

## GENERIC SHOPPING LIST\*

Need	Category	Item
	Baby	Baby Formula/Food
	Baby	Diapers/Baby Wipes
	Baby	Shampoo/Lotion/Powder
	Baby	Other:
	Bakery	Bagels/English Muffins
	Bakery	Bread
	Bakery	Buns, Hot Dog/Hamburgers
	Bakery	Other:
	Baking	Baking Soda/Powder
	Baking	Chocolate, White/Milk/Dark
	Baking	Flour, White/Wheat
	Baking	Milk, Condensed/Evaporated
	Baking	Mixes, Cakes/Biscuits/Pancake
	Baking	Muffin/Cupcake Cups
	Baking	Nuts/Dried Fruits
	Baking	Sugar, White/Brown/Powdered
	Baking	Other:
	Beverages	Coffee/Tea
	Beverages	Hot Chocolate
	Beverages	Juice
	Beverages	Soda
	Beverages	Sparkling Water/Sports Drinks
	Beverages	Other:
	Boxed/Bagged Foods	Helper, Hamburger/Chicken/Tuna
	Boxed/Bagged Foods	Noodles, Egg/Lasagna/Spaghetti
	Boxed/Bagged Foods	Rice/Potato/Noodle Mixes
	Boxed/Bagged Foods	Other:
	Canned Foods	Fish, Tuna/Crab/Salmon
	Canned Foods	Sauce, Pizza/Spaghetti
	Canned Foods	Soup, Chicken Noodle/Tomato
	Canned Foods	Tomatoes, Sauce/Paste
	Canned Foods	Other:
	Canned Fruit	Applesauce
	Canned Fruit	Cherries/Oranges
	Canned Fruit	Fruit Cocktail
	Canned Fruit	Peaches/Pears/Pineapple
	Canned Fruit	Other:
	Canned Veggies	Beans, Baked/Black/Green/Pinto
	Canned Veggies	Corn, Whole Kernel/Cream
	Canned Veggies	Peas
	Canned Veggies	Sauerkraut
	Canned Veggies	Other:

**Pat Roland**  
**Personal Assistant**

**(319) 981-PATY (7289)**  
**pat@cr-paty.com**  
**www.cr-paty.com**



*Personal Assistant To You, LLC*  
*Make the Most of the Time You Have*

Need	Category	Item
	Cereals	Flakes, Corn/Frosted/Bran
	Cereals	Granola
	Cereals	Oatmeal/Cream of Wheat
	Cereals	Other:
	Cleaning	Bathroom Cleaner
	Cleaning	Bleach/Disinfectant
	Cleaning	Cleaning Gloves
	Cleaning	Detergent, Clothes
	Cleaning	Dish Liquid
	Cleaning	Dishwasher Detergent
	Cleaning	Fabric Softener
	Cleaning	Glass/Counter Cleaner
	Cleaning	Scouring Pads/Sponges
	Cleaning	Toilet Bowl Cleaner
	Cleaning	Vacuum Bags
	Cleaning	Other:
	Condiments	BBQ Sauce/Hot Sauce
	Condiments	Ketchup/Mustard
	Condiments	Maple Syrup
	Condiments	Mayonnaise
	Condiments	Peanut Butter/Jelly/Jam
	Condiments	Pickles/Relish/Olives
	Condiments	Salad Dressing
	Condiments	Vegetable/Olive Oil
	Condiments	Worcestershire/Soy Sauce
	Condiments	Other:
	Dairy	Butter/Oleo
	Dairy	Cheese, American/Swiss/Mozzarella
	Dairy	Cheese, Parmesan
	Dairy	Cottage Cheese/Cream Cheese
	Dairy	Eggs
	Dairy	Milk/Cream
	Dairy	Yogurt/Sour Cream
	Dairy	Other:
	Fresh Fruit	Pears/Plums
	Fresh Fruit	Strawberries/Raspberries
	Fresh Fruit	Other:

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Need	Category	Item
	Fresh Veggies	Broccoli/Cauliflower
	Fresh Veggies	Carrots/Celery
	Fresh Veggies	Corn
	Fresh Veggies	Cucumbers/Zucchini
	Fresh Veggies	Lettuce/Spinach
	Fresh Veggies	Mushrooms
	Fresh Veggies	Peppers, Red/Green
	Fresh Veggies	Potatoes/Onions
	Fresh Veggies	Tomatoes
	Fresh Veggies	Other:
	Frozen Foods	Chicken, Breasts/Nuggets
	Frozen Foods	Entrees, Lasagna/Dietary
	Frozen Foods	Fish/Shrimp/Crab/Salmon
	Frozen Foods	Ice Cream/Yogurt
	Frozen Foods	Juice, Apple/Orange/Lemonade
	Frozen Foods	Pizza
	Frozen Foods	Other:
	Frozen Fruit	Mixed Fruit
	Frozen Fruit	Strawberries/Raspberries
	Frozen Fruit	Other:
	Frozen Veggies	Broccoli/Corn/Beans/Peas
	Frozen Veggies	Mixed Vegetables
	Frozen Veggies	Other:
	Meats	Bacon
	Meats	Beef, Ground/Steak/Roast
	Meats	Chicken, Breasts/Pieces/Whole
	Meats	Deli Meats
	Meats	Ham
	Meats	Hot Dogs/Bratwurst
	Meats	Pork, Chops/Roast/Sausage
	Meats	Turkey, Whole/Breasts/Ground
	Meats	Other:
	Paper Goods	Aluminum Foil
	Paper Goods	Facial Tissue
	Paper Goods	Food Storage Bags
	Paper Goods	Garbage Bags
	Paper Goods	Napkins
	Paper Goods	Paper Cups/Plates/Silverware
	Paper Goods	Paper Towels
	Paper Goods	Plastic Wrap/Wax Paper
	Paper Goods	Toilet Paper
	Paper Goods	Other:

Need	Category	Item
	Personal	Band Aids
	Personal	Cotton Balls/Swabs
	Personal	Dental Floss
	Personal	Deodorant
	Personal	Hair Gel/Spray/Mousse
	Personal	Lip Balm
	Personal	Mouthwash
	Personal	Razors
	Personal	Shampoo/Conditioner
	Personal	Shaving Cream
	Personal	Soap
	Personal	Tampons/Pads
	Personal	Toothbrush
	Personal	Toothpaste
	Personal	Other:
	Pet Supplies	Bird Seed
	Pet Supplies	Cat Litter
	Pet Supplies	Cat/Dog Food
	Pet Supplies	Cat/Dog Toys
	Pet Supplies	Other:
	Snacks	Cookies/Crackers/Cakes
	Snacks	Granola/Fruit
	Snacks	Jell-O/Pudding
	Snacks	Peanuts
	Snacks	Popcorn/Pretzels
	Snacks	Potato Chips
	Snacks	Other:
	Spices	Basil/Oregano/Rosemary
	Spices	Bay Leaves
	Spices	Chili, Seasoning/Powder
	Spices	Chives/Parsley
	Spices	Cinnamon
	Spices	Cloves, Whole/Ground
	Spices	Dill, Weed/Seed
	Spices	Garlic, Salt/Powder
	Spices	Mustard, Dried
	Spices	Poultry Seasoning
	Spices	Salt/Pepper
	Spices	Taco Seasoning
	Spices	Thyme/Sage
	Spices	Other:

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