

WAL★MART

GROCERY SHOPPING LIST

Fruits

- ☐ apples
- ☐ apricots
- ☐ avocados
- ☐ bananas
- ☐ berries
- ☐ cherries
- ☐ grapefruit
- ☐ grapes
- ☐ kiwi
- ☐ lemons
- ☐ limes
- ☐ melons
- ☐ nectarines
- ☐ oranges
- ☐ papaya
- ☐ peaches
- ☐ pears
- ☐ plums
- ☐ pomegranate
- ☐ watermelon
- ☐ _____
- ☐ _____

Baby

- ☐ baby cereal
- ☐ baby food
- ☐ diapers
- ☐ diaper cream
- ☐ formula
- ☐ wipes
- ☐ baby toys
- ☐ _____
- ☐ _____

Vegetables

- ☐ artichokes
- ☐ asparagus
- ☐ basil
- ☐ beets
- ☐ broccoli
- ☐ cabbage
- ☐ carrots
- ☐ corn
- ☐ cilantro
- ☐ cucumbers
- ☐ eggplant
- ☐ garlic cloves
- ☐ lettuce
- ☐ spinach
- ☐ tomatoes
- ☐ peppers
- ☐ onions
- ☐ _____
- ☐ _____

Frozen

- ☐ fruit
- ☐ ice
- ☐ ice cream
- ☐ meat
- ☐ juice
- ☐ potatoes
- ☐ TV dinners
- ☐ ice pops
- ☐ desserts
- ☐ chicken bites
- ☐ _____
- ☐ _____

Pets

- ☐ cat food
- ☐ dog food
- ☐ cat litter
- ☐ shampoo
- ☐ treats
- ☐ flea treatment
- ☐ _____
- ☐ _____

Baking

- ☐ baking powder
- ☐ baking soda
- ☐ bread crumbs
- ☐ cake decor
- ☐ cake mix
- ☐ cocoa
- ☐ cornmeal
- ☐ cornstarch
- ☐ flour
- ☐ frosting
- ☐ pie crust
- ☐ sugar
- ☐ sugar (brown)
- ☐ shortening
- ☐ _____
- ☐ _____

Breakfast

- ☐ cereal
- ☐ grits
- ☐ oatmeal
- ☐ _____
- ☐ _____

Refrigerated

- ☐ biscuits
- ☐ butter
- ☐ cheddar cheese
- ☐ cream
- ☐ cream cheese
- ☐ dip
- ☐ eggs
- ☐ egg substitute
- ☐ feta cheese
- ☐ jack cheese
- ☐ milk
- ☐ mozzarella
- ☐ salsa
- ☐ sour cream
- ☐ _____
- ☐ _____

Personal Care

- ☐ bath soap
- ☐ bug repellant
- ☐ shampoo
- ☐ conditioner
- ☐ dental floss
- ☐ deodorant
- ☐ facial tissue
- ☐ hair spray
- ☐ hand soap
- ☐ lip care
- ☐ mouthwash
- ☐ sunscreen
- ☐ face wash
- ☐ _____
- ☐ _____