

## GROCERY CHECKLIST

### staples

- baking powder
- baking soda
- flour: \_\_\_\_\_
- flour: \_\_\_\_\_
- honey
- oil: \_\_\_\_\_
- oil: \_\_\_\_\_
- salt
- spice/herb: \_\_\_\_\_
- spice/herb: \_\_\_\_\_
- spice/herb: \_\_\_\_\_
- sugar, brown
- sugar, white
- vinegar: \_\_\_\_\_
- yeast: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### bread & grains

- beans, dry: \_\_\_\_\_
- beans, dry: \_\_\_\_\_
- bread: \_\_\_\_\_
- bread: \_\_\_\_\_
- cereal: \_\_\_\_\_
- granola
- oatmeal
- pasta: \_\_\_\_\_
- pasta: \_\_\_\_\_
- pasta: \_\_\_\_\_
- rice: \_\_\_\_\_
- rice: \_\_\_\_\_
- tortillas: \_\_\_\_\_
- tortillas: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### cans & jars

- beans: \_\_\_\_\_
- beans: \_\_\_\_\_
- jalapenos
- jelly
- ketchup
- mayonnaise
- mushrooms
- mustard
- olives: \_\_\_\_\_
- olives: \_\_\_\_\_
- peanut butter
- pickles
- pineapple
- tomato paste
- tomatoes, diced
- tuna
- \_\_\_\_\_
- \_\_\_\_\_

### produce

- avocado
- bananas
- broccoli
- carrots
- celery
- corn
- garlic
- herbs, fresh: \_\_\_\_\_
- herbs, fresh: \_\_\_\_\_
- herbs, fresh: \_\_\_\_\_
- lettuce
- mushrooms
- onions
- peppers, green
- peppers, red
- potatoes
- tomatoes
- misc. seasonal fruit
- misc. seasonal veggies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### sauces

- dressing: \_\_\_\_\_
- dressing: \_\_\_\_\_
- soy sauce
- \_\_\_\_\_
- \_\_\_\_\_

### snacks

- graham crackers
- nuts: \_\_\_\_\_
- popcorn
- soup crackers
- tortilla chips
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### drinks

- coffee
- juice: \_\_\_\_\_
- soda: \_\_\_\_\_
- tea
- \_\_\_\_\_
- \_\_\_\_\_

### frozen

- corn
- green beans
- ice cream
- peas
- stir fry mix
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### dairy

- butter
- cheese: \_\_\_\_\_
- cheese: \_\_\_\_\_
- cheese: \_\_\_\_\_
- cream cheese
- eggs
- milk
- sour cream
- yogurt: \_\_\_\_\_
- yogurt: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### meat

- beef, ground
- beef: \_\_\_\_\_
- chicken: \_\_\_\_\_
- chicken: \_\_\_\_\_
- fish fillets
- lunchmeat
- sausage
- \_\_\_\_\_
- \_\_\_\_\_

### supplies

- aluminum foil
- baggies
- dish detergent
- laundry detergent
- plastic wrap
- paper towels
- sponges
- toilet paper
- \_\_\_\_\_
- \_\_\_\_\_

### toiletries

- conditioner: \_\_\_\_\_
- face soap: \_\_\_\_\_
- lotion: \_\_\_\_\_
- saline
- soap: \_\_\_\_\_
- shampoo: \_\_\_\_\_
- deodorant: \_\_\_\_\_
- deodorant: \_\_\_\_\_
- mouthwash: \_\_\_\_\_
- toothbrushes
- toothpaste: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### kids

- diaper cream: \_\_\_\_\_
- diapers: \_\_\_\_\_
- wipes: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_