Grocery List

VEGETABLES
- Asparagus
- Basil
- Beets
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chillies
- Corn
- Cucumber
- Eggplant
- Green onions
- lettuce/Greens
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Tomatoes
- _____
- _____

FRUIT
- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Kiwis
- Lemons/Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Pomegranate
- Strawberries
- Watermelon
- _____
- _____

REFRIGERATED
- Biscuits
- Dip
- Eggs
- Fruit juice
- Hummus
- Ready-bake bread
- Tofu
- _____
- _____
- _____
- _____

DAIRY
- Butter
- Cream
- Cream cheese
- Milk
- Sour cream
- Yogurt
- _____
- _____

CHEESE
- Bleu cheese
- Cheddar
- Feta cheese
- Monterey Jack
- Mozzarella
- Parmesan
- Pepper Jack
- Provolone
- Swiss
- _____
- _____

MEAT
- Bacon
- Beef
- Chicken
- Deli meat
- Ground beef
- Ground turkey
- Ham/Pork
- Hot dogs
- Sausage
- Steak
- Turkey
- _____
- _____

SEAFOOD
- Crab
- Halibut
- Lobster
- Salmon
- Shrimp
- Swordfish
- Tilapia
- Tuna
- _____
- _____

OIL/VINEGAR
- Cooking spray
- Olive oil
- Rice wine vinegar
- Vegetable oil
- Vinegar
- _____
- _____

CONDIMENTS & SAUCES
- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Ketchup/Mustard
- Lemon juice
- Maple syrup
- Mayo product
- Relish
- Salad dressing
- Salsa
- Soy Sauce
- Steak sauce
- _____
- _____

CANS & JARS
- Almond butter
- Applesauce
- Baked beans
- Black beans
- Broth
- Canned fruit
- Chili
- Corn
- Jam/Jelly
- Olives
- Pasta sauce
- Peanut butter
- Pickles
- Soup
- Tinned meats
- Tomato
- Tuna/Chicken
- Veggies
- _____
- _____
- _____

FROZEN
- Breakfasts
- Burritos
- Desserts
- Fruit
- Ice cream/Sorbet
- Juice
- Meals
- Pizza
- Popsicles
- Vegetables
- Veggie burgers
- _____
- _____
- _____

BREADS/GRAINS
- Bagels/Muffins
- Bakery bread
- Bread crumbs
- Buns/Rolls
- Couscous
- Croissants
- Pasta
- Pita bread
- Quinoa
- Rice
- Sliced bread
- Spaghetti
- Tortillas
- _____
- _____

BAKING
- Baking mix
- Baking powder
- Baking soda
- Bread crumbs
- Chocolate chips
- Coconut flakes
- Cornmeal
- Cornstarch
- Flour
- Sugar substitute
- Sugar/brown
- Yeast
- _____
- _____

HERBS/SPICES
- Allspice
- Basil
- Chili powder
- Cilantro
- Cinnamon
- Cumin
- Dill
- Fennel
- Garlic powder
- Ginger
- Onion powder
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt/Pepper
- Thyme
- Turmeric
- Vanilla
- _____
- _____
- _____

SNACKS
- Chips
- Cookies
- Crackers
- Dried fruit
- Granola bars
- Granola mix
- Nuts/Seeds
- Popcorn
- Pretzels
- Raisins
- _____
- _____

BEVERAGES
- Champagne
- Club soda/Tonic
- Coffee/Tea
- Juice
- Sports drink
- Water
- Wine
- _____
- _____

PAPER PRODUCTS
- Aluminum foil
- Coffee filters
- Freezer bags
- Napkins
- Paper towels
- Plastic wrap
- Sandwich bags
- Tissue
- Toilet paper
- Wax paper

HOUSEHOLD
- Bathroom cleaner
- Bleach/Detergent
- Dish soap
- Dishwasher soap
- Floor cleaner
- Garbage bags
- Glass cleaner
- Polish
- Sponges
- Vacuum bags

OTHER
- _____
- _____
- _____
- _____
- _____
- _____
- _____