

# THRIVE

## Home Store Shopping List

THRIVE Foods my family could snack on	Foods that take a long time to prepare (defrosting, chopping, cooking etc.)	Foods I commonly throw away (fresh, frozen, canned)	Foods I commonly run out of (basics)

### My Family's Favorite Meals:

Hint: Put a \* next to any item that could be replaced by Thrive Foods then add it to your Q!

Recipe	Grains	Vegetables	Fruits	Dairy	Meat & Beans	Basics	Other
Example: Chicken Salad		Celery (FD) Onions (FD)			Chicken Dices (FD)		Mayo Salt & Pepper

