

Grocery List

Fruits

- Apples
- Bananas
- Oranges
- Berries
- Grapes
- Melons
- _____
- _____
- _____
- _____

Vegetables

- Broccoli
- Cauliflower
- Asparagus
- Kale
- Carrots
- Cucumber
- Garlic
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- Tomatoes
- Zucchini
- Squash
- _____
- _____
- _____
- _____

Deli

- Cold Cuts
- Cheese
- Salad
- _____
- _____

Canned Goods

- Beans
- Fruit
- Soup
- Tomato Sauce
- Tuna Fish
- Vegetables
- _____
- _____
- _____

Frozen Foods

- Meals
- Pizza
- Potatoes
- Vegetables
- Waffles
- Ice Cream
- _____
- _____
- _____

Meat & Fish

- Beef
- Poultry
- Pork
- Fish
- Bacon
- Sausage
- _____
- _____
- _____

Spices

- Salt
- Pepper
- _____
- _____

Condiments

- Peanut Butter
- Jelly
- Honey
- Mayonaise
- Mustard
- Ketchup
- Pickles
- _____
- _____

Sauces & Oils

- BBQ Sauce
- Oil
- Vinegar
- Salad Dressing
- Soy Sauce
- Maple Syrup
- _____
- _____

Vegetarian

- Tofu
- Hummus
- Beans
- Soy Milk
- Almond Milk
- _____
- _____
- _____

Snacks

- Pretzels
- Cookies
- Chips
- Dip/Salsa
- Crackers
- Nuts
- Popcorn
- Raisins
- Snack Bars
- _____
- _____

Breads

- Sandwich
- Fresh Loaf
- Bagels
- Muffins
- Pitas
- Tortillas
- _____
- _____

Beverages

- Water
- Juice
- Pop
- Coffee
- Tea
- _____
- _____

Dairy

- Milk
- Butter
- Eggs
- Cheese
- Cream Cheese
- Yogurt
- _____
- _____

Pasta & Rice

- Spaghetti
- Rice
- _____
- _____
- _____

Baking

- Sugar
- Flour
- Pancake Mix
- Vanilla
- _____
- _____

Cereal

- Hot Cereal
- Cold Cereal
- Granola
- _____

Toiletries

- Soap
- Shampoo
- Conditioner
- Razors
- Shaving Cream
- Deoderant
- Lotion
- Toothpaste
- Floss
- Pain Reliever
- _____
- _____
- _____

Pet Items

- Dog Food
- Cat Food
- Cat Litter
- _____

Paper & Wrap

- Toilet paper
- Paper towels
- Tissues
- Aluminum foil
- Plastic wrap
- Plastic baggies
- _____
- _____
- _____

Household

- Garbage bags
- Laundry soap
- Fabric softner
- Bleach
- Dish soap
- Cleanser
- Sponges
- Batteries
- Light bulbs
- _____
- _____
- _____

Other

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