



# Grocery List

## Produce



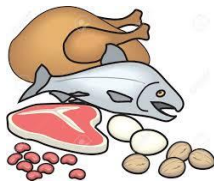
- Applesauce
- Avocados
- Bananas
- Mashed Potatoes
- Well cooked veggies

## Dairy



- Yogurt
- Cottage Cheese
- Eggs
- Ice Cream

## Protein



- Fish
- Meatloaf
- Peanut butter

## Pantry



- Jell-O / Pudding
- Oatmeal
- Pancakes
- Soup
- Table Salt (for salt water rinse)
- Tea Bags

## Beverages



- Juice
- Protein Shakes
- Sustacal, Boost or Ensure

## Other



- Ibuprofen
- Aleve
- Acetaminophen