



Grocery List

FROZEN:

- Fruit for blended smoothies
- Ice cream
- Frozen Yogurt
- Ice Pack



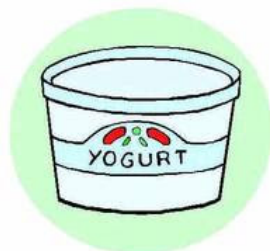
PANTRY:

- Pudding
- Jell-O
- Applesauce
- Refried Beans
- Soup/Broth
- Instant Mashed Potatoes
- Oatmeal
- Pancake/muffin mix
- Salt (for salt water rinse)
- Tea Bags
- Well Cooked Pasta



DAIRY:

- Yogurt
- Cottage Cheese
- Drinkable Yogurt
- Eggs



PRODUCE:

- Bananas
- Avocado
- Mashed Potatoes
- Well Cooked Vegetables



PROTEIN:

- Canned Tuna
- Canned Chicken
- Fish
- Meatloaf
- Ground beef
- Shredded Chicken
- Peanut Butter



BEVERAGES:

- Ensure/Boost Protein Drinks
- Carnation Instant Breakfast
- Bolthouse Fruit/Veggie drink
- V-8
- Protein Shakes

