

Grocery Shopping List

With compliments from TheStudioKitchen.com

Date _____

BEFORE I GO

- Canvas bags
- Plastic bags to recycle?
- Propane refill for grill?
- Clip coupons
- Items to return?

FOODSTUFFS

Fresh vegetables

- Asparagus
- Beans
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Garlic
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini
- Peas
- _____
- _____
- _____

Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Strawberries
- Watermelon
- _____
- _____
- _____

Refrigerated Items

- Bagels
- English muffins
- Chip dip
- Eggs
- Fruit juice
- Ready to bake breads
- Tofu
- Tortillas
- _____
- _____

Frozen

- Breakfasts
- Burritos
- Fish sticks
- Fries / Tater tots
- Ice cream
- Juice concentrate
- Pizzas
- Popsicles
- Sorbet
- Vegetables
- Veggie Burgers
- _____
- _____
- _____

- Eat together as a family.
- Enjoy healthy food.
- Save on eating out.
- Save at the grocer.
- Stay organized.

- Feel good about how I take care of my family
- Order entrees from The Studio Kitchen.
- Call 244-6496 or book at www.thestudiokitchen.com
- Use the Mealplanner Calendar to plan dinners
- Use this list & tell my friends about this!

Condiments / Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauces
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- _____
- _____

Various groceries

- Bouillon cubes
- Cereal
- Coffee / filters
- Instant potatoes
- Lemon / Lime juice
- Mac & cheese
- Olive oil
- Pancake / Waffle Mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- _____
- _____
- _____

Canned foods

- Applesauce
- Baked beans
- Broth
- Fruit
- Olives
- Tinned meats
- Tuna / chicken
- Soup / chili
- Tomatoes
- Veggies
- _____
- _____
- _____

Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Vanilla extract
- _____
- _____

Other

- _____
- _____
- _____
- _____

Dairy

- Butter
- Half & Half
- Heavy cream
- Milk
- Pro-biotics
- Sour cream
- Whipped cream
- Yogurt
- _____
- _____
- _____

Cheese

- Bleu Cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Provolone
- Ricotta
- Sandwich slices
- Swiss
- _____
- _____

Meat

- Bacon
- Beef
- Breakfast sausage
- Chicken
- Ground beef
- Ground turkey
- Ham / Pork
- Hot dogs
- Italian sausage
- Liver
- Lunchmeat
- Ribs
- Roast
- Turkey
- _____
- _____
- _____

Seafood

- Cocktail / Tartar sauce
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Seafood salad
- Shrimp
- Shrimp platter
- Sushi
- Tuna
- _____
- _____
- _____

Beverages

- Club soda / tonic
- Juice
- Mixers
- Soda pop
- Sports drink
- Water
- _____
- Beer
- Champagne
- Wine
- _____
- _____
- _____

Baked goods

- Bagels / Croissants
- Buns / Rolls
- Burritos
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Pie
- Pita bread
- Sliced bread
- Tacos
- _____
- _____

Baking

- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips
- Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- _____
- _____

Snacks

- Candy / Gum
- Chocolate
- Cookies
- Crackers
- Dried fruit
- Granola bars / mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels
- _____
- _____

Baby foods & items

- Baby food
- Diapers
- Formula
- Lotion
- Soap
- Wipes
- _____
- _____
- _____

Pets

- Shop at Tomlinson's for local service & quality
- Cat food / treats
- Cat litter
- Dog food / treats
- Flea treatment
- Pet shampoo
- _____
- _____

Kitchen

- Aluminum foil
- Paper plates
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Zip lock bags
- Wax paper
- _____
- _____

HOUSEHOLD

Personal care

- Antiperspirant / Deodorant
- Bath soap / Hand soap
- Cosmetics
- Cotton swabs / Balls
- Facial cleanser
- Facial tissue
- Family planning products
- Feminine products
- Floss
- Hair gel / spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors / shaving cream
- Shampoo / conditioner
- Sun block
- Toilet paper
- Toothpaste
- Vitamins / Supplements
- _____
- _____
- _____

Medicine

- Allergy
- Antacid
- Antibiotic
- Antidiarrheal
- Aspirin
- Band aids / Medical
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up
- _____
- _____

Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Floor / Wood cleaner
- Garbage bags
- Glass cleaner
- Mop head / Vacuum bags
- Sponges / Scrubbers
- _____
- _____
- _____

Office supplies

- CDRs / DVDRs
- Envelopes
- Glue / Tape
- Notepads
- Pens / Pencils
- Postage stamps
- Printer paper
- _____
- _____

Other items

- Automotive
- Batteries
- Charcoal / Propane
- Flowers / Greeting card
- Insect repellent
- Light bulbs
- Newspaper / Magazines
- Random impulse buy
- Stay on list!
- _____
- _____
- _____

Before checkout

- Need ice?
- Rent a movie
- Stock up on sale items
- Customer reward card?
- Have coupons ready!

Take a look at what customers say about The Studio Kitchen.

Get these benefits for *your* family. Book TODAY!

Call 244-6496 or book online at www.TheStudioKitchen.com

What impact is The Studio Kitchen having on your life?

The biggest thing is that I'm eating healthier food. I've been doing this about 2 years now, and realized immediately that I'd lost my cravings for junk food--I think my nutritional needs were finally being met. The other huge thing is the \$\$ savings. I literally don't go to supermarkets any more. Main food is from Studio Kitchen, the rest is Costco, where they don't have the kinds of impulse buy food items that killed my budget (and diet) at the grocery store. Honestly, the only time I go to the grocery store is to buy vitamins, of all things!

Anything else you wish to communicate? I can't begin to say how much I love your service. It's been great for having company for dinner (something I'd never do before as I didn't cook), it's been good for my health and budget... I keep telling everyone I know about it, as I really think once people try it they'll realize it's all up-side and no downside.

From: Anne Beversdorf

What impact is The Studio Kitchen having on your life?

My husband has lost over 20 pounds since January 1, 2010, and I have lost 12 (he's younger than me and male!). Studio Kitchen has played a huge part in our successful weight loss. We eat a serving for dinner every night, and we look and feel better. [Success story received on February 19, 2010.]

Anything else you wish to communicate? We have been using Studio Kitchen for years, on and off, and now that we are doing it religiously, we will never go back to eating the way we did before. Thank you for giving us health, and a longer life to share with our child, Studio Kitchen.

You ROCK!

From: Katherine Brown

What impact is The Studio Kitchen having on your life?

I have been grateful for what a seemingly simple thing has done for our daily lives. We are just a regular, middle-class family. If anyone had told me a few months ago that I would be receiving two weeks worth of dinners delivered to our door, I would have guffawed (still a word used in small circles, I understand), saying with some vigor, "That is for rich people...people who have nails, and dress like the "after" in "What Not to Wear"...careful hair, casual chic with non-matching, but fabulous handbags that have Names. They don't drive minivans be-strewn with fruit roll-up wrappers, and various and sundry socks, and look like the "before" in "What Not to Wear". But I have seen the light, and am walking with deliberation towards it. It is no more (or not much more) expensive to have you prepare the meal, and I have more time to be generous in other ways to my wonderful, sprawling family. It has been a blessing. Though I find that word grossly over-used, in this case it is warranted because it has led to a tangible good....more time together, sitting at a table, enjoying a lovely meal, and remembering why we are so crazy about each other. That is a "blessing" if ever there was one!

From: Sally Robb

What impact is The Studio Kitchen having on your life?

My life is so much less hectic. I am not sitting at work thinking about what in the heck am I going to make for dinner. I don't have to fight the crowds at [the grocery store] at 5pm anymore, I LOVE IT!

Anything else you wish to communicate? At first, I thought, Man this is expensive BUT in reality it saves me time, money and STRESS! 4 meals out costs about the same as 12 meals in! I am spending less in gas, quick trips to the grocery store and I have an answer for everyone when I walk in the door and am asked "What's for Dinner?" This is well worth the hour it takes me to package the 12 dinners.

From: Cathy Schwanke

What impact is The Studio Kitchen having on your life?

We've come there off and on for several years. In January 2010 our family of 4 spent \$760 eating out. A few of the meals were nicer, sit down restaurant dinners (in the \$40 range) but most were fast food or take out and sometimes we had more than 1 restaurant meal per day. At the end of January I ordered a full Studio Kitchen meal set. Since my 2 kids are young and not big meat eaters we get 24 meals out of the set. We're having a "no-fast-food-February". On the 2 nights where I either didn't defrost something or either couldn't make it (due to time) or didn't want to make the planned meal we've had breakfast for dinner. The kids love the likes of eggs, toast, bacon, yogurt and pancakes and I'm thrilled that we're eating so much better. February is not quite over but so far we've spent less than \$100 on dining out. With no plans to eat out the rest of the week we saved over \$600 this month (over \$325 if you include the \$275 we paid for a month's worth of meals from you). The problem with fast food is that it's so easy to get it. Studio Kitchen helps to turn good nutritious meals into fast food replacements.

From: Elizabeth Lavalley

What impact is The Studio Kitchen having on your life?

It has greatly reduced the stress in my life. We ate out so much that my kids would groan when I would talk about where we would go and eat. Everyone was tired of eating out.

Anything else you wish to communicate? I have tried other meal preparation places and most of them were very skimpy on the meat and high on the carbs and creams. I find that the Studio Kitchen has the most variety and there have been very few meals that my family has not liked. I have done this for about 1 1/2 years so I think that is a great track record.

From: Lisa Hall

The What's for Dinner?
Studio Kitchen™

TheStudioKitchen.com Call 512-244-6496
2111 Sam Bass Rd, Round Rock, TX 78681

BOOK
TODAY!