

Vitamin Cottage

Nuts & flours			Breads & deli		
Frozen, Breads/Bulk	Pasta, soups, beans, ethnic, condiments	Baking, cookies, juice, spices	Spreads, cereal	Crackers, soups	Dairy
Produce		Whole Foods		Cosmetics/Nutrition, cleaning	Tea/Chips

* = coupon, ? = only if on sale

King Sooper		Safeway	
Wild Oats	Lucky		Costco
Sun	Dinners		Other
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			