

GROCERY CHECKLIST

Fruits

- apples
- apricots
- avocados
- bananas
- berries
- cherries
- grapefruit
- grapes
- kiwi
- lemons
- limes
- melons
- nectarines
- oranges
- papaya
- peaches
- pears
- plums
- pomegranate
- watermelon
- _____
- _____
- _____

Vegetables

- artichokes
- asparagus
- basil
- beets
- broccoli
- cabbage
- cauliflower
- carrots
- celery
- chilies
- chives
- cilantro
- corn
- cucumbers
- eggplant
- garlic cloves
- green onions
- lettuce
- onions
- peppers
- potatoes
- salad greens
- spinach
- sprouts
- squash
- tomatoes
- zucchini
- _____
- _____
- _____

Breakfast

- cereal
- grits
- instant breakfast drink
- oatmeal
- pancake mix
- _____
- _____
- _____

Meat

- bacon
- chicken
- deli meat
- ground beef
- ground turkey
- ham
- hot dogs
- pork
- sausage
- steak
- turkey
- _____
- _____

Seafood

- catfish
- cod
- crab
- halibut
- lobster
- oysters
- salmon
- shrimp
- tilapia
- tuna
- _____

Frozen

- chicken bites
- desserts
- fish sticks
- fruit
- ice
- ice cream
- ice pops
- juice
- meat
- pie shells
- pizza
- pot pies
- potatoes
- TV dinners
- vegetables
- veggie burger
- waffles
- _____
- _____
- _____

Baby

- baby cereal
- baby food
- diapers
- diaper cream
- formula
- wipes
- _____

Pets

- cat food
- cat sand
- dog food
- shampoo
- treats
- flea treatment
- _____

Baking

- baking powder
- baking soda
- bread crumbs
- cake decor
- cake mix
- canned milk
- chocolate chips
- cocoa
- cornmeal
- cornstarch
- flour
- food coloring
- frosting
- muffin mix
- pie crust
- shortening
- sugar (brown)
- sugar (powdered)
- sugar
- yeast
- _____

Snacks

- candy
- cookies
- crackers
- dried fruit
- fruit snacks
- gelatin
- graham crackers
- granola bars
- gum
- nuts
- popcorn
- potato chips
- pretzels
- pudding
- raisins
- seeds
- tortilla chips
- _____
- _____

Bakery

- bagels
- bread
- donuts
- cake
- cookies
- croutons
- dinner rolls
- hamburger buns
- hot dog buns
- muffins
- pastries
- pie
- pita bread
- tortillas (corn)
- tortillas (flour)
- _____
- _____

Pasta/Rice

- brown rice
- burger helper
- couscous
- elbow macaroni
- lasagna
- mac & cheese
- noodle mix
- rice mix
- spaghetti
- white rice
- _____
- _____
- _____

Cans & Jars

- applesauce
- baked beans
- black beans
- broth
- bullion cubes
- canned fruit
- canned vegetables
- carrots
- chili
- corn
- creamed corn
- jam / jelly
- mushrooms
- olives (green)
- olives (black)
- pasta
- pasta sauce
- peanut butter
- pickles
- pie filling
- soup
- _____
- _____
- _____

Refrigerated

- biscuits
- butter
- cheddar cheese
- cream
- cream cheese
- dip
- eggs
- eggs substitute
- feta cheese
- half & half
- jack cheese
- milk
- mozzarella
- processed cheese
- salsa
- sour cream
- Swiss cheese
- whipped cream
- yogurt
- _____

Seasoning

- basil
- bay leaves
- BBQ seasoning
- cinnamon
- cloves
- cumin
- curry
- dill
- garlic powder
- garlic salt
- gravy mix
- Italian seasoning
- marinade
- meat tenderizer
- oregano
- paprika
- pepper
- poppy seed
- red pepper
- sage
- salt
- seasoned salt
- soup mix
- vanilla extract
- _____
- _____

Sauces & Condiments

- BBQ sauce
- catsup
- cocktail sauce
- cooking spray
- honey
- horseradish
- hot sauce
- lemon juice
- mayonnaise
- mustard
- olive oil
- relish
- salad dressing
- salsa
- soy sauce
- steak sauce
- sweet & sour
- teriyaki
- vegetable oil
- vinegar
- _____
- _____

Drinks

- beer
- champagne
- club soda
- coffee
- diet soft drinks
- energy drinks
- juice
- liquor
- soft drinks
- tea
- wine

Paper Products

- aluminum foil
- coffee filters
- cups
- garbage bags
- napkins
- paper plates
- paper towels
- plastic bags
- plastic cutlery
- plastic wrap
- straws
- waxed paper
- _____
- _____

Cleaning

- air freshener
- bleach
- dish soap
- dishwasher detergent
- fabric softener
- floor cleaner
- glass spray
- laundry soap
- polish
- sponges
- vacuum bags
- _____

Personal Care

- bath soap
- bug repellent
- conditioner
- cotton swabs
- dental floss
- deodorant
- facial tissue
- family planning
- feminine products
- hair spray
- hand soap
- lip care
- lotion
- makeup
- mouthwash
- razors/blades
- shampoo
- shaving cream
- sunscreen
- toilet tissue
- toothbrush
- toothpaste
- _____
- _____

Misc. Items

- batteries
- charcoal
- greeting cards
- light bulbs
- _____