

Weekly Shopping List

This is what you can expect a normal weekly shopping list order to look like. Use Sundridge Organics and Costco as your vendors and get creative! This is just a guide to help you navigate the general items you might want to consider.

BREAKFAST ITEMS

- Nutrigrain
- Oat Bar
- Luna bar
- Z bar
- Bread (x2)
- Bagels (x6)
- Muffins (x6)

BEVERAGES

- Green Tea
- Jasmine Tea
- Black
- Chamomile
- Earl Grey
- Coffee
- Capri Sun

SNACKS

- Whole Wheat Fig Bars
- Chocolate Covered Almonds
- Dates
- Chocolate Pretzels
- Yogurt Pretzels
- Salted Pretzels
- Peanut M&Ms
- Rice Crackers
- Sesame Sticks
- Tortilla Chips (x2)
- Pita Chips
- Skinny Pop
- Cheese
- Noosa
- Chocolate Covered Raisins
- Gummy Worms
- Plantain Chips
- Apple Rings
- Corn Nuts
- Dried Mango
- Dried Apricots
- Banana Chips
- Hummus
- Guac
- Chocolate blobs (blueberries...)
- Apple Sauce
- Oatmeal cups
- Baby Carrots

OTHER

- Cup o Noodles
- Mac and Cheese
- Vegan Dino Nuggs
- Chocolate