

BM Staple List

Freezer

Chicken legs
Chicken breasts
Chicken tenders
Chicken patties
Beef patties
Ground beef
Ground turkey
Sausages
Tilapia
Shrimp
Pizza
Hot pockets
TV dinners
Corn dogs
Tator-tots
French fries

Fridge

Mayo
Mustard
Ketchup
Ranch dressing
Italian dressing
Caesar dressing
Blue Cheese dressing
Catalina dressing
Honey mustard
BBQ sauce
Jelly – grape, strawberry etc.
Hot dogs
Lunch meat – turkey, ham, etc.
Bacon
Sour cream
Cream cheese
Sliced cheese
Shredded cheese
Coffee creamer
Milk – Whole, nonfat, almond or soy
Eggs
Yogurt
Fruit cups
Applesauce
Pudding/Jell-O
2 Orange juices

2 Apple juices
2 fruit juices

Fruits/Vegetable

Apples
Bananas
Grapes
Strawberries
Blueberries
Cucumbers
Peppers
Carrots
Spinach
Romaine lettuce
Iceberg lettuce
Onions
Celery
Mushrooms
Tomatoes
Pineapple
Oranges
Kiwis

Seasonings

Basil
Black pepper
Brown sugar
Vegetable oil
Chili pepper
Cinnamon
Cooking spray
Crushed red pepper
Curry powder
Garlic powder
Garlic salt
Honey
Hot sauce
Lawry's seasoning salt
Lemon pepper
Mrs. Dash
Olive oil
Onion powder
Onion salt
Oregano
Paprika
Parsley
Salt
Sea salt

Thyme
Vanilla

Pantry

Green beans
Sweet peas
Black beans
Bakes beans
Corn
Assorted pasta
Tuna cans
Pasta sides
Spaghetti sauce
Mac-n-cheese
Pasta bags
Rice
Mashed potatoes
Pancake mix
Syrup
Corn bread
Ramen noodles
Peanut butter
Drink mix
Cereal
Oatmeal

Counter

Bread – White, wheat, rye etc.
Wraps
Bagels
Sugar
Flour
Garlic
Coffee
Coffee filters
Hotdog and hamburger buns

Wish list

Pop-Tarts
Cookies
Chips
Crackers
Cheez-its
Wheat Thins
Nuts
Fruit Snacks
Granola bars
Ice cream

Whipped cream
Debbie snacks
Hot chocolate
Marshmallows
Tortilla chips
Goldfish
Chocolate chips
Sun Chips
Cereal – Special K, Honey Bunches of Oats etc.

Cleaning Supplies

All-purpose bleach spray
Carpet powder
Dish soap
Furniture polish
Glass cleaner
Laundry detergent (optional)
Pine sol
Sponges
Aluminum foil
Cling wrap
Paper towels
Toilet paper
Trash bags
Multi-purpose spray
Zip-lock bags – sandwich and gallon size

