Click here for a

FREE PRINTABLE GROCERY LIST

Grocery Checklist

Fruit
* Apples
* Oranges
* Pears
* Bananas
* Grapefruit
* Kiwi
* Grapes
* Strawberries
* Raspberries
* Blueberries
* Lemons
* Limes

Other
*
*
*
*

Vegetables
* Lettuce
* Spinach
* Cucumber
* Tomatoes
* Bell Peppers
* Carrots
* Celery
* Avocado
* Green beans
* Broccoli
* Cauliflower
* Squash
* Mushrooms
* Corn
* Potatoes
* Onions
* Garlic
* Shallots
* Herbs
*
*
*

Other
*
*
*
*

Dairy
* Milk
* Creamer
* Cream Cheese
* Yogurt
* Sour Cream
* Cheese
*
*
* Eggs
* Butter

Other
*
*
*
*

Deli

Meat
*
*
*

Cheese
*
*
*

Dips
*
*

Other
*
*
*
*

Bakery
* Bread
* Buns
* Bagels
* Pita Bread
* Tortillas
* English Muffins
* Muffins
* Cookies

Other
*
*
*
*

Meat
* Chicken
* Steak
* Ground Beef
* Ground Turkey
* Pork
* Sausage
* Bacon
* Fish
* Shrimp

Other
*
*
*

Frozen Food

Veggies
*

Fruit
*
*
* Chicken Strips
* Fish Sticks
* Pizza
* Ice Cream

Other
*
*

Snacks
* Trail Mix
* Fruit Leather
* Raisins
* Granola Bars
* Popcorn
* Crackers
* Cookies
* Chips
* Salsa

Other
*
*

Baking
* Flour
* Sugar
* Powdered Sugar
* Brown Sugar
* Salt
* Corn Meal
* Corn Starch
* Baking Soda
* Baking Powder
* Cocoa
* Shortening
* Yeast

Extracts
*

Other
*
*
*

Spices/Condiments
* Salt
* Pepper

Herbs
*

Spices
*
* Pesto
* Olive Oil
* Vegetable Oil
* Coconut Oil
* Vinegar
* Mayonnaise
* Ketchup
* Mustard

Dressings
*
* Pickles
* Jam
* Peanut Butter
* Honey
* Agave
* Syrup
* Soy Sauce
* Teriyaki Sauce

Other
*

Drinks
* Juice Boxes
* Juice
*
*

Soda
*
*

Canned/Dry Items
* Olives

Beans
*
*
* Rice

Pasta
*
*
* Canned Tomatoes
* Tomato Paste
* Tuna
* Soup
* Broth
* Coconut Milk
* Tea
* Coffee Filters
* Coffee
* Cereal
* Oatmeal

Supplies
* Baggies
* Dish Detergent
* Laundry Detergent
* Plastic Wrap
* Foil
* Paper Towels
* Tissues
* Toilet Paper
* Wet Wipes

Other
*
*

Kids
* Diapers
* Wipes
* Formula
* Diaper Cream
* Baby Wash

Other
*
*
*
*
*

Toiletries
* Shampoo
* Conditioner
* Body Wash/Soap
* Lotion
* Hand Soap
* Deodorant
* Toothpaste
* Toothbrushes
* Mouth Wash
* Razors
* Feminine Products
* Band-Aids
* Vitamins

Other
*
*
*

Other
*
*
*
*
*