

GROCERY LIST

Produce

- ☐ ___ Potatoes
- ☐ ___ Mushrooms
- ☐ ___ Onions
- ☐ ___ Cucumbers
- ☐ ___ Lettuce
- ☐ ___ Tomatoes
- ☐ ___ Carrots
- ☐ ___ Celery
- ☐ ___ Zucchini
- ☐ ___ Broccoli
- ☐ ___ Cauliflower
- ☐ ___ Spinach
- ☐ ___ Bell Peppers
- ☐ ___ Tofu
- ☐ ___ Strawberries
- ☐ ___ Bananas
- ☐ ___ Apples
- ☐ ___ Oranges
- ☐ ___ Grapes
- ☐ ___ Grapefruit
- ☐ ___ Melon
- ☐ ___ Nectarines
- ☐ ___ Peaches
- ☐ ___ Pears
- ☐ ___ Plums
- ☐ ___ Lemon/Lime
- ☐ ___ Blueberries
- ☐ ___ Raspberries
- ☐ ___ Avacados
- ☐ ___ Kiwi
- ☐ ___ Fresh Herbs
- ☐ ___

Deli

- ☐ ___ Deli Meats
- ☐ ___ Deli Cheese
- ☐ ___ Deli Salads
- ☐ ___ Rotisserie Chicken
- ☐ ___

Breads

- ☐ ___ White Bread
- ☐ ___ Whole Wheat Bread
- ☐ ___ Hot Dog Buns
- ☐ ___ Hamburger Buns
- ☐ ___ Bagels
- ☐ ___ Biscuits
- ☐ ___ English Muffins
- ☐ ___ Tortillas
- ☐ ___ Pitas
- ☐ ___ Muffins
- ☐ ___

Dairy

- ☐ ___ Milk
- ☐ ___ Butter/Margarine
- ☐ ___ Eggs
- ☐ ___ Yogurt
- ☐ ___ Cheese
- ☐ ___ Cream Cheese
- ☐ ___ Cottage Cheese
- ☐ ___ Sour Cream
- ☐ ___ Coffee Creamer
- ☐ ___ Orange Juice
- ☐ ___ Cookie Dough
- ☐ ___ Dinner Roll Dough
- ☐ ___

Condiments

- ☐ ___ Olive Oil
- ☐ ___ Salad Dressing
- ☐ ___ Vinegar
- ☐ ___ Mayonnaise
- ☐ ___ Marinade
- ☐ ___ Steak Sauce
- ☐ ___ BBQ Sauce
- ☐ ___ Ketchup
- ☐ ___ Mustard
- ☐ ___ Pickles/Relish
- ☐ ___ Olives
- ☐ ___ Jelly/Jam
- ☐ ___ Peanut Butter
- ☐ ___ Honey
- ☐ ___ Salt/Pepper
- ☐ ___ Seasoning Packets
- ☐ ___ Spices
- ☐ ___ Soy Sauce
- ☐ ___

Canned Goods

- ☐ ___ Tuna
- ☐ ___ Tomato Sauce
- ☐ ___ Mushrooms
- ☐ ___ Soup/Chili
- ☐ ___
- ☐ ___

Canned Veggies

- ☐ ___ Green Beans
- ☐ ___ Corn
- ☐ ___ Peas
- ☐ ___ Baked Beans
- ☐ ___

Canned/Cup Fruit

- ☐ ___ Applesauce
- ☐ ___ Pineapple
- ☐ ___ Peaches
- ☐ ___ Fruit Cocktail
- ☐ ___ Raisins
- ☐ ___ Mandarin Oranges
- ☐ ___ Pears
- ☐ ___

Pasta

- ☐ ___ Spaghetti
- ☐ ___ Lasagne Noodles
- ☐ ___ Macaroni Noodles
- ☐ ___ Rice
- ☐ ___ Risotto
- ☐ ___ Pasta Sauce
- ☐ ___ Boxed Rice/Pasta
- ☐ ___ Macaroni & Cheese
- ☐ ___

Ethnic Foods

- ☐ ___ Taco/Enchilada Mix
- ☐ ___ Taco Shells
- ☐ ___ Taco Sauce
- ☐ ___ Salsa
- ☐ ___ Tortillas
- ☐ ___ Soy Sauce
- ☐ ___ Teriyaki Sauce
- ☐ ___

Cereals

- ☐ ___ Cereal
- ☐ ___ Granola
- ☐ ___ Oatmeal
- ☐ ___ Breakfast Bars
- ☐ ___ Granola Bars
- ☐ ___ Toaster Pastries
- ☐ ___

Baking Needs

- ☐ ___ Sugar
- ☐ ___ Flour
- ☐ ___ Vegetable Oil
- ☐ ___ Cake/Brownie Mix
- ☐ ___ Frosting
- ☐ ___ Muffin Mix
- ☐ ___ Cookie Mix
- ☐ ___ Pancake Mix
- ☐ ___ Pancake Syrup
- ☐ ___ Baking Powder
- ☐ ___ Baking Soda
- ☐ ___ Vinegar
- ☐ ___ Cooking Spray
- ☐ ___ Vanilla Extract
- ☐ ___ Baking Nuts
- ☐ ___ Chocolate Chips
- ☐ ___ Coconut
- ☐ ___ Pudding
- ☐ ___ Jello
- ☐ ___ Marshmallows
- ☐ ___ Sweetener
- ☐ ___

Snack Foods

- ☐ ___ Cookies
- ☐ ___ Crackers
- ☐ ___ Graham Crackers
- ☐ ___ Chips
- ☐ ___ Popcorn
- ☐ ___ Fruit Snacks
- ☐ ___ 100 Calorie Packs
- ☐ ___ Pretzels
- ☐ ___ Nuts/Trail Mix
- ☐ ___

Meat

- ☐ ___ Ground Beef
- ☐ ___ Chicken
- ☐ ___ Ground Turkey
- ☐ ___ Veal
- ☐ ___ Beef Roast
- ☐ ___ Steak
- ☐ ___ Beef Patties
- ☐ ___ Pork Chops
- ☐ ___ Pork Roast
- ☐ ___ Bacon
- ☐ ___ Hot Dogs
- ☐ ___ Sausage
- ☐ ___ Brats
- ☐ ___ Ham
- ☐ ___ Cold Cuts
- ☐ ___

Seafood

- ☐ ___ Shrimp
- ☐ ___ Lobster
- ☐ ___ Clams

- ☐ ___ Crab
- ☐ ___ Tilapia
- ☐ ___ Orange Roughy
- ☐ ___

Frozen Foods

- ☐ ___ Chicken Nuggets
- ☐ ___ Fish Sticks
- ☐ ___ Frozen Entrees
- ☐ ___ Frozen Vegetables
- ☐ ___ Frozen Fruit
- ☐ ___ French Fries
- ☐ ___ Pizza
- ☐ ___ Waffles
- ☐ ___ Pancakes
- ☐ ___ Pie Crusts
- ☐ ___ Ice Cream
- ☐ ___ Whipped Cream
- ☐ ___

Beverages

- ☐ ___ Fruit Juice
- ☐ ___ Vegetable Juice
- ☐ ___ Lemonade
- ☐ ___ Sports Drinks
- ☐ ___ Juice Boxes
- ☐ ___ Bottled Water
- ☐ ___ Drink Mixes
- ☐ ___ Tea
- ☐ ___ Coffee
- ☐ ___ Coffee Filters
- ☐ ___ Non-Dairy Creamer
- ☐ ___ Soda
- ☐ ___ Chocolate Syrup
- ☐ ___ Strawberry Syrup
- ☐ ___ Beer
- ☐ ___ Wine
- ☐ ___

Bakery

- ☐ ___ Donuts/Rolls
- ☐ ___ Bagels
- ☐ ___ Cookies
- ☐ ___ Cake
- ☐ ___ Brownies
- ☐ ___ Pie
- ☐ ___

Baby Items

- ☐ ___ Baby Food
- ☐ ___ Baby Formula
- ☐ ___ Diapers/Pull-Ups
- ☐ ___ Baby Wipes
- ☐ ___ Baby Wash
- ☐ ___

Pet Supplies

- ☐ ___ Dog Food
- ☐ ___ Cat Food
- ☐ ___ Cat Litter
- ☐ ___ Litter Box Liners
- ☐ ___ Pet Toys
- ☐ ___ Pet Treats
- ☐ ___ Fish Food
- ☐ ___

Paper Goods

- ☐ ___ Napkins
- ☐ ___ Paper Towels
- ☐ ___ Toilet Tissue
- ☐ ___ Tissues
- ☐ ___ Trash Bags
- ☐ ___ Paper Plates
- ☐ ___ Disposable Cups
- ☐ ___ Baggies/Storage Bags
- ☐ ___ Aluminum Foil
- ☐ ___ Plastic Wrap
- ☐ ___ Wax Paper
- ☐ ___ Toothpicks
- ☐ ___

Cleaning Supplies

- ☐ ___ Laundry Detergent
- ☐ ___ Dryer Sheets
- ☐ ___ Bleach
- ☐ ___ Fabric Softener
- ☐ ___ Stain Remover
- ☐ ___ Dish Soap
- ☐ ___ Dishwasher Soap
- ☐ ___ Cleanser
- ☐ ___ Glass Cleaner
- ☐ ___ Dusting Spray
- ☐ ___ Disinfectant
- ☐ ___

Health & Beauty

- ☐ ___ Sunscreen
- ☐ ___ Shampoo
- ☐ ___ Conditioner
- ☐ ___ Hair Styling Products
- ☐ ___ Deodorant
- ☐ ___ Bath Soap/Body Wash
- ☐ ___ Feminine Supplies
- ☐ ___ Panty hose
- ☐ ___ Makeup
- ☐ ___ Face Wash
- ☐ ___ Toothpaste
- ☐ ___ Mouthwash
- ☐ ___ Dental Floss
- ☐ ___ Body Lotion
- ☐ ___ Face Lotion
- ☐ ___ Contact Lens Solution
- ☐ ___ Bandages
- ☐ ___ Antiseptic Cream
- ☐ ___ Medicines
- ☐ ___ Vitamins/Supplements
- ☐ ___ Razors
- ☐ ___ Shaving Cream
- ☐ ___ Cotton Balls
- ☐ ___ Cotton Swabs
- ☐ ___ Hand soap/sanitizer
- ☐ ___

Miscellaneous

- ☐ ___ Film
- ☐ ___ Batteries
- ☐ ___ Cards/Gift Wrap
- ☐ ___ Light Bulbs
- ☐ ___ Ice
- ☐ ___