushrooms
Mescalen Arugula
Baby Spinach
Tofu
Bok Choy
Cabbage
Brussel Sprouts
Tumeric Ginger
Cilantro Parsley
Cucumber
Bell Peppers
Zucchini
Asparagus

Cauliflower
Russet Potato
Japanese Sweet Potato
Dry Beans _____
P-Butter A-Butter

Pancake Mix
Chocolate Chips
Apple Sauce
Honey Maple Syrup
Apple Cider Vinegar
Tuna Fish
GF Oats
Orange/Mango Juice
Kraut
Tempeh
Milk, pint
Greek Yogurt Vanilla
Miyokos Butter
Butter: No Salt Salted
Eggs
Pizza: Against the Grain
Frozen Fruit _____
Frozen Veg. _____
Fish
Cheddar, Shredded
Shel. Farms Cheddar, sliced
Provolone
Bags: Kitchen Compost
Dishwasher cubes
English Muffins

HEALTHY LIVING

English Muffins
Bananas
Matcha
Spices: _____
Capellini Pasta
Mini Rice Cakes

TRADER JOE'S

Chia Seeds
Hemp Seeds
Almonds Walnuts
Cashews
Tahini
Coconut Aminos
Blueberries
Strawberries
Raspberries

PETFOOD WAREHOUSE

Necks: Duck Chicken
AJ Pork
AJ Rabbit: Dog Cat
AJ Turkey: Cat
Sardines
Treats (free samples?)

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