

# grocery list

## FRUITS

Apples \_\_\_\_\_  
Bananas \_\_\_\_\_  
Oranges \_\_\_\_\_  
Lemons \_\_\_\_\_  
Berries \_\_\_\_\_  
Grapes \_\_\_\_\_  
Melons \_\_\_\_\_  
\_\_\_\_\_

## VEGETABLES

Lettuce \_\_\_\_\_  
Spinach \_\_\_\_\_  
Carrots \_\_\_\_\_  
Onions \_\_\_\_\_  
Garlic \_\_\_\_\_  
Tomatoes \_\_\_\_\_  
Cucumbers \_\_\_\_\_  
Squash \_\_\_\_\_  
Potatoes \_\_\_\_\_  
Broccoli \_\_\_\_\_  
\_\_\_\_\_

## MEAT

Beef \_\_\_\_\_  
Chicken \_\_\_\_\_  
Turkey \_\_\_\_\_  
Fish \_\_\_\_\_  
Seafood \_\_\_\_\_  
Pork \_\_\_\_\_  
Sausage \_\_\_\_\_  
Hot Dogs \_\_\_\_\_  
Hamburgers \_\_\_\_\_  
Cold Cuts \_\_\_\_\_  
\_\_\_\_\_

## DAIRY

Milk \_\_\_\_\_  
Juice \_\_\_\_\_  
Cheese \_\_\_\_\_  
Butter \_\_\_\_\_  
Eggs \_\_\_\_\_  
Tortillas \_\_\_\_\_  
Yogurt \_\_\_\_\_  
Whipped Cream \_\_\_\_\_  
\_\_\_\_\_

## PACKAGED

Snacks \_\_\_\_\_  
Chips \_\_\_\_\_  
Cookies \_\_\_\_\_  
Crackers \_\_\_\_\_  
Popcorn \_\_\_\_\_  
Pretzels \_\_\_\_\_  
Nuts \_\_\_\_\_  
Candy \_\_\_\_\_  
Dips/Salsa \_\_\_\_\_  
Fruit Cups \_\_\_\_\_  
Energy Bars \_\_\_\_\_  
\_\_\_\_\_

## BREADS

White \_\_\_\_\_  
Wheat \_\_\_\_\_  
Fresh Baked \_\_\_\_\_  
Bagels \_\_\_\_\_  
Muffins \_\_\_\_\_  
English Muffins \_\_\_\_\_  
Pita \_\_\_\_\_  
Rolls \_\_\_\_\_  
Donuts/Pastries \_\_\_\_\_  
\_\_\_\_\_

## GRAINS

Pasta \_\_\_\_\_  
Rice \_\_\_\_\_  
Couscous \_\_\_\_\_  
Dried Beans \_\_\_\_\_  
Stuffing \_\_\_\_\_  
Bread Crumbs \_\_\_\_\_  
\_\_\_\_\_

## BREAKFAST FOOD

Oatmeal \_\_\_\_\_  
Pancake Mix \_\_\_\_\_  
Granola \_\_\_\_\_  
Cereal Bars \_\_\_\_\_  
Syrup \_\_\_\_\_  
Cereals \_\_\_\_\_  
\_\_\_\_\_

## CANNED

Soup \_\_\_\_\_  
Broth \_\_\_\_\_  
Tomatoes \_\_\_\_\_  
Pasta Sauce \_\_\_\_\_  
Beans \_\_\_\_\_  
Tuna \_\_\_\_\_  
Fruits \_\_\_\_\_  
Vegetables \_\_\_\_\_  
\_\_\_\_\_

## BEVERAGES

Soda \_\_\_\_\_  
Beer \_\_\_\_\_  
Energy Drinks \_\_\_\_\_  
Juice \_\_\_\_\_  
Water \_\_\_\_\_  
\_\_\_\_\_

## BAKING GOODS

Baking Mixes \_\_\_\_\_  
Flours \_\_\_\_\_  
Sugars \_\_\_\_\_  
\_\_\_\_\_

## MISCELLANEOUS

Ketchup \_\_\_\_\_  
Mayonnaise \_\_\_\_\_  
Salad Dressing \_\_\_\_\_  
Peanut Butter \_\_\_\_\_  
Jelly \_\_\_\_\_  
Coffee \_\_\_\_\_  
Tea \_\_\_\_\_  
Oils \_\_\_\_\_  
Vinegar \_\_\_\_\_  
Salt \_\_\_\_\_  
Pepper \_\_\_\_\_  
Spices \_\_\_\_\_  
\_\_\_\_\_

## FROZEN

Ice Cream \_\_\_\_\_  
Waffles \_\_\_\_\_  
Pizza \_\_\_\_\_  
Fries \_\_\_\_\_  
Bread \_\_\_\_\_  
Meals \_\_\_\_\_  
Snacks \_\_\_\_\_  
Juice \_\_\_\_\_  
Vegetables \_\_\_\_\_  
\_\_\_\_\_

## HOUSEHOLD GOODS

Cleaning Products \_\_\_\_\_  
Dish Liquid \_\_\_\_\_  
Hand Soap \_\_\_\_\_  
All-purpose \_\_\_\_\_  
Bathroom \_\_\_\_\_  
Floor/Carpet \_\_\_\_\_  
Wood/Furniture \_\_\_\_\_  
Glass/Window \_\_\_\_\_  
Sponges \_\_\_\_\_  
Trash Bags \_\_\_\_\_  
Air Freshener \_\_\_\_\_  
Hand Sanitizer \_\_\_\_\_  
Miscellaneous \_\_\_\_\_  
\_\_\_\_\_

## LAUNDRY

Detergent \_\_\_\_\_  
Fabric Softener \_\_\_\_\_  
Bleach \_\_\_\_\_  
Starch \_\_\_\_\_  
Stain Remover \_\_\_\_\_  
\_\_\_\_\_

## PAPER PRODUCTS

Napkins \_\_\_\_\_  
Paper Towels \_\_\_\_\_  
Facial Tissue \_\_\_\_\_  
Bathroom Tissue \_\_\_\_\_  
Paper Plates \_\_\_\_\_  
Paper Cups \_\_\_\_\_  
\_\_\_\_\_

## MISC. HOUSEHOLD

Lunch Bags \_\_\_\_\_  
Storage Bags \_\_\_\_\_  
Storage Containers \_\_\_\_\_  
Batteries \_\_\_\_\_  
Coffee Filters \_\_\_\_\_  
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## OTHER

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