

{ FREE GROCERY CHECK LIST }

[click here to print](#)

Grocery Check List...

fruit

- apples
- pears
- bananas
- oranges
- grapefruit
- grapes
- berries
- lemons
- limes
- other

veggies

- cucumbers
- tomatoes
- carrots
- celery
- lettuce
- spinach
- avocado
- green beans
- broccoli
- cauliflower
- peppers
- squash
- snap peas
- mushrooms
- corn
- beets
- potatoes
- yams
- onions
- garlic
- shallots
- green onions
- cilantro
- herbs
- other

dairy

- milk
- cream
- eggs
- cheese
- yogurt
- sour cream
- cream cheese
- butter
- margarine
- other

deli

- meat
- cheese
- parmesan cheese
- hummus
- dips
- other

bakery

- bread
- buns
- bagels
- pita bread
- tortillas
- pizza crusts
- english muffins
- cookies
- muffins
- other
- other

meat/fish

- chicken
- beef, ground
- beef
- pork
- turkey
- ham
- sausage
- bacon
- wieners
- fish
- seafood
- other
- other

frozen foods

- peas
- mixed veggies
- edamame beans
- fruit
- pizza
- ice cream
- other

drinks

- soda/pop
- juice boxes
- lemon/lime juice
- other

snacks

- nuts
- raisons
- granola bars
- crackers
- rice cakes
- cookies
- popcorn
- tortilla chips
- salsa
- other

baking

- sugar
- powdered sugar
- brown sugar
- flour
- baking soda
- baking powder
- chocolate chips
- cocoa
- shortening
- yeast
- extract
- other

toiletries

- shampoo
- conditioner
- body wash
- hand cream
- soap
- deodorant
- toothpaste
- mouthwash
- toothbrushes
- razors
- feminine
- medication
- band-aids
- other

supplies

- Ziplocs/baggies
- dish detergent
- laundry detergent
- plastic wrap
- aluminum foil
- paper towels
- tissues
- toilet paper
- other

spices/condiments

- salt/pepper
- herbs
- spices
- olive oil
- vegetable oil
- vinegar
- dressings
- mayonnaise
- ketchup
- mustard
- pickles
- olives
- jam
- peanut butter
- nutella
- honey
- syrup
- soy sauce
- hoisin sauce
- ethnic sauces
- other

canned/dry stuff

- tea
- coffee
- filters
- cereal
- granola
- oatmeal
- rice
- pasta
- packaged macaroni
- canned tomatoes
- tomato paste
- legumes
- tuna
- beans
- coconut milk
- soup
- broth
- other

kids

- formula
- baby food
- diapers
- diaper cream
- wipes
- baby wash
- other