**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**     |
|  |
|  | **When you go...** | **Before you check out...** |