The Ultimatest Grocery List! (Compliments of www.grocerylists.org)

FOODSTUFFS

Fresh vegetables
- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes*

Fresh fruits
- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums

Refrigerated items
- Bagels
- English muffins
- Chip dip
- Eggs / Egg substitute
- Fruit juice
- Ready-bake breads
- Soy
- Tortillas

Frozen
- Breakfasts
- Burritos
- Fruit sticks
- Fries / Tater tots
- Ice cream
- Juice concentrate
- Meals
- Pizzas
- Popsicles
- Seafood
- Tv dinners
- Vegetables
- Veggie burgers

Condiments / Sauces
- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce

Various groceries
- Alkaline water
- Cereal
- Coffee / Filters
- Instant potatoes
- Lemon / Lime juice
- Mac & cheese
- Olive oil
- Packaged meals
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar

Canned foods
- Applesauce
- Baked beans
- Broth
- Fruit
- Olives
- Tomato sauce
- Tuna / Chicken
- Soup / Chili
- Tomatoes
- Veggies

Spices & herbs
- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Vanilla extract

Dairy
- Butter / Margarine
- Half & half
- Heavy cream
- Milk
- Sour cream
- Whipped cream
- Yogurt

Cheese
- Bleu cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Swiss

Meat
- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey

Seafood
- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna

Beverages
- Beer
- Club soda / Tonic
- Champagne
- Gin
- Juice
- Mixers
- Red wine / White wine
- Rum
- Soda
- Soda pop
- Sports drink
- Whiskey
- Vodka

Baked goods
- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Pita bread
- Sliced bread

Baking
- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips / Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast

Snacks
- Candy / Gum
- Cookies
- Crackers
- Dried fruit
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Pretzels

Themed meals
- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- Take-out deli food

Baby stuff
- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes

Pets
- Cat food / Treats
- Cat litter
- Dog food / Treats
- Flea treatment
- Pet shampoo

HOUSEHOLD

Personal care
- Antiperspirant / Deodorant
- Bath soap / Hand soap
- Conditioner / Protection
- Cosmetics
- Cotton swabs / Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel / Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors / Shaving cream
- Shampoo / Conditioner
- Sunblock
- Tonic water
- Toothpaste
- Vitamins / Supplements

Medicine
- Allergy
- Antiseptic
- Artificial tears
- Aspirin
- Bandages
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up

Kitchen
- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich / Freezer bags
- Wax paper

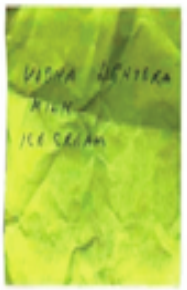
Cleaning products
- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Garbage bags
- Glass cleaner
- Mop head / Vacuum bags
- Sponges / Scrubbers

Office supplies
- CDRs / DVDRs
- Notepad / Envelopes
- Glue / Tape
- Printer paper
- Pens / Pencils
- Postage stamps

Carcinogens
- Arsenic
- Asbestos
- Cigarettes
- Radionuclides
- Vinyl chloride

Other stuff
- Automotive
- Batteries
- Charcoal / Propane
- Flowers / Greeting card
- Insect repellent
- Light bulbs
- Newspaper / Magazine
- Random impulse buy

Other
- _____
- _____
- _____
- _____
- _____
- _____



IMPORTANT: Please leave this list in the cart when you're done :-)

If found, please mail to Grocerylists.org, P.O. Box 752, St. Louis, MO 63188 USA

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When you go...
- Take canvas bags?
- Plastic bags to recycle?
- Clip coupons?
- Prepare refill for grill?
- Need to return anything?

Before you check out...
- Need ice?
- Rent a movie?
- Stock up on sale items?
- Use customer reward card?
- Hand over your coupons?

THE ULTIMATEST GROCERY LIST: THE DELUXE VERSION v2.0. EVERY ITEM WILL REALISTICALLY & GROCERYLISTS.ORG

*Yes, know tomatoes technically are classified as fruits, not vegetables. Also, this list is comprehensive but not complete. I squished everything I could into one page. Formally suggestions for improvement are welcome.

The Ultimatest Vegetarian* Grocery List

Compliments of www.grocerylists.org **For Lacto- & Lacto-ovo-vegetarians*

Fresh vegetables
- Artichokes
- Arugula
- Asparagus
- Avocado
- Bamboo shoots
- Beans
- Bell peppers
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cassava
- Cauliflower
- Celery
- Chard
- Collard greens
- Corn
- Cos / Romaine lettuce
- Cucumber
- Daikon
- Eggplant
- Endive
- Garlic
- Ginger
- Hot peppers
- Jicama
- Kale
- Kohlrabi
- Leaf lettuce
- Mushrooms
- Nopales
- Okra
- Onions
- Peas
- Potatoes
- Radishes
- Radicchio
- Romaine lettuce
- Shallots / Leeks
- Spinach
- Sprouts
- Squash
- Sweet potatoes
- Taro
- Tomatillo
- Tomatoes
- Turnips / Parsnips
- Water chestnuts
- Watercress
- Zucchini

Nuts
- Almonds
- Brazil nuts
- Cashews
- Chestnuts
- Macadamia
- Peanuts
- Pecans
- Pine nuts
- Pistachios
- Walnuts

Seeds
- Chia
- Lotus
- Pumpkin
- Sunflower

Fresh fruits
- Apples
- Apricots
- Avocados
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Cranberries
- Dates / Figs
- Grapes
- Grapefruit
- Guava
- Honeydew / Muskmelon
- Kiwis
- Kumquats
- Lemons
- Limes
- Lychee
- Mango
- Mangosteen
- Nectarines
- Oranges
- Papaya
- Peaches
- Pears
- Pineapple
- Pomelo
- Pomegranate
- Plums
- Quince
- Raspberries
- Rhubarb
- Strawberries
- Watermelon

Beans
- Black beans
- Black-eyed peas
- Chickpeas
- Edamame
- Fava beans
- Kidney beans
- Lentils
- Lima beans
- Mung beans
- Navy beans
- Pinto beans
- Red beans
- Split peas
- White beans

Grains
- Amaranth
- Barley
- Bread / Pasta
- Brown rice
- Buckwheat
- Bulgur
- Cornmeal
- Couscous
- Millet
- Oatmeal
- Quinoa
- Sorghum
- Wheat germ (Germ)
- White rice
- Wild rice

Herbs and spices
- Allspice
- Anise
- Bay leaf
- Basil
- Black pepper
- Cayenne pepper
- Celery seed
- Chives
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Dill
- Fennel
- Garlic
- Lavender
- Lemongrass
- Marjoram
- Nutmeg
- Oregano
- Paprika
- Parsley
- Peppermint
- Poppy seed
- Red pepper
- Rosemary
- Saffron
- Sage
- Spearmint
- Tarragon
- Thyme
- Turmeric
- Vanilla

Canned foods
- Applesauce
- Baked beans
- Chili
- Fruits
- Olives
- Soups
- Tomatoes
- Vegetable broth
- Veggies

Condiments & Sauces
- Agave nectar
- BBQ sauce
- Brown rice syrup
- Gravy
- Harissa
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Maple syrup
- Mayo product
- Peanut butter
- Pesto
- Salad dressing
- Salsa
- Soy sauce
- Sriracha
- Stir fry sauce
- Tomato sauce
- Veg. Worcestershire

Beverages
- Beer
- Club soda / Tonic
- Electrolyte water
- Juices
- Kombucha
- Liquor
- Mixers
- Soda pop
- Sports drink
- Wine

Dairy & cheese or substitutes
- Almond butter
- Almond milk
- Bleu cheese
- Butter / Soy butter
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Margarine / Soy marg.
- Milk / Soy milk
- Mozzarella
- Parmesan
- Provolone
- Rice milk
- Ricotta
- Sandwich slices
- Sour cream
- Swiss
- Whipped topping
- Yogurt / Soy yogurt

Frozen
- Fries / Tater tots
- Ice cream / Soy I.C.
- Pizza / Pull pastry
- Popsicles
- Prepared meals
- Sorbet
- Vegetables
- Veggie breakfasts
- Veggie burgers
- Veggie burritos
- Veggie pastas

Various groceries
- Cereal
- Chai
- Coffee / Filters
- Egg substitute
- Lemon / Lime juice
- Liquid smoke flavor
- Nutritional yeast
- Pancake / Waffle mix
- Pasta
- Pickles
- Tahini
- Tea
- Tempeh
- Tofu
- TVP
- Veggie dogs

Fresh-baked
- Bagels / Croissants
- Buns / Rolls
- Cake
- Donuts / Pastries
- Fresh / Sliced bread
- Pie / Pie Pie!
- Pitas / Tortillas

Home baking
- Baking powder / Soda
- Bread crumbs
- Cake icing / Decorations
- Cake / Brownie mix
- Chocolate chips / Cocoa
- Flour
- Barley
- Sugar
- Sugar substitute
- Vegetable shortening
- Yeast

Vinegars
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- Rice vinegar

Oils
- Olive oil
- Sesame oil
- Vegetable oil
- White vinegar

Snacks
- Candy / Gum
- Cookies
- Crackers
- Dried fruit / Trail mix
- Granola / Cereal bars
- Popcorn
- Potato / Corn chips
- Prunes / Raisins
- Pretzels

Other

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