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| Grocery | Checklist |  | z | | |
| **Fruit**   * Apples * Oranges * Pears * Bananas * Grapefruit * Kiwi * Grapes * Strawberries * Raspberries * Blueberries * Lemons * Limes Other   \*  \*  \*  \*  **Vegetables**   * Lettuce * Spinach * Cucumber * Tomatoes * Bell Peppers * Carrots * Celery * Avocado * Green beans * Broccoli * Cauliflower * Squash * Mushrooms * Corn * Potatoes * Onions * Garlic * Shallots * Herbs   \*  \*  \* Other  \*  \*  \*  \*  \*  **Dairy**   * Milk * Creamer * Cream Cheese * Yogurt * Sour Cream * Cheese   \*  \*   * Eggs * Butter Other   \*  \*  \*  \*  \* | **Deli**  Meat  \*  \*  \* Cheese  \*  \*  \* Dips  \*  \* Other  \*  \*  \*  \*  \*  **Bakery**   * Bread * Buns * Bagels * Pita Bread * Tortillas * English Muffins * Muffins * Cookies Other   \*  \*  \*  \*  \*  **Meat**   * Chicken * Steak * Ground Beef * Ground Turkey * Pork * Sausage * Bacon * Fish * Shrimp Other   \*  \*  \*  \*  **Frozen Food**  Veggies  \* | **Snacks**   * Trail Mix * Fruit Leather * Raisins * Granola Bars * Popcorn * Crackers * Cookies * Chips * Salsa Other   \*  \*  **Baking**   * Flour * Sugar * Powdered Sugar * Brown Sugar * Salt * Corn Meal * Corn Starch * Baking Soda * Baking Powder * Cocoa * Shortening * Yeast Extracts   \*  \* Other  \*  \*  \*  **Spices/Condiments**   * Salt * Pepper Herbs   \*  \* Spices  \* | | **Drinks**   * Juice Boxes * Juice   \*  \* Soda  \*  \*  **Canned/Dry Items**   * Olives Beans   \*  \*   * Rice Pasta   \* | **Toiletries**   * Shampoo * Conditioner * Body Wash/Soap * Lotion * Hand Soap * Deodorant * Toothpaste * Toothbrushes * Mouth Wash * Razors * Feminine Products * Band-Aids * Vitamins Other   \* |
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| \* | \* |
| * Canned Tomatoes * Tomato Paste * Tuna * Soup * Broth * Coconut Milk * Tea * Coffee Filters * Coffee * Cereal * Oatmeal   **Supplies**   * Baggies * Dish Detergent * Laundry Detergent * Plastic Wrap * Foil * Paper Towels * Tissues * Toilet Paper * Wet Wipes Other   \* | \* |
| **Other**  \* |
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| \*   * Pesto * Olive Oil * Vegetable Oil * Coconut Oil * Vinegar * Mayonnaise * Ketchup * Mustard Dressings   \* | | **Kids**   * Diapers * Wipes * Formula * Diaper Cream * Baby Wash Other   \* | \* |
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| Fruit \* Pickles   * \* Jam * \* Peanut Butter * Chicken Strips \* Honey * Fish Sticks \* Agave * Pizza \* Syrup * Ice Cream \* Soy Sauce   Other \* Teriyaki Sauce   * Other   \* \*  \* \* | | | \* | \* |
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