

**THE GROCERY LIST**

**FOOD**

**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

**Baked Goods** Bagels/ Croissants Buns/Rolls

Cake/ Cookies Donuts/ Pastries Fresh bread Sliced bread Pie! Pie! Pie!

Pita bread

**Frozen**

Breakfasts Burritos Fish sticks

Ice cream/ Sorbet Juice concentrate Pizza/ Pizza Rolls Popsicles

Fries/ Tater tots TV dinners Vegetables Veggie burgers

**Meat**

Bacon/Sausage Beef

Chicken

Ground beef/ Turkey Ham/Pork

Hot dogs Lunch meat Turkey

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

**Dairy**

Butter/Margarine Bleu cheese Cheddar cheese Chip dip

Cottage cheese Cream cheese Feta cheese Goat cheese Mozzarella Parmesan Provolone Ricotta Sandwich slices Swiss Eggs/Fake eggs Half & half Hummus

Milk

Sour cream Whipped cream Yogurt

**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

**Beverages** Club soda Drink mix Energy drinks

Flavored water Iced Teas

Juice Lemonade Soda

Sports drinks Water

**Snacks**

Candy Cookies Crackers Dried fruit

Granola bars/ Mix Jerky

Nuts/Seeds Popcorn

Potato/ Corn chips P retzels

**Canned Food** Applesauce Baked beans Broth

Chili Fruit Olives

Tinned meats Tuna/ Chicken Soups Tomatoes Veggies

**Baking & Spices** Baking powder Baking soda Bread crumbs

Cake/ Brownie mix Cake icing/ Decor Chocolate chips Cocoa

Flour Shortening Sugar

Sugar substitute Yeast

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Black pepper Cinnamon Ginger Oregano Paprika

Red pepper Salt

Spice mix Vanilla extract

**Various Groceries**

Bagels Bouillon cubes Breads

Cereal Coffee/ Filters

English muffins Instant potatoes Lemon/ Lime juice Mac & cheese Oatmeal

Olive oil

Pancake/ Waffle mix Pasta/ Sauce Peanut butter Pickles

Rice Tea Tortillas

Vegetable oil Vinegar

**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/ Hand soap Condoms/Other b.c. Cosmetics Conditioner

Cotton swabs/Balls Facial cleanser Facial tissue Feminine products Floss

Hair gel/ Spray Lip balm

Moisturizing lotion Mouthwash

Razors/ Shaving cream Shampoo

Sunblock Toilet paper T oothpaste

**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 soap Dishwasher soap Garbage bags Glass cleaner Vacuum bags Sponges/ Scrubbers

**Medicine** Allergy Antibiotic Anti-diarrheal Aspirin Antacid

Band-aids/ Medical Cold/ Flu/ Sinus Pain reliever Prescription pick-up Supplements

V itamins

**Other Stuff** Automotive Batteries Charcoal Flowers Greeting card Insect repellent Light bulbs Newspaper

M agazine

**Other**

**CHECK LIST**

Reusable bags! Clip coupons! Have returns? Bags to recycle?