



## SHOPPING PREFERENCES

ARE YOU: Walking or Driving Today?

HOW MANY IN FAMILY? \_\_\_\_\_

MEAT: Beef - Chicken - Pork - Fish

DAIRY: Milk – Dairy FREE Milk - Creamer – Yogurt – Eggs – Cheese

CANNED GOODS: Y/N \_\_\_\_\_

FRESH VEGGIES: Y/N \_\_\_\_\_

FRESH FRUIT: Y/N \_\_\_\_\_

PREPARED MEALS: Y/N \_\_\_\_\_ (prepared salads, frozen meals etc)

DESSERT: Y/N \_\_\_\_\_ (Gluten Free Y/N)\_\_\_\_\_

BREAD: Y/N \_\_\_\_\_ (Gluten Free Y/N)\_\_\_\_\_

CEREAL: Y/N \_\_\_\_\_

DRINKS: Y/N \_\_\_\_\_