

**VEG/HERBS**

acorn \_\_\_\_\_  
basil \_\_\_\_\_  
bay \_\_\_\_\_  
beans, green \_\_\_\_\_  
bean sprouts \_\_\_\_\_  
broccoli \_\_\_\_\_  
cabbage \_\_\_\_\_  
carrots \_\_\_\_\_  
celery \_\_\_\_\_  
cilantro \_\_\_\_\_  
cauliflower \_\_\_\_\_  
corn \_\_\_\_\_  
garlic \_\_\_\_\_  
ginger \_\_\_\_\_  
dill \_\_\_\_\_  
eggplant \_\_\_\_\_  
jalapeno \_\_\_\_\_  
leek \_\_\_\_\_  
lemons \_\_\_\_\_  
lettuce \_\_\_\_\_  
limes \_\_\_\_\_  
mushrooms \_\_\_\_\_  
onions \_\_\_\_\_  
oregano \_\_\_\_\_  
parsley \_\_\_\_\_  
peppers \_\_\_\_\_  
peas \_\_\_\_\_  
potatoes \_\_\_\_\_  
rosemary \_\_\_\_\_  
shallots \_\_\_\_\_  
scallions \_\_\_\_\_  
spaghetti squash \_\_\_\_\_  
spinach \_\_\_\_\_  
tarragon \_\_\_\_\_  
tomatoes \_\_\_\_\_  
zucchini \_\_\_\_\_

**FRUITS/DRIED**

apples \_\_\_\_\_  
apricots \_\_\_\_\_  
currants \_\_\_\_\_  
cranberries \_\_\_\_\_  
cherries \_\_\_\_\_  
mixed citrus \_\_\_\_\_

oranges \_\_\_\_\_  
peaches \_\_\_\_\_  
pears \_\_\_\_\_  
prunes \_\_\_\_\_  
raisins \_\_\_\_\_

**MEAT**

**Beef-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
steaks \_\_\_\_\_  
roasts \_\_\_\_\_

**Chicken-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
breasts \_\_\_\_\_  
pieces \_\_\_\_\_  
legs/thighs \_\_\_\_\_

**Lamb-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
chops \_\_\_\_\_

**Pork-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
chops \_\_\_\_\_  
roasts \_\_\_\_\_  
smoked ham \_\_\_\_\_  
bacon \_\_\_\_\_

**Turkey-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
breasts \_\_\_\_\_  
smoked \_\_\_\_\_

**Veal-**  
ground \_\_\_\_\_  
stew \_\_\_\_\_  
chops \_\_\_\_\_  
roast \_\_\_\_\_

**FISH/SEAFOOD**

cod \_\_\_\_\_  
crabmeat \_\_\_\_\_

fish \_\_\_\_\_  
salmon \_\_\_\_\_  
scallops \_\_\_\_\_  
shrimp \_\_\_\_\_  
tilipia \_\_\_\_\_  
tuna \_\_\_\_\_

**NUTS**

almonds \_\_\_\_\_  
cashews \_\_\_\_\_  
pecans \_\_\_\_\_  
walnuts \_\_\_\_\_

**CHEESE**

blue cheese \_\_\_\_\_  
cheddar \_\_\_\_\_  
cream cheese \_\_\_\_\_  
fontina \_\_\_\_\_  
goat \_\_\_\_\_  
gorgonzola \_\_\_\_\_  
monterey jack \_\_\_\_\_  
mozzarella \_\_\_\_\_  
parmesan \_\_\_\_\_  
ricotta \_\_\_\_\_  
swiss \_\_\_\_\_

**DAIRY**

butter \_\_\_\_\_  
cream \_\_\_\_\_  
eggbeaters \_\_\_\_\_  
eggs \_\_\_\_\_  
half/half \_\_\_\_\_  
milk \_\_\_\_\_  
sour cream \_\_\_\_\_  
tofu \_\_\_\_\_  
yogurt \_\_\_\_\_

**GRAINS/LEGUMES**

black beans \_\_\_\_\_  
canneloni \_\_\_\_\_  
chickpeas \_\_\_\_\_  
couscous \_\_\_\_\_  
kidney \_\_\_\_\_  
lentils \_\_\_\_\_  
peas \_\_\_\_\_  
quinoa \_\_\_\_\_

**PASTRY/RICE**

angelhair \_\_\_\_\_  
elbow \_\_\_\_\_  
fettuccine \_\_\_\_\_  
linguine \_\_\_\_\_  
noodles \_\_\_\_\_  
orzo \_\_\_\_\_  
penne \_\_\_\_\_  
rigatoni \_\_\_\_\_  
rice \_\_\_\_\_  
rice pilaf \_\_\_\_\_  
spaghetti \_\_\_\_\_  
tortellini \_\_\_\_\_  
wild rice \_\_\_\_\_  
ziti \_\_\_\_\_

**CANNED ITEMS**

artichoke hearts \_\_\_\_\_  
beef stock \_\_\_\_\_  
chicken stock \_\_\_\_\_  
corn \_\_\_\_\_  
stewed tomatoes \_\_\_\_\_  
tomato soup \_\_\_\_\_  
tuna \_\_\_\_\_  
veggie stock \_\_\_\_\_  
water chestnuts \_\_\_\_\_

**MISCELLANEOUS**

baking powder \_\_\_\_\_  
baking soda \_\_\_\_\_  
brown sugar \_\_\_\_\_  
bread crumbs \_\_\_\_\_  
buttermilk \_\_\_\_\_  
cornmeal \_\_\_\_\_  
cornstarch \_\_\_\_\_  
dry milk \_\_\_\_\_  
fish sauce \_\_\_\_\_  
flour \_\_\_\_\_  
Good Seasons S.D. \_\_\_\_\_  
honey \_\_\_\_\_  
horseradish \_\_\_\_\_  
Worcestershire \_\_\_\_\_  
liquid smoke \_\_\_\_\_  
mustard \_\_\_\_\_  
Phyllo dough \_\_\_\_\_  
powered sugar \_\_\_\_\_

puff pastry \_\_\_\_\_  
pumpkin \_\_\_\_\_  
salt \_\_\_\_\_  
salt substitute \_\_\_\_\_  
steak sauce \_\_\_\_\_  
soy sauce \_\_\_\_\_  
spaghetti sauce \_\_\_\_\_  
sugar \_\_\_\_\_  
tomato sauce \_\_\_\_\_  
tomato paste \_\_\_\_\_  
wheat flour \_\_\_\_\_

**JUICES**

apple \_\_\_\_\_  
orange \_\_\_\_\_  
pineapple \_\_\_\_\_  
tomato \_\_\_\_\_

**OILS**

canola \_\_\_\_\_  
olive \_\_\_\_\_  
peanut \_\_\_\_\_  
sesame \_\_\_\_\_  
vinegars \_\_\_\_\_  
balsamic \_\_\_\_\_  
black currant \_\_\_\_\_  
cider \_\_\_\_\_  
red wine \_\_\_\_\_  
white \_\_\_\_\_

**LIQUORS/WINES**

white \_\_\_\_\_  
red \_\_\_\_\_  
vovray \_\_\_\_\_  
amaretto \_\_\_\_\_  
bourbon \_\_\_\_\_  
brandy \_\_\_\_\_  
grand mar \_\_\_\_\_  
madeira \_\_\_\_\_  
marsala \_\_\_\_\_  
sherry \_\_\_\_\_  
vermouth \_\_\_\_\_  
vodka \_\_\_\_\_

**CUST.TREATS**

bread \_\_\_\_\_  
sour dough \_\_\_\_\_

Italian \_\_\_\_\_  
dinner rolls \_\_\_\_\_  
Italian rolls \_\_\_\_\_  
French \_\_\_\_\_  
wheat \_\_\_\_\_  
biscuits \_\_\_\_\_  
scones \_\_\_\_\_  
tea bread \_\_\_\_\_  
angelfood \_\_\_\_\_  
brownies \_\_\_\_\_  
gingerbread \_\_\_\_\_  
muffins \_\_\_\_\_  
cookies \_\_\_\_\_  
flowers \_\_\_\_\_  
wine \_\_\_\_\_

**CONTAINERS**

loaf \_\_\_\_\_  
mini \_\_\_\_\_  
oval \_\_\_\_\_  
round \_\_\_\_\_  
large pie \_\_\_\_\_  
small pie \_\_\_\_\_  
square \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_