

Winterlude 2012 Bahamas 3 Months Provisioning Spreadsheet

Category/Item	On Hand	Need	Buy	
Baking	0	0	0	
Baking Powder	1	1	0	
Baking Soda	1	1	0	
Brown Sugar	1	1	0	
Cocoa, Unsweetened	1	1	0	
Cornmeal	1	1	0	
Flour:				
Oat Flour	1	1	0	
Buckwheat Flour	1	1	0	
Whole Wheat Flour	1	1	0	
Flaxseed	1	1	0	
Breadcrumbs	1	1	0	
Molassas	1	1	0	
White Sugar	1	1	0	
Agave Nector (sweetner)	3	3	0	
Yeast (packets)	2	2	0	
Angel Food Cake Mix	1	1	0	
Bread/Crackers				
Fat Free Saltines	1.5	2	0.5	
Flatbread Crisps	1	1	0	
Low Fat Triscuits	1	1	0	
Low Fat Ritz	1	1	0	
Arnold Sandwich Rounds	10	10	0	
Cereal & B-Fast				
Raisin Bran	8	8	0	
Regular Oatmeal	2	2	0	
Apple Juice	6	6	0	
Raisins	1	2	1	
Box Fat Free Milk or Almond Milk	10	10	0	
Cleaning Supplies				
Bleach	1	1	0	
White Vinegar	1	1	0	
Joy Dish Soap	2	2	0	
Tide Laundry Soap	1	1	0	
Bounce Dryer Sheets	1	1	0	
Dish Sponges	3	3	0	
Boat Sponges	2	2	0	
Trash Bags - 45 Ct	1	1	0	
Boat Wash Wax	1	1	0	
Canola Oil	1	1	0	Head
Condiments				
Honey	1	1	0	
Horseradish (the real thing)	1	1	0	
Simply Fruit Jam	2	2	0	
Ketchup	1	1	0	
Dijon Mustard	1	1	0	
Low Fat Hellman's Mayo	2	2	0	
Dill Relish	1	1	0	

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Maple Syrup	1	1	0
Hot Sauce	1	1	0
Soy Sauce	1	1	0
Wasabi Paste	0	1	1
Condiments Cont			
Tamari Sauce	1	1	0
Fish Sauce	1	1	0
Green Curry Paste	1	1	0
Worcestershire Sauce	1	1	0
Red Wine Vinegar	1	1	0
Rice Wine Vinegar	1	1	0
Sesame Oil	1	1	0
Balsamic Vinegar	1	1	0
Olive Oil	1	1.5	0.5
Taco Sauce	2	2	0
Lemon/Lime Juice	2	2	0
Dairy			
Fat Free Cheddar	0	2	2
Fat Free Feta	1	2	1
Fat Free Mozzarella			
Egg Beaters	1	3	2
Drinks			
Coke - cases	4	4	0
Wine - bottles	36	36	0
Wine - Black Box	2	2	0
Coffee - Folgers	1	1	0
Coffee K- Cups	8	8	0
Tea - Green Tea Bags	2	2	0
Gatorade Dry Mix	2	2	0
7 Up (sick)	6	6	0
Tonic Water	3	6	3
Beer	12	24	12
Tangaruy Gin	1	1	0
Rum	1	1	0
Fruit			
Applesauce - unsweetened	1	1	0
Pineapple rings	3	3	0
Misc Canned Fruit	1	1	0
Health & Beauty			0
Baby Aspirin	2	2	0
Bug Spray	2	2	0
Cipro	1	1	0
Nyquil/Cough Syrup	1	1	0
Dental Floss/Glide	2	2	0
Deodorant	2	2	0
Hydrogen Peroxide	1	1	0
Keflex	1	1	0
Lotion	2	2	0
Q Tips	1	1	0

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Razor Blades - J & D	2	2	0
Rubbing Alcohol	1	1	0
Shampoo - J & D	2	2	0
Soap - Bar	3	3	0
Sunscreen	2	2	0
Toothpaste	2	2	0
Tums	1	1	0
Yeast Infection Meds	1	1	0
Meclazine	1	1	0
Meat, Canned			
Turkey	1	1	0
Tuna	8	8	0
Chicken	12	12	0
Crab	1	1	0
Meat, Fresh/Frozen			
Boneless Skinless Chicken Breasts	12	12	0
Boneless Smoked Pork Chops	16	16	0
Deli Turkey/Chicken - lb	4	4	0
Misc			0
Distilled Water (batteries)	1	1	0
Fire Starters	1	1	0
Camping Propane	8	8	0
Office			0
Printer Ink	1	1	0
Index Cards	1	1	0
Printer Paper	1	1	0
Envelopes	1	1	0
Boat Cards	2	2	0
USB "Stick"	1	1	0
Packets			
Taco Bell Taco Seasoning	4	4	0
Paper Products			0
Aluminum Foil - Rolls	2	2	0
Paper Towel, Rolls	12	12	0
Toilet Paper	24	24	0
Kleenex	2	2	0
Parchment Paper	1	1	0
Ziploc Bags, Quart Freezer, 40	3	3	0
Ziploc Bags, Gallon Freezer, 30	2	2	0
Ziploc Bags, 2 Gallon Freezer, 15	1	1	0
Rice & Pasta			
Brown Basmati Rice	1	1	0
Jasmine Rice	1	1	0
Brown Rice Trader Joe's Medley	2	2	0
Brown Rice, Plain	1	1	0
Whole Wheat Pasta, Penne	3	3	0
Whole Wheat CousCous	1	1	0
Ramen Noodles	1	1	0
Snacks			0

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Pretzel Crisps - Everything & Plain	20	20	0
Snyder's Pretzel Pieces	5	5	0
Fat Free Pretzels	3	3	0
Kettle Microwave Popcorn	5	0	-5
Fat Free Devil Food Cookies	9	13	4
Other Fat Free Cookies	2	6	4
Soups			0
Vegetable Broth - Quart	6	6	0
Bouillon Cubes	2	2	0
Vegetarian Vegetable better bouillon	2	2	0
Chicken Noodle (sick)	2	2	0
Spices			
Bay Leaves	1	1	0
Chili Powder	1	1	0
Garlic Powder	2	2	0
Cinnamon	1	1	0
Roasted Garlic & Herb	3	3	0
Garlic, Chopped Squeeze	2	2	0
Mrs Dash	1	1	0
Pepper Grinder	1	1	0
Sea Salt	1	1	0
Salt Substitute	1	1	0
Vanilla, bottle	2	2	0
Oregano	1	1	0
Basil	1	1	0
Thyme	1	1	0
Garden Gourmet Tube - Italian	1	1	0
Garden Gourmet Tube - Basil	1	1	0
Garden Gourmet Tube - Oregano	1	1	0
Red Pepper Flakes	1	1	0
Italian Seasoning	1	1	0
Sage	1	1	0
Ginger	1	1	0
Cilantro	1	1	0
Sesame Seeds	2	2	0
Cumin Seeds	1	1	0
Parsley	1	1	0
Cayenne Pepper	1	1	0
Nutmeg	1	1	0
Zatarain's Blackening	1	1	0
Old Bay Seasoning	1	1	0
Cloves	0	1	1
Canned Veggies			
Beans, Red Kidney	18	18	0
Beans, Garbanzo	16	16	0
Beans, Black	10	10	0
Beans, Canneloni	6	6	0
Black Olives	5	5	0
Mushrooms, Small Cans	12	12	0

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Green Chopped Chilis	9	9	0	
Jalapeno Slices	1	1	0	
Tomatoes, Diced	16	16	0	
Tomato Sauce/Paste	5	4	-1	
Green Beans	3	3	0	
Corn	1	1	0	
Misc Canned Veggies	6	6	0	
Canned Zucchini & Tomatoes	2	2	0	
Spinach	2	2	0	
Artichoke Hearts	2	2	0	
Okra	4	4	0	
Fresh Veggies				
Potatoes	1	1	0	5 lb bag
Red Potatoes	1	1	0	5 lb bag
Sweet Potatoes	8	8	0	
Red Onions	6	6	0	
Sweet Onions	1	1	0	5 lb bag
Cabbage	2	2	0	
Green Beans	2	2	0	2 lbs
Broccoli	2	2	0	enough for 2 meals