

Your Complete Grocery List

Vegetables

Asparagus
Beets
Broccoli/Cauliflower
Carrots
Celery
Corn
Cucumbers
Lettuce
Mushrooms
Onions
Peppers
Potatoes
Spinach
Tomatoes
Zucchini
Other _____

Fruits

Apples
Avocado
Banana
Berries
Cherries
Grapes
Kiwis
Lemons/Limes
Melons
Oranges
Peaches
Pears
Plums
Other _____

Meat

Bacon
Chicken
Fish
Ground beef
Ground turkey
Ham
Hot dogs
Lunch meat
Pork
Sausage
Steak
Other _____

Dairy

Butter/Margarine
Cottage cheese
Cream cheese
Eggs
Half & Half
Milk
Parmesan cheese
Sandwich slices
Shredded cheese
Sour cream
Yogurt
Other _____

Breads

Bagels
Buns
Bread
Pastries
Other _____

Snacks

Chips
Cookies
Dried fruit
Granola bars
Nuts
Popcorn
Pretzels
Other _____

Dry Groceries

Cereal
Coffee/Tea
Crackers
Mac & cheese
Pancake/Waffle mix
Pasta
Rice
Other _____

Sauces & Condiments

BBQ sauce
Honey
Hot sauce
Jelly
Ketchup
Mayonnaise
Mustard
Olive oil
Peanut butter
Pasta sauce
Salad dressing
Salsa
Soy sauce
Steak sauce
Syrup
Other _____

Baking Needs

Baking powder/soda
Bread crumbs
Brown sugar
Cake mix
Chocolate chips
Cocoa
Flour
Icing/Decoration
Pie shell
Powdered sugar
Shortening
Vegetable oil
Yeast
Other _____

Frozen Foods

Burritos
Fish sticks
Ice cream
Juices
Pizza
Popsicles
Fries/Tator tots
Sorbet
Vegetables
Veggie burgers
Other _____

Canned/Jarred Goods

Applesauce
Beans
Mixed fruit
Olives
Pickles
Tuna
Soups
Other _____

Beverages

Bottled water
Juice
Soda pop
Other _____

Herbs & Spices

Basil
Black pepper
Cilantro
Cinnamon
Garlic
Oregano
Parsley
Red pepper
Salt
Spice mix
Vanilla extract
Other _____

Kitchen

Aluminum foil
Coffee filters
Freezer bags
Napkins
Non-stick spray
Paper towels
Plastic wrap
Sandwich bags
Toothpicks
Wax paper
Other _____

Personal Care

Bath soap
Deodorant
Cosmetics
Facial cleanser
Feminine products
Floss
Hair gel/spray
Lotion
Mouthwash
Q-Tips
Razors
Shampoo/Conditioner
Shaving cream
Tissues
Toilet paper
Toothpaste
Other _____

Cleaning Products

Air freshener
All-purpose cleaner
Bleach
Dish soap
Dryer sheets
Fabric softener
Garbage bags
Glass cleaner
Laundry detergent
Sponges
Vacuum bags
Other _____

Pets

Flea treatment
Food
Litter
Pet shampoo
Treats
Other _____

Baby

Baby food
Bottles
Diapers
Formula
Lotion/Rash cream
Wipes
Other _____

Other Items

