



# Pre-Arrival Grocery List

Client Name \_\_\_\_\_

Arrival Date \_\_\_\_\_

## Produce

Product	Qty	Organic (if possible)	Type, Color, etc.
Tomatoes			
Cherry Tomatoes			
Cucumbers			
Carrots			
Baby Carrots			
Celery			
Bell Pepper			Color:
Hot Peppers			Type:
Green Beans			
Peas			
Sprouts			
Corn on the Cob			
Summer Squash			
Zucchini			
Broccoli			
Cauliflower			
Lettuce			Type:
Bagged Lettuce			Type:
Spinach			
Kale			
Mushrooms			Type:
Beets			
Radishes			
Scallions			
Onions			Color:
Garlic			
Sweet Potatoes			
Baking Potatoes			
New Potatoes			
Avocados			
Other			

## Fresh Herbs

Product	Qty	Organic (if possible)	Specify Type
Basil			
Rosemary			
Chive			
Thyme			
Cilantro			
Parsley			
Dill			
Fennel			
Mint			
Other			

## Fruit

Product	Qty/ Size	Organic (if possible)	Type, Color, etc.
Strawberries			
Blueberries			
Raspberries			
Blackberries			
Cherries			
Grapes			Color:
Bananas			
Apples			Type:
Pears			
Oranges			
Clementines			
Grapefruit			Color:
Lemons			
Limes			
Peaches			
Nectarines			
Apricots			
Plums			
Figs			
Mangos			

<b>Fruit</b>	<b>Qty</b>	<b>Organic</b> (if possible)	<b>Specify Type</b>
Kiwi			
Melon			Half • Whole • Cut Type:
Watermelon			Half • Whole • Cut
Pineapple			Whole • Cut • Sliced
Pre-Cut Mixed Fresh Fruit			
Other			

## **Dairy/Non-Dairy**

<b>Product</b>	<b>Qty</b>	<b>Organic</b> (if possible)	<b>Size</b>	<b>Brand/Description/Type</b>
Milk				
Chocolate Milk				
Half-n-Half				
Light Cream				
Heavy Cream				
Rice Milk				
Soy Milk				
Almond Milk				
Greek Yogurt				
Regular Yogurt				
Sour Cream				
Cottage Cheese				
Cream Cheese				
Butter				
Margarine				
Eggs				
String Cheese				
Shredded Cheese				
Ricotta Cheese				
Other				

## **Specialty Cheeses**

<b>Product</b>	<b>Qty</b>	<b>Description</b>
Cheddar		
Gouda		
Gloucester		

<b>Cheeses</b>	<b>Qty</b>	<b>Description</b>
Feta		
Monterey Jack		
Brie		
Fontina		
Jarlsberg		
Blue Cheese		
Camembert		
Manchego		
Fresh Mozzarella		
Parmesan		Shredded • Grated • Block • Parmagiana Reggiano Block
Goat Cheese		
Other		

## **Meat/Poultry**

<b>Product</b>	<b>Qty</b>	<b>Organic</b> (if possible)	<b>Description/Fat Content/Type, etc.</b>
Ground Beef			
Hamburger Patties			
Steak (SPECIFY TYPE)			
Beef Roast (SPECIFY TYPE)			
Other Beef			
Rack of Lamb			
Lamb Leg			
Other Lamb (SPECIFY)			
Pork Roast			
Pork Tenderloin			
Pork Ribs			
Italian Sausage			HOT • SWEET
Whole Ham			
Ham Steaks			
Hot Dogs			PORK • BEEF • TURKEY
Other Pork			
Whole Chicken (uncooked)			
Whole Rotisserie Chicken			
Chicken Breasts			BONELESS • BONE IN • BONE IN/SKIN ON
Chicken Thighs			BONELESS • BONE IN • BONE IN/SKIN ON
Chicken Drumsticks			

<b>Meat/Poultry</b>	<b>Qty</b>	<b>Organic</b> (if possible)	<b>Description/Fat Content/Type, etc.</b>
Chicken Wings			
Other Chicken			
Whole Turkey			
Turkey Breast			
Turkey Legs			
Other Turkey			
Bacon			
Turkey Bacon			
Breakfast Sausage			
Other Requests			

## Seafood

<b>Product</b>	<b>Weight</b>	<b>Specifics</b> - we will try to accomodate requests
Salmon		FILET • STEAKS
Swordfish		
Tuna		
Flounder		
Cod		
Red Snapper		
Clams		
Mussels		
Squid		
Crab Meat		
Jumbo Lump Crab Meat		
King Crab Legs		
Shrimp		
Scallops		
Oysters		
Lobster (Whole)		
Lobster (Meat Only)		
Other Seafood Requests		

Notes \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## Deli Meats

<b>Product</b>	<b>Weight</b>	<b>Specify <u>Stop &amp; Shop</u> or <u>Boar's Head</u> and <u>Flavor</u> (if applicable)</b>
Roast Beef		
Pastrami		
Ham		
Turkey		
Chicken		
Prosciutto		
Pepperoni		
Salami		
Bologna		
Other		

## Deli Cheese

<b>Product</b>	<b>Weight</b>	<b>Specify <u>Stop &amp; Shop</u> or <u>Boar's Head</u> and <u>Flavor</u> (if applicable)</b>
American		
Cheddar		
Swiss		
Provolone		
Monterey Jack		
Havarti		
Meunster		
Mozzerella		
Other		

## Deli Sides

<b>Product</b>	<b>Weight</b>	<b>Specify <u>8 oz</u>, <u>16 oz</u> or <u>24 oz</u> Container</b>
Chicken Salad		
Tuna Salad		
Egg Salad		
Potato Salad		
Macaroni Salad		
Pasta Salad		
Cole Slaw		
Mixed Olives		
Other		

## Breads

<b>Product</b>	<b>Qty</b>	<b>Specifics</b> - we will try to accomodate requests
White Sandwich		
Whole Wheat Sandwich		
Multi-Grain		
Portguese Bread		
Kaiser Rolls		
Hot Dog Rolls		
Bagels		
English Muffins		
Pita Bread		
French Bread		
Italian Bread		
Ciabatta		
Sourdough		
Something Natural Bread		
Other		

## Pastries

<b>Product</b>	<b>Qty</b>	<b>Specifics</b> - we will try to accomodate requests
Pies		
Cookies		
Brownies		
Cakes		
Coffee Cake		
Muffins		
Croissants		
Donuts		
Other		

## Breakfast

<b>Product</b>	<b>Qty</b>	<b>Description</b>
Cheerios		
Corn Flakes		
Rice Crispies		
Special K		
Granola		

<b>Breakfast</b>	<b>Qty</b>	<b>Description</b>
Breakfast Bars		
Pop Tarts		
Pancake/Waffle Mix		
Pure Maple Syrup		
Other		

## **Pasta, Grains & Beans**

<b>Product</b>	<b>Qty</b>	<b>Specifics</b> - we will try to accomodate requests
Pasta (Specify Type)		
Whole Wheat Pasta		
Tortellini		
Ravioli		
Mac and Cheese		
White Rice Slow Cooked		
Minute Rice		
Basmati Rice		
Brown Rice		
Wild Rice		
Couscous		
Barley		
Quinoa		
Black Beans		
Kidney Beans		
Garbanzo Beans		
Lentils		
Lima Beans		
Refried Beans		
Other Requests		
Other Requests		

## **Frozen Foods**

<b>Product</b>	<b>Qty</b>	<b>Specifics</b> - we will try to accomodate requests
Waffles/Pancakes		
Fruits		
Vegetables		
Breads		



<b>Frozen Foods</b>	<b>Qty</b>	<b>Specifics</b> - we will try to accomodate requests
Pizza		
Chicken Nuggets		
Fish Sticks		
Burger Patties		
Chicken Wings		
Shrimp		
French Fries		
Burritos		
Ice Cream		
Dairy - Free Ice Cream		
Gelato		
Frozen Yogurt		
Sherbert		
Italian Ice		
Popsicles		
Ice Cream Sandwiches		
Frozen Cakes/Pies		
Pie Crust		
Other		

## Snacks

<b>Product</b>	<b>Qty</b>	<b>Specifics</b> - Flavor, Type, Brand, Salted, Unsalted, etc.
Potato Chips		
Corn Tortilla Chips		
Doritos		
Pita Chips		
Pretzels		
Bagged Popcorn		
Microwave Popcorn		
Nuts/Seeds		
Mixed Nuts		
Jerky		
Granola Bars		
Fruit Snacks		
Dried Fruit		
Apple Sauce		

<b>Snacks</b>	<b>Qty</b>	<b>Specifics</b> - Flavor, Type, Brand, Salted, Unsalted, etc.
Jello		
Pudding		
Cookies		
Crackers		
Goldfish		
Graham Crackers		
Marshmallows		
Chocolate Bars		
Ice Cream Cones		
Other		

## **Condiments, Sauces, etc.**

<b>Product</b>	<b>Size</b>	<b>Specifics</b> - Flavor, Type, Brand, etc.
Ketchup		
Yellow Mustard		
Dijon Mustard		
Mayonnaise		
Pickles (Flavor & Cut)		
Olives		
Capers		
Hot Sauce		
Steak Sauce		
BBQ Sauce		
Soy Sauce		
Salad Dressing		
Vinegar (type)		
Olive Oil (Virgin, Extra Virgin)		
Vegetable Oil		
Tomato Sauce		
Alfredo Sauce		
Pesto		
Cocktail Sauce		
Horseradish		
Salsa (Hot, Medium, etc)		
Guacamole		

<b>Condiments, Sauces, etc</b>	<b>Size</b>	<b>Specifics</b> - Flavor, Type, Brand, etc.
Hummus		
Salt		
Pepper		
100% Maple Syrup		
Honey		
Peanut Butter (creamy,crunchy)		
Jelly or Jam		
Taco Kit		
Taco Sauce (hot, medium,etc)		
Taco Shells		
Marinade		
Spices		
Stuffing Mix		
Gravy		
Other Requests		

## Baking Needs

<b>Product</b>	<b>Qty/Size</b>	<b>Specifics</b> - Type, Brand, etc.
Cake Mix		
Brownie Mix		
Muffin Mix		
Frosting		
Birthday Candles		
Cake Decorations		
White Sugar		
Brown Sugar		
Confectioners Sugar		
Flour (White, Wheat, etc)		
Yeast		
Baking Powder		
Baking Soda		
Chocolate Chips		
Chopped Nuts		
Vanilla Extract		
Other		

# Beverages

<b>Product</b>	<b>Qty/Size</b>	<b>Specifics</b> - Flavor, Type, Brand, etc.
Orange Juice		
Grapefruit Juice		
Cranberry Juice		
Apple Juice		
Pineapple Juice		
Grape Juice		
Fruit Punch		
V-8		
Lemonade		
Ice Tea		
Juice Boxes		
Sports Drinks		
Coke		
Diet Coke		
Coke Zero		
Sprite		
Pepsi		
Diet Pepsi		
Dr Pepper		
7-Up		
Ginger Ale		
Root Beer		
Ginger Beer		
Spring Water		
Sparkling Water		
Flavored Water		
Club Soda		
Seltzer Water		
Tonic		
Coconut Water		
Other		

## Hot Beverages & Sweeteners

Product	Qty/Size	Specifics - Flavor, Type, Brand, etc.
Ground Coffee		
Espresso		
Keurig Pods		
Tea		
Hot Chocolate		
White Sugar Packets		
Sugar in the Raw Packets		
Other Sweeteners		
Coffee Filters (Specify Type)		

## Paper Products

Product	Qty/Size	Specifics - Type, Brand, etc.
Toilet Paper		
Facial Tissues		
Paper Towels		
Paper Napkins		
Paper/Plastic Plates		
Plastic Cups		
Plastic Utencils		
Aluminum Foil		
Plastic Wrap		
Garbage Bags		
Wax Paper		
Sandwich Bags		
Dish Soap		
Laundry Detergent		
Dishwasher Detergents		
Sponges		
Other		



# HELP ME RHONDA



## CREDIT CARD AUTHORIZATION

I \_\_\_\_\_ hereby authorize Rhonda Allen to charge my credit card for the amounts invoiced and for future purchases approved by me (verbally or in writing). Two weeks prior to your arrival, we will charge your card the minimum fee of \$150, which covers the first three hours of shopping. On the date of your arrival, shoppers will deliver the items requested and you will see a charge for the amount of your grocery bill plus the 4% credit card processing fee and any additional hours that go above the minimum three hour charge within 1-3 days.

Guest Name: \_\_\_\_\_

Arrival Date: \_\_\_\_\_ Departure Date: \_\_\_\_\_

Rental Address: \_\_\_\_\_

Rental Agent: \_\_\_\_\_

Visa / MasterCard / Amex

Name on Card: \_\_\_\_\_

Credit Card No.: \_\_\_\_\_

Expiration Date: \_\_\_\_ / \_\_\_\_ SEC Code: \_\_\_\_\_

Credit Card Billing Address:

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**HELP ME RHONDA**



508.333.4622 • [ackhelpmerhonda.com](http://ackhelpmerhonda.com)