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: _____
- ☐ jalapenos
- ☐ jelly
- ☐ ketchup
- ☐ mayonnaise
- ☐ mushrooms
- ☐ mustard
- ☐ olives: _____
- ☐ olives: _____
- ☐ peanut butter
- ☐ pickles
- ☐ pineapple
- ☐ tomato paste
- ☐ tomatoes, diced
- ☐ salsa
- ☐ _____
- ☐ _____

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
- ☐ snap 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
- ☐ hotdogs
- ☐ sausage
- ☐ _____
- ☐ _____

supplies
- ☐ aluminum foil
- ☐ baggies
- ☐ dish detergent
- ☐ laundry detergent
- ☐ plastic wrap
- ☐ paper towels
- ☐ sponges
- ☐ toilet paper
- ☐ _____
- ☐ _____

toiletries
- ☐ mouthwash: _____
- ☐ foot soap: _____
- ☐ lotion: _____
- ☐ razor
- ☐ soap: _____
- ☐ shampoo: _____
- ☐ deodorant: _____
- ☐ deodorant: _____
- ☐ toothpaste: _____
- ☐ toothbrushes
- ☐ toothpaste: _____
- ☐ _____
- ☐ _____

kids
- ☐ diaper cream: _____
- ☐ diapers: _____
- ☐ wipes: _____
- ☐ _____
- ☐ _____

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