Master Grocery List

Don't Forget!
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Fresh Vegetables
- ☐ Asparagus
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumbers
- ☐ Garlic
- ☐ Kale
- ☐ Lettuce
- ☐ Other Greens
- ☐ Mushrooms
- ☐ Onions
- ☐ Peppers
- ☐ Potatoes
- ☐ Spinach
- ☐ Squash
- ☐ Sweet Potatoes
- ☐ Tomatoes
- ☐ Zucchini
- ☐ _____
- ☐ _____
- ☐ _____

Fresh Fruits
- ☐ Apples
- ☐ Avocados
- ☐ Bananas
- ☐ Berries
- ☐ Cherries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Kiwis
- ☐ Lemons/Limes
- ☐ Melon
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Plums
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Nuts/Seeds
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Baked Goods
- ☐ Bagels
- ☐ Bread
- ☐ Buns
- ☐ Cake/Cookies
- ☐ Croissants
- ☐ Donuts
- ☐ Muffins
- ☐ Pastries
- ☐ Pie
- ☐ Pita Bread
- ☐ Rolls
- ☐ Tortillas
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Canned Foods
- ☐ Applesauce
- ☐ Beans
- ☐ Chili
- ☐ Fruits
- ☐ Olives
- ☐ Soups
- ☐ Stew
- ☐ Tomato Sauce
- ☐ Tuna
- ☐ Vegetables
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Frozen Foods
- ☐ Burritos
- ☐ Chicken Nuggets
- ☐ TV Dinners
- ☐ Fish
- ☐ Fries
- ☐ Fruits
- ☐ Ice
- ☐ Ice Cream
- ☐ Juice
- ☐ Lasagna
- ☐ Pizza
- ☐ Pie
- ☐ Pot Pies
- ☐ Popsicles
- ☐ Tater Tots
- ☐ Vegetables
- ☐ Waffles
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Dairy/Fridge
- ☐ Biscuits
- ☐ Butter
- ☐ Cheese (String)
- ☐ Cheese (Shredded)
- ☐ Cheese (Sliced)
- ☐ Heavy Cream
- ☐ Cream Cheese
- ☐ Cookie Dough
- ☐ Dips
- ☐ Eggs
- ☐ Fruit Juice
- ☐ Gogurt
- ☐ Half & Half
- ☐ Milk _____%
- ☐ Almond Milk
- ☐ Coconut Milk
- ☐ Soy Milk
- ☐ Sour Cream
- ☐ Tofu
- ☐ Whip Cream
- ☐ Yogurt
- ☐ _____
- ☐ _____
- ☐ _____

Baking/Dry
- ☐ Almonds
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Bread Crumbs
- ☐ Brownie Mix
- ☐ Cake Mix
- ☐ Canned Milk
- ☐ Chocolate Chips
- ☐ Cocoa
- ☐ Cookie Mix
- ☐ Cornmeal
- ☐ Cornstarch
- ☐ Flour
- ☐ Food Coloring
- ☐ Frosting
- ☐ Macadamias
- ☐ Molasses
- ☐ Muffin Mix
- ☐ Oatmeal
- ☐ Pecans
- ☐ Pie Crust
- ☐ Shortening
- ☐ Brown Sugar
- ☐ White Sugar
- ☐ Powdered Sugar
- ☐ Sugar Substitute
- ☐ Vanilla
- ☐ Walnuts
- ☐ Yeast
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Condiments
- ☐ Boullion Cubes
- ☐ Croutons
- ☐ Gravy
- ☐ Honey
- ☐ Hummus
- ☐ Jam/Jelly
- ☐ Ketchup
- ☐ Mayonnaise
- ☐ Mustard
- ☐ Peanut Butter
- ☐ Pickles
- ☐ Relish
- ☐ Salad Dressing
- ☐ Salsa
- ☐ _____
- ☐ _____
- ☐ _____

Sauces/Oils
- ☐ Olive Oil
- ☐ Coconut Oil
- ☐ Vegetable Oil
- ☐ BBQ Sauce
- ☐ Hot Sauce
- ☐ Lemon Juice
- ☐ Lime Juice
- ☐ Non-Stick Spray
- ☐ Soy Sauce
- ☐ Spaghetti Sauce
- ☐ Steak Sauce
- ☐ Syrup
- ☐ Tartar Sauce
- ☐ _____
- ☐ _____
- ☐ _____

Breakfast
- ☐ Cold Cereals
- _____
- _____
- _____
- ☐ Creamed Wheat
- ☐ Coffee/Filters
- ☐ Carnation Instant
- ☐ Pancake Mix
- ☐ Pop Tarts
- ☐ Protein Bars
- ☐ _____
- ☐ _____

Pets
- ☐ Pet Food
- ☐ Treats
- ☐ Cat Litter
- ☐ Shampoo
- ☐ Toys
- ☐ _____
- ☐ _____

Pasta/Grains
- ☐ Amaranth
- ☐ Barley
- ☐ Couscous
- ☐ Lasagna
- ☐ Mac & Cheese
- ☐ Macaroni
- ☐ Millet
- ☐ Noodle Mixes
- ☐ Ramen
- ☐ Brown Rice
- ☐ White Rice
- ☐ Wild Rice
- ☐ Quinoa
- ☐ Spaghetti
- ☐ _____
- ☐ _____

Snacks
- ☐ Candy
- ☐ Chocolate
- _____
- Cookies
- _____
- _____
- Crackers
- _____
- _____
- ☐ Dip/Salsa
- ☐ Dried Fruit
- ☐ Granola Bars
- ☐ Gum
- ☐ Licorice
- ☐ Nuts/Seeds
- ☐ Popcorn
- ☐ Potato Chips
- ☐ Pretzels
- ☐ Pudding
- ☐ Raisins
- ☐ Seeds
- ☐ Tortilla Chips
- ☐ _____
- ☐ _____
- ☐ _____

Drinks
- ☐ Water
- ☐ Juice
- ☐ Soda Pop
- ☐ Sports Drinks
- ☐ Tea
- ☐ Club Soda
- ☐ Mixers
- ☐ Protein Drinks
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Meat
- ☐ Bacon
- ☐ Chicken
- ☐ Ground Beef
- ☐ Deli Meat
- ☐ Fish
- ☐ Ground Turkey
- ☐ Ham
- ☐ Hot Dogs
- ☐ Pork
- ☐ Sausage
- ☐ Steak
- ☐ Turkey
- ☐ _____
- ☐ _____

Legumes
- ☐ Beans
- _____
- ☐ Lentils
- ☐ Dried Peas
- ☐ _____
- ☐ _____

Spices/Herbs
- ☐ Basil
- ☐ Black Pepper
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cumin
- ☐ Garlic
- ☐ Ginger
- ☐ Mint
- ☐ Onion Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Red Pepper
- ☐ Salt
- ☐ Spice Mix
- ☐ Vanilla
- ☐ _____
- ☐ _____
- ☐ _____

Baby
- ☐ Baby Cereal
- ☐ Baby Food
- ☐ Bottles
- ☐ Binkis
- ☐ Formula
- ☐ Diapers
- ☐ Wipes
- ☐ Formula
- ☐ Lotion
- ☐ Baby Wash
- ☐ _____
- ☐ _____

Paper/Plastic
- ☐ Aluminum Foil
- ☐ Cups
- ☐ Garbage Bags
- ☐ Gallon Bags
- ☐ Napkins
- ☐ Paper Towels
- ☐ Plastic Wrap
- ☐ Plates
- ☐ Sandwich Bags
- ☐ Snack Bags
- ☐ Tissues
- ☐ Toilet Paper
- ☐ Utensils
- ☐ Wax Paper
- ☐ _____
- ☐ _____

Household
- ☐ Air Freshener
- ☐ Batteries
- ☐ Bleach
- ☐ Charcoal
- ☐ Detergent
- ☐ Dish Soap
- ☐ Dishwasher Det
- ☐ Fabric Softener
- ☐ Glass Cleaner
- ☐ Light Bulbs
- ☐ Mop Head
- ☐ Sponges
- ☐ Vacuum Bags
- ☐ _____
- ☐ _____

Personal
- ☐ Deodorant
- ☐ Bandaids
- ☐ Bath/Hand Soap
- ☐ Cosmetics
- ☐ Cotton Balls
- ☐ Cotton Swabs
- ☐ Facial Cleanser
- ☐ Feminine Prod
- ☐ Floss
- ☐ Hair Gel
- ☐ Hair Spray
- ☐ Lip Balm
- ☐ Lotion
- ☐ Makeup
- ☐ Medicine
- ☐ Razors
- ☐ Shampoo/Cond
- ☐ Shaving Cream
- ☐ Sunscreen
- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Vitamins
- ☐ _____

Everything Charts

www.everythingcharts.com
© Everything Charts 2013