

## Meat & Seafood

- \_\_\_ Bacon (pei2 gen1) 培根
- \_\_\_ Beef (niu2 rou4) 牛肉
- \_\_\_ Chicken (ji1 rou4) 鸡肉
- \_\_\_ Eggs (ji1 dan4) 鸡蛋
- \_\_\_ Ham (huo3 tui3) 火腿
- \_\_\_ Hot Dogs (re4 gou3) 热狗
- \_\_\_ Pork (zhu1 rou4) 猪肉
- \_\_\_ Crab (pang2 xie4) 螃蟹
- \_\_\_ Salmon (san1 wen2 yu2) 三文鱼
- \_\_\_ Shrimp (xia1) 虾

## Fresh Fruits

- \_\_\_ Apples (ping2 guo3) 苹果
- \_\_\_ Avocado (niu2 you2 guo3) 牛油果
- \_\_\_ Bananas (xiang1 jiao1) 香蕉
- \_\_\_ Berries (jiang1 guo3) 浆果
- \_\_\_ Cherries (ying1 tao2) 樱桃
- \_\_\_ Grapes (pu2 tao2) 葡萄
- \_\_\_ Kiwis (mi2 hou2 tao2) 猕猴桃
- \_\_\_ Lemons/Limes (ning2 meng2) 柠檬
- \_\_\_ Melons (gua1) 瓜
- \_\_\_ Oranges (cheng2 zi) 橙子
- \_\_\_ Peaches (tao2 zi) 桃子

## Fresh Vegetables

- \_\_\_ Asparagus (lu2 sun3) 芦笋
- \_\_\_ Broccoli (xi1 lan2 hua1) 西兰花
- \_\_\_ Cauliflower (hua1 cai4) 花菜
- \_\_\_ Carrots (hu2 luo2 bo1) 胡萝卜
- \_\_\_ Celery (qin2 cai4) 芹菜
- \_\_\_ Corn (yu4 mi3) 玉米
- \_\_\_ Cucumbers (huang2 gua1) 黄瓜
- \_\_\_ Lettuce (sheng1 cai4) 生菜
- \_\_\_ Mushrooms (mo2 gu1) 蘑菇
- \_\_\_ Onions (yang2 cong1) 洋葱
- \_\_\_ Potatoes (tu3 dou4) 土豆
- \_\_\_ Spinach (bo1 cai4) 菠菜
  
- \_\_\_ Sprouts (dou4 ya2) 豆芽
- \_\_\_ Tomatoes (fan1 qie2) 番茄
- \_\_\_ Zucchini (xi1 hu2 lu2) 西葫芦
- \_\_\_ Pumpkin (nan2 gua1) 南瓜

## Dairy

- \_\_\_ Butter (huang2 you2) 黄油
- \_\_\_ Cheese (nai3 lao4) 奶酪
- \_\_\_ Margarine (ren2 zao4 huang2 you2)  
人造黄油
- \_\_\_ Milk (niu2 nai3) 牛奶
- \_\_\_ Sour cream (suan1 nai3 you2) 酸奶油
- \_\_\_ Yogurt (suan1 nai3) 酸奶

## Sauces & Condiments

- \_\_\_ BBQ sauce (shao1 kao3 jiang4) 烧烤酱
- \_\_\_ Hot sauce (la4 jiang4) 辣酱
- \_\_\_ Jelly/Preserves (guo3 jiang4) 果酱
- \_\_\_ Ketchup (fan1 qie2 jiang4) 番茄酱
- \_\_\_ Mayonnaise (dan4 huang2 jiang4) 蛋黄酱
- \_\_\_ Mustard (jie4 mo4 jiang4) 芥末酱
- \_\_\_ Peanut butter (hua1 sheng1 jiang4)  
花生酱
- \_\_\_ Salsa (mo4 xi1 ge1 la4 jiang4) 墨西哥辣酱
- \_\_\_ Soy sauce (jiang4 you2) 酱油

## Spices & Herbs

- \_\_\_ Basil (jiu3 ceng2 ta3) 九层塔
- \_\_\_ Black pepper (hei1 jiao1) 黑椒
- \_\_\_ Cilantro (xiang1 cai4) 香菜
- \_\_\_ Cinnamon (rou4 gui4) 肉桂
- \_\_\_ Garlic (da4 suan4) 大蒜
- \_\_\_ Oregano (hua1 jiao1 ye4) 花椒叶
- \_\_\_ Parsley (xiang1 qin2) 香芹
- \_\_\_ Red Pepper (hong2 jiao1) 红椒
- \_\_\_ Salt (yan2) 盐
- \_\_\_ Vanilla extract (xiang1 cao3 jing1)  
香草精

## Oil & Vinegar

- \_\_\_ Olive Oil (gan3 lan3 you2) 橄榄油
- \_\_\_ Salad Dressing (se4 la1 tiao2 wei4 liao4)  
色拉调味料
- \_\_\_ Vegetable Oil (zhi2 wu4 you2) 植物油
- \_\_\_ Vinegar (cu4) 醋

## Baked Goods

- \_\_\_ Bagels (mian4 bao1 quan1) 面包圈
- \_\_\_ Bread (mian4 bao1) 面包
- \_\_\_ Cake (dan4 gao1) 蛋糕
- \_\_\_ Cookies (bing3 gan1) 饼干

## Other

- \_\_\_ Tofu (dou4 fu3) 豆腐
- \_\_\_ Soy Milk (dou4 nai3) 豆奶
- \_\_\_ MSG (wei4 jing1) 味精

