

# grocery



## PRODUCE

- \_\_\_\_\_ apples
  - \_\_\_\_\_ avocado
  - \_\_\_\_\_ bananas
  - \_\_\_\_\_ berries
  - \_\_\_\_\_ grapes
  - \_\_\_\_\_ lemons/limes
  - \_\_\_\_\_ oranges
  - \_\_\_\_\_ tomatoes
  - \_\_\_\_\_ broccoli
  - \_\_\_\_\_ carrots
  - \_\_\_\_\_ garlic
  - \_\_\_\_\_ green beans
  - \_\_\_\_\_ onions
  - \_\_\_\_\_ parsley/cilantro/herbs
  - \_\_\_\_\_ potatoes
  - \_\_\_\_\_ salad greens
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## MEAT/FISH

- \_\_\_\_\_ bacon
  - \_\_\_\_\_ beef
  - \_\_\_\_\_ chicken
  - \_\_\_\_\_ fish
  - \_\_\_\_\_ pork
  - \_\_\_\_\_ sausage
  - \_\_\_\_\_ shellfish
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## CANNED GOODS/PANTRY

- \_\_\_\_\_ beans
  - \_\_\_\_\_ cereal
  - \_\_\_\_\_ chips
  - \_\_\_\_\_ C-O-F-F-E-E
  - \_\_\_\_\_ cookies
  - \_\_\_\_\_ crackers
  - \_\_\_\_\_ grains
  - \_\_\_\_\_ granola bars
  - \_\_\_\_\_ nuts
  - \_\_\_\_\_ oatmeal
  - \_\_\_\_\_ pasta
  - \_\_\_\_\_ peanut butter
  - \_\_\_\_\_ soup
  - \_\_\_\_\_ tea
  - \_\_\_\_\_ tomatoes
  - \_\_\_\_\_ tuna
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## BAKING/COOKING

- \_\_\_\_\_ flour
  - \_\_\_\_\_ sugar
  - \_\_\_\_\_ oil
  - \_\_\_\_\_ vinegar
  - \_\_\_\_\_ syrup
  - \_\_\_\_\_ baking powder/baking soda
  - \_\_\_\_\_ spices
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## DON'T FORGET...

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## DAIRY

- \_\_\_\_\_ butter
  - \_\_\_\_\_ cheese
  - \_\_\_\_\_ eggs
  - \_\_\_\_\_ half and half
  - \_\_\_\_\_ heavy cream
  - \_\_\_\_\_ milk
  - \_\_\_\_\_ sour cream
  - \_\_\_\_\_ yogurt
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## HOUSEHOLD

- \_\_\_\_\_ dish soap
  - \_\_\_\_\_ hand soap
  - \_\_\_\_\_ household cleaner
  - \_\_\_\_\_ laundry soap
  - \_\_\_\_\_ food wrap
  - \_\_\_\_\_ paper towels
  - \_\_\_\_\_ toilet tissue
  - \_\_\_\_\_ bath soap/shower gel
  - \_\_\_\_\_ shampoo/conditioner
  - \_\_\_\_\_ tampons/pads
  - \_\_\_\_\_ toothpaste
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## FROZEN

- \_\_\_\_\_ biscuits/breads
  - \_\_\_\_\_ ice cream
  - \_\_\_\_\_ fruit
  - \_\_\_\_\_ pie crust
  - \_\_\_\_\_ pizza
  - \_\_\_\_\_ vegetables
  - \_\_\_\_\_ waffles
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