

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: _____
- jalepenos
- 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: _____
- _____
- _____