

**The Ultimatest Grocery List!**

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| **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 * Oranges * Peaches * Nectarines * Pears * Plums       **Refrigerated items**   * Bagels * Chip dip * English muffins * Eggs / Fake eggs * Fruit juice * Hummus * Ready-bake breads * Tofu * Tortillas       **Frozen**   * Breakfasts * Burritos * Fish sticks * Ice cream / Sorbet * Juice concentrate * Pizza / Pizza Rolls * Popsicles * Fries / Tater tots * 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**   * Bouillon cubes * Cereal * Coffee / Filters * Instant potatoes * Lemon / Lime juice * Mac & cheese * Olive oil * Pancake / Waffle mix * Pasta * Peanut butter * Pickles * Rice * Tea * Vegetable oil * Vinegar       **Canned foods**   * Applesauce * Baked beans * Chili * Fruit * Olives * Tinned meats * Tuna / Chicken * Soups * Tomatoes * Veggies       **Spices & herbs**   * Basil * Black pepper * Cilantro * Cinnamon * Garlic * Ginger * Mint * Oregano * Paprika * Parsley * Red pepper * Salt * Spice mix * Vanilla extract      | **Dairy**   * Butter / Margarine * Cottage cheese * Half & half * Milk * Sour cream * Whipped cream * Yogurt       **Cheese**   * Bleu cheese * Cheddar * Cottage cheese * Cream cheese * Feta * Goat cheese * Mozzarella / Provolone * 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 * Saké * Soda pop * Sports drink * Whiskey * Vodka      | **Baked goods**   * Bagels / Croissants * Buns / Rolls * Cake / Cookies * Donuts / Pastries * Fresh bread * Sliced bread * Pie! Pie! Pie! * Pita 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 * Potato / Corn chips * 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 * Condoms / Other b.c. * 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 * Toilet paper * Toothpaste * Vitamins / Supplements       **Medicine**   * Allergy * Antibiotic * Antidiarrheal * Aspirin * Antacid * Band-aids / Medical * 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       **Other stuff**   * Automotive * Batteries * Charcoal / Propane * Flowers / Greeting card * Insect repellent * Light bulbs * Newspaper / Magazine * Random impulse buy       **Carcinogens**   * Arsenic * Asbestos * Cigarettes * Radionuclides * Vinyl chloride   **Other** |
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|  | | | | **When you go...** | **Before you check out...** |