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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

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| **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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