

GROCERY LIST

fresh veggies

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Herbs, _____
- Herbs, _____
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini

dairy

- Butter
- Milk

cans & jars

- Beans, _____
- Beans, _____
- Honey
- Jelly
- Ketchup
- Mayonnaise
- Mustard

staples

- Baking powder
- Baking soda
- Dressing, _____
- Dressing, _____
- Flour, _____
- Oil, _____
- Oil, _____

grocery list

fresh veggies

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery

dairy

- Butter
- Milk
- Sour cream
- Yogurt
- Cheese, _____

cans & jars

- Beans, _____
- Beans, _____
- Honey
- Jelly
- Ketchup
- Mayonnaise
- Mustard
- Peanut butter
- Pickles
- Pineapple

staples

- Baking powder
- Baking soda
- Dressing, _____
- Dressing, _____
- Flour, _____
- Oil, _____
- Oil, _____
- Salt
- Soy sauce
- Spice, _____
- Spice, _____
- Sugar, brown
- Sugar, white
- Vinegar, _____
- Yeast, _____

grocery list

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- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini

dairy

- Butter
- Milk
- Sour cream
- Yogurt
- Cheese, _____
- Cheese, _____
- Cheese, _____

cans & jars

- Beans, _____
- Beans, _____
- Honey
- Jelly
- Ketchup
- Mayonnaise
- Mustard
- Peanut butter
- Pickles
- Pineapple
- Tomato paste
- Tuna

staples

- Baking powder
- Baking soda
- Dressing, _____
- Dressing, _____
- Flour, _____
- Oil, _____
- Oil, _____
- Salt
- Soy sauce
- Spice, _____
- Spice, _____
- Sugar, brown
- Sugar, white
- Vinegar, _____
- Yeast, _____

frozen

- Breakfasts
- Fries
- Ice cream
- Pizzas
- Veggies, _____
- Veggies, _____
- Veggie burgers

snacks

- Chips, _____
- Crackers
- Granola bars
- Nuts, _____
- Popcorn
- Pretzels
- Tortilla chips

supplies

- Aluminum foil
- Baggies
- Dish detergent
- Laundry detergent
- Plastic wrap
- Paper towels
- Sponges
- Toilet paper

fresh fruits

- Apples
- Avocados
- Bananas
- Blueberries
- Grapes
- Lemons / Limes
- Oranges
- Peaches
- Strawberries
- Tomatoes

grains

- Beans, dry
- Beans, dry
- Bread, _____
- Bread, _____
- Cereal, _____
- Cereal, _____
- Granola
- Oatmeal
- Pasta, _____
- Pasta, _____
- Rice, _____
- Rice, _____
- Tortillas

meat

- Beef, ground
- Beef, _____
- Chicken, _____
- Chicken, _____
- Fish filets
- Luncheon
- Sausage

toiletries

- Contact solution
- Deodorant
- Face wash
- Hair conditioner
- Hair shampoo
- Lotion
- Mouthwash
- Soap
- Toothbrush
- Toothpaste

refrigerated

- Bagels
- Chip dip
- Eggs
- Fruit juice
- Dough
- Tofu

drinks

- Coffee
- Juice
- Soda, _____
- Soda, _____
- Sports drink
- Tea

kids and/or pets

- _____
- _____
- _____

supplies

- Aluminum foil
- Baggies
- Dish detergent
- Laundry detergent
- Plastic wrap
- Paper towels
- Sponges
- Toilet paper

toiletries

- Contact solution
- Deodorant
- Face wash
- Hair conditioner
- Hair shampoo
- Lotion
- Mouthwash
- Soap
- Toothbrush
- Toothpaste

kids and/or pets

- _____
- _____
- _____

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