

Grocery List

VEGETABLES

- ☐ Asparagus
- ☐ Broccoli
- ☐ Carrots
- ☐ Cauliflower
- ☐ Corn
- ☐ Cucumber
- ☐ Potatoes
- ☐ Spinach
- ☐ Tomatoes
- ☐ Beets
- ☐ Cabbage
- ☐ Eggplant
- ☐ _____
- ☐ _____

DAIRY

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

DRINKS

- ☐ Beer
- ☐ Coffee
- ☐ Juice
- ☐ Tea
- ☐ Soda
- ☐ _____
- ☐ _____

MEATS

- ☐ Bacon
- ☐ Beef
- ☐ Chicken
- ☐ Hot Dogs
- ☐ Pork
- ☐ Turkey
- ☐ Ground Beef
- ☐ Pork
- ☐ Steak
- ☐ Bologna
- ☐ Salami
- ☐ Ham
- ☐ _____
- ☐ _____

CONDIMENTS

- ☐ Catsup
- ☐ Mayonnaise
- ☐ Oil
- ☐ Salad Dressing
- ☐ Spices
- ☐ Mustard
- ☐ _____
- ☐ _____

REFRIGERATED ITEMS

- ☐ Milk
- ☐ Butter
- ☐ Yogurt
- ☐ Meat
- ☐ Sea Food
- ☐ _____
- ☐ _____

SEASONING

- ☐ Basil
- ☐ Bay Leaves
- ☐ Cinnamon
- ☐ Cloves
- ☐ Cummin
- ☐ Curry
- ☐ Dill
- ☐ Marinade
- ☐ Oregano
- ☐ Paprika
- ☐ Sage
- ☐ Salt
- ☐ _____
- ☐ _____

CANS AND JARS

- ☐ Applesauce
- ☐ Soup
- ☐ Jam
- ☐ Jelly
- ☐ Canned Tuna
- ☐ Canned Fruit
- ☐ Cream Corn
- ☐ _____
- ☐ _____

FROZEN

- ☐ Puddings
- ☐ Waffles
- ☐ Ice Cream
- ☐ _____
- ☐ _____

SNACKS

- ☐ Candy
- ☐ Chocolate
- ☐ Tortilla Chips
- ☐ Cookies
- ☐ Crackers
- ☐ Nuts
- ☐ Seeds
- ☐ _____
- ☐ _____

FRUITS

- ☐ Apples
- ☐ Bananas
- ☐ Grapes
- ☐ Lemon
- ☐ Oranges
- ☐ Pears
- ☐ Mangoes
- ☐ Apricots
- ☐ _____
- ☐ _____

SEAFOOD

- ☐ Salmon
- ☐ Shrimp
- ☐ Tuna
- ☐ Catfish
- ☐ Crab
- ☐ Lobster
- ☐ Oyster
- ☐ _____
- ☐ _____

BAKING

- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Canned Milk
- ☐ Cocoa
- ☐ Flour
- ☐ Muffin Mix
- ☐ Sugar
- ☐ Yeast
- ☐ Nuts
- ☐ Honey
- ☐ Oil
- ☐ Vanilla
- ☐ _____
- ☐ _____

GRAINS AND PASTA

- ☐ Brown Rice
- ☐ White Rice
- ☐ Burger Helper
- ☐ Tortillas
- ☐ Beans
- ☐ Mac & Cheese
- ☐ Pasta
- ☐ Split Peas
- ☐ Spaghetti
- ☐ _____
- ☐ _____

BAKERY

- ☐ Flour
- ☐ Sugar
- ☐ _____
- ☐ _____

