Grocery List

Fruits
- ☐ apples
- ☐ bananas
- ☐ berries
- ☐ grapes
- ☐ pineapples
- ☐ lemons
- ☐ melons
- ☐ oranges
- ☐ peaches
- ☐ pears
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Vegetables
- ☐ broccoli
- ☐ cabbage
- ☐ cauliflower
- ☐ carrots
- ☐ celery
- ☐ corn
- ☐ cucumbers
- ☐ garlic
- ☐ green beans
- ☐ kale
- ☐ lettuce
- ☐ mushrooms
- ☐ onions
- ☐ peppers
- ☐ potatoes
- ☐ salad greens
- ☐ pumpkin
- ☐ sprouts
- ☐ sweet potatoes
- ☐ tomatoes
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat
- ☐ bacon
- ☐ chicken
- ☐ deli meat
- ☐ ground beef
- ☐ hot dogs
- ☐ sausage
- ☐ steak
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fish
- ☐ catfish
- ☐ cod
- ☐ halibut
- ☐ salmon
- ☐ shrimp
- ☐ tilapia
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Personal Care
- ☐ conditioner
- ☐ cotton balls
- ☐ cotton swabs
- ☐ dental floss
- ☐ deodorant
- ☐ hand soap
- ☐ mouthwash
- ☐ razors/blades
- ☐ shampoo
- ☐ shaving cream
- ☐ soap
- ☐ sunscreen
- ☐ tissues
- ☐ toothbrush
- ☐ toothpaste
- ☐ vitamins
- ☐ _____
- ☐ _____

Bakery
- ☐ bagels
- ☐ bread
- ☐ cake
- ☐ cookies
- ☐ hamburger buns
- ☐ hot dog buns
- ☐ muffins
- ☐ pastries
- ☐ pita bread
- ☐ rolls
- ☐ tortillas
- ☐ _____
- ☐ _____

Snacks
- ☐ candy
- ☐ cookies
- ☐ crackers
- ☐ dried fruit
- ☐ fruit snacks
- ☐ graham crackers
- ☐ granola bars
- ☐ gum
- ☐ nuts
- ☐ popcorn
- ☐ potato chips
- ☐ pretzels
- ☐ tortilla chips
- ☐ _____
- ☐ _____
- ☐ _____

Refrigerated
- ☐ butter /margarine
- ☐ cheddar
- ☐ cream
- ☐ cream cheese
- ☐ cottage cheese
- ☐ eggs
- ☐ feta cheese
- ☐ milk
- ☐ mozzarella
- ☐ shredded cheese
- ☐ sour cream
- ☐ fruit juice
- ☐ whipped cream
- ☐ yogurt
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Baking
- ☐ baking powder
- ☐ baking soda
- ☐ bread crumbs
- ☐ cake mix
- ☐ chocolate chips
- ☐ cocoa
- ☐ cornstarch
- ☐ cooking spray
- ☐ flour
- ☐ frosting
- ☐ gelatin
- ☐ oatmeal
- ☐ pancake mix
- ☐ sugar (brown)
- ☐ sugar (white)
- ☐ sugar substitute
- ☐ vanilla extract
- ☐ yeast
- ☐ _____
- ☐ _____
- ☐ _____

Canned
- ☐ apple sauce
- ☐ baked beans
- ☐ bouillon cubes
- ☐ canned fruit
- ☐ carrots
- ☐ jelly (jam)
- ☐ olives
- ☐ pasta sauce
- ☐ peanut butter
- ☐ pickles
- ☐ soup
- ☐ sweet corn
- ☐ tuna fish
- ☐ _____
- ☐ _____
- ☐ _____

Pets
- ☐ pet food
- ☐ shampoo
- ☐ pet treats
- ☐ _____
- ☐ _____
- ☐ _____

Cleaning
- ☐ bleach
- ☐ dish cloths
- ☐ dish soap
- ☐ dishwasher soap
- ☐ fabric softener
- ☐ floor cleaner
- ☐ glass spray
- ☐ gloves
- ☐ laundry soap
- ☐ sponges
- ☐ toilet cleaner
- ☐ _____

Drinks
- ☐ beer
- ☐ club soda
- ☐ coffee
- ☐ energy drinks
- ☐ juice
- ☐ soft drinks
- ☐ tea
- ☐ wine
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Paper Products
- ☐ aluminum foil
- ☐ baking paper
- ☐ cups
- ☐ garbage bags
- ☐ muffin cups
- ☐ napkins
- ☐ paper plates
- ☐ paper towels
- ☐ plastic bags
- ☐ plastic cutlery
- ☐ plastic wrap
- ☐ straws
- ☐ tissues
- ☐ toilet paper
- ☐ _____
- ☐ _____

Others
- ☐ batteries
- ☐ cereal
- ☐ light bulbs
- ☐ insect repellent
- ☐ _____
- ☐ _____
- ☐ _____

Seasoning & Sauces
- ☐ bbq sauce
- ☐ honey
- ☐ ketchup
- ☐ lemon juice
- ☐ mayonnaise
- ☐ mustard
- ☐ olive oil
- ☐ pepper
- ☐ salt
- ☐ soup mix
- ☐ spices
- ☐ salad dressing
- ☐ salsa
- ☐ soy sauce
- ☐ vegetable oil
- ☐ vinegar
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Pasta & Rice
- ☐ couscous
- ☐ lasagna
- ☐ macaroni
- ☐ pasta
- ☐ rice (brown)
- ☐ rice (white)
- ☐ spaghetti
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen
- ☐ chicken nuggets
- ☐ fish sticks
- ☐ fries
- ☐ ice
- ☐ ice cream
- ☐ juice
- ☐ pizza
- ☐ popsicles
- ☐ tv dinners
- ☐ _____
- ☐ _____
- ☐ _____