BETTER THYMES NATURAL FOODS

SHOPPING LIST

NUTS
- ❑ Almonds
- ❑ Brazil Nuts
- ❑ Cashews
- ❑ Filberts
- ❑ Pecans
- ❑ Pine Nuts
- ❑ Pistachios
- ❑ Sunflower Seeds
- ❑ Walnuts
- ❑ Mixed Nuts
- ❑ _____

DRIED FRUITS
- ❑ Apples
- ❑ Apricots
- ❑ Bananas
- ❑ Currants
- ❑ Dates
- ❑ Figs
- ❑ Papaya
- ❑ Peaches
- ❑ Pineapple
- ❑ Prunes
- ❑ Raisins

BULK BEANS
- ❑ Adzuki Beans
- ❑ Black Beans
- ❑ Black-eyed Peas
- ❑ Garbanzo Beans
- ❑ Great Northern Bns
- ❑ Green Lentils
- ❑ Green Split Peas
- ❑ Kidney Beans
- ❑ Navy Beans
- ❑ Pinto Beans
- ❑ Soybeans
- ❑ _____

BULK GRAINS
- ❑ Barley
- ❑ Bulgher
- ❑ Cous Cous
- ❑ Millet
- ❑ Oat Bran
- ❑ Oats, Rolled
- ❑ Rice
- ❑ TVP
- ❑ Wheat Bran
- ❑ Wheat Flakes
- ❑ _____

BULK FLOUR
- ❑ Corn Meal
- ❑ Rye Flour
- ❑ Soy Flour
- ❑ Unbleached White
- ❑ Whole Wheat
- ❑ _____

BULK CEREALS
- ❑ 7 Grain
- ❑ Granola
- ❑ _____

BULK HERBS
- ❑ Pepper
- ❑ Cayenne
- ❑ Cinnamon
- ❑ Garlic
- ❑ _____
- ❑ _____

DAIRY
- ❑ Eggs
- ❑ Milk
- ❑ Butter
- ❑ Sour Cream
- ❑ Whipped Cream
- ❑ Yogurt:
- ❑ Plain
- ❑ Vanilla
- ❑ Flavored_____
- ❑ _____

CHEESE
- ❑ Cottage Cheese
- ❑ Cream Cheese
- ❑ Parmesan Cheese
- ❑ Deli Cheeses:
- ❑ Colby
- ❑ Farmers
- ❑ Havarti
- ❑ Swiss
- ❑ _____

BREADS
- ❑ Bread
- ❑ Bagels
- ❑ Buns
- ❑ English Muffins
- ❑ Rolls
- ❑ Wraps
- ❑ Tortillas
- ❑ Pizza Crust
- ❑ _____

DRY GOODS - Packaged
- ❑ Cereal
- ❑ Cookies
- ❑ Crackers
- ❑ Pasta/Noodles
- ❑ Beans/Lentils
- ❑ Rice
- ❑ Bread Crumbs
- ❑ Flour
- ❑ Raw Sugar
- ❑ Cake Mix
- ❑ Pancake Mix
- ❑ Potato Chips
- ❑ Tortilla Chips
- ❑ _____

CANNED GOODS
- ❑ Baby Food
- ❑ Applesauce
- ❑ Chili
- ❑ Soup
- ❑ Spaghetti Sauce
- ❑ Tomato Paste
- ❑ Tomato Sauce
- ❑ Pizza Sauce
- ❑ Tuna
- ❑ Beans
- ❑ Vegetables
- ❑ _____

BAKING GOODS
- ❑ Baking Soda
- ❑ Baking Powder
- ❑ Corn Starch
- ❑ Salt
- ❑ Chocolate Chips
- ❑ Carob Powder
- ❑ Flavor Extracts
- ❑ _____
- ❑ _____

SWEETENERS
- ❑ Honey
- ❑ Rice Syrup
- ❑ Maple Syrup
- ❑ Turbinado Sugar
- ❑ Stevia
- ❑ _____

NUT BUTTERS/JAMS
- ❑ Peanut Butter
- ❑ Almond Butter
- ❑ Soynut Butter
- ❑ Fruit Spreads:
- ❑ Strawberry
- ❑ Peach
- ❑ _____

CONDIMENTS
- ❑ Oil
- ❑ Vinegar
- ❑ Ketchup
- ❑ Mayonnaise
- ❑ Mustard
- ❑ Olives
- ❑ Pickles
- ❑ Relish
- ❑ Salsa
- ❑ Salad Dressing
- ❑ Shortening
- ❑ _____

ETHNIC FOODS
- ❑ Seaweed
- ❑ Miso
- ❑ Ginger
- ❑ Soy Sauce
- ❑ _____

BEVERAGES
- ❑ Cocoa
- ❑ Coffee
- ❑ Tea
- ❑ Fruit Juice
- ❑ Soda
- ❑ Water
- ❑ Vegetable Juice
- ❑ _____

FROZEN FOODS
- ❑ Vegetables
- ❑ Juice
- ❑ Ice Cream
- ❑ Potatoes
- ❑ Frozen Dinners
- ❑ Frozen Pizza
- ❑ Frozen Breads
- ❑ Frozen Waffles
- ❑ _____

MEATS /POULTRY (Frozen)
- ❑ Ground Meat
- ❑ Beef Patties
- ❑ Turkey Dogs
- ❑ Ground Turkey
- ❑ Chicken (Whole)
- ❑ Chicken (Breast)
- ❑ Vegetarian
- ❑ Veggie Burgers
- ❑ Tempeh
- ❑ Hot Dogs/Slices
- ❑ _____
- ❑ _____

PAPER PRODUCTS
- ❑ Toilet Paper
- ❑ Paper Towels
- ❑ Baking Cups
- ❑ Tea Bags
- ❑ Coffee Filters
- ❑ _____

LAUNDRY
- ❑ Detergent
- ❑ Fabric Softner
- ❑ Stain Remover
- ❑ _____

CLEANING PRODUCTS
- ❑ All Purpose Cleaner
- ❑ Dish Detergent
- ❑ Dishwasher Soap
- ❑ Floor Cleaner
- ❑ Furniture Polish
- ❑ Window Cleaner
- ❑ Vegetable Wash

HEALTH & BEAUTY
- ❑ Bath Soap
- ❑ Deodorant
- ❑ Lotion
- ❑ Shaving Cream
- ❑ Shampoo
- ❑ Conditioner
- ❑ Toothpaste
- ❑ Mouthwash
- ❑ Hand Soap
- ❑ Hair Brush
- ❑ Cosmetics
- ❑ Foot Care

SUPPLEMENTS
- ❑ Female Multi Vitamin
- ❑ Male Multi Vitamin
- ❑ Children's Multi
- ❑ [1]Vitamin A
- ❑ B - Complex
- ❑ Vitamin C
- ❑ Vitamin D
- ❑ Vitamin E
- ❑ Calcium
- ❑ Magnesium
- ❑ Iron
- ❑ Zinc
- ❑ Antioxidants
- ❑ Protein Shake
- ❑ Greens
- ❑ Cold & Flu Remedy
- ❑ Herbs
- ❑ Echinacea
- ❑ Black Cohosh
- ❑ Goldenseal
- ❑ Fenugreek
- ❑ Homeopathy
- ❑ Arnica
- ❑ Belladonna
- ❑ Chamomile
- ❑ _____
- ❑ _____

MISCELLANEOUS
- ❑ Special Order
- ❑ Pet Food
- ❑ Books/Magazines

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