



GROCERY SHOPPING LIST

Produce

- _____ Apples
- _____ Avocados
- _____ Bananas
- _____ Bell Peppers
- _____ Blueberries
- _____ Broccoli
- _____ Carrots
- _____ Cauliflower
- _____ Celery
- _____ Cucumbers
- _____ Fresh Herbs
- _____ Grapefruit
- _____ Grapes
- _____ Kiwi
- _____ Lemon/Lime
- _____ Lettuce
- _____ Melon
- _____ Mushrooms
- _____ Nectarines
- _____ Onions
- _____ Oranges
- _____ Peaches
- _____ Pears
- _____ Plums
- _____ Potatoes
- _____ Raspberries
- _____ Spinach
- _____ Strawberries
- _____ Tofu
- _____ Tomatoes
- _____ Zucchini
- _____ _____
- _____ _____
- _____ _____

Deli

- _____ Deli Meats
- _____ Deli Cheese
- _____ Deli Salads
- _____ Rotisserie Chicken
- _____ _____
- _____ _____

Bakery

- _____ Bagels
- _____ Biscuits
- _____ Brownies
- _____ Cake
- _____ Cookies
- _____ Donuts/Rolls
- _____ English Muffins
- _____ Hamburger Buns
- _____ Hot Dog Buns
- _____ Muffins
- _____ Pie
- _____ Pitas
- _____ Tortillas
- _____ White Bread
- _____ Whole Wheat Bread
- _____ _____
- _____ _____
- _____ _____

Dairy

- _____ Butter/Margarine
- _____ Cheese
- _____ Coffee Creamer
- _____ Cookie Dough
- _____ Cottage Cheese
- _____ Cream Cheese
- _____ Dinner Roll Dough
- _____ Eggs
- _____ Milk
- _____ Orange Juice
- _____ Sour Cream
- _____ Yogurt
- _____ _____
- _____ _____

Condiments

- _____ BBQ Sauce
- _____ Honey
- _____ Jelly/Jam
- _____ Ketchup
- _____ Marinade
- _____ Mayonnaise
- _____ Mustard
- _____ Olive Oil
- _____ Olives
- _____ Peanut Butter
- _____ Pickles/Relish
- _____ Salad Dressing
- _____ Salt/Pepper
- _____ Seasoning Packets
- _____ Soy Sauce
- _____ Spices
- _____ Steak Sauce
- _____ Vinegar
- _____ _____
- _____ _____

Canned Food

- _____ Mushrooms
- _____ Soup/Chili
- _____ Tomato Sauce
- _____ Tuna
- _____ _____
- _____ _____

Canned Veggies

- _____ Baked Beans
- _____ Corn
- _____ Green Beans
- _____ Peas
- _____ _____

Canned Cup/Fruit

- _____ Applesauce
- _____ Fruit Cocktail
- _____ Mandarin Oranges
- _____ Peaches
- _____ Pears
- _____ Pineapple
- _____ Raisins
- _____ _____
- _____ _____

Pasta

- _____ Boxed Rice/Pasta
- _____ Lasagne Noodles
- _____ Macaroni & Cheese
- _____ Macaroni Noodles
- _____ Pasta Sauce
- _____ Rice
- _____ Risotto
- _____ Spaghetti
- _____ _____
- _____ _____
- _____ _____

Ethnic Foods

- _____ Salsa
- _____ Soy Sauce
- _____ Taco Sauce
- _____ Taco Shells
- _____ Taco/Enchilada Mix
- _____ Teriyaki Sauce
- _____ Tortillas
- _____ _____
- _____ _____

Cereal

- _____ Breakfast Bars
- _____ Cereal
- _____ Granola
- _____ Granola Bars
- _____ Oatmeal
- _____ Toaster Pastries
- _____ _____
- _____ _____

Baking Needs

- _____ Baking Nuts
- _____ Baking Powder
- _____ Baking Soda
- _____ Cake/Brownie Mix
- _____ Chocolate Chips
- _____ Coconut
- _____ Cookie Mix
- _____ Cooking Spray
- _____ Flour
- _____ Frosting
- _____ Jell-O
- _____ Marshmallows
- _____ Muffin Mix
- _____ Pancake Mix
- _____ Pancake Syrup
- _____ Pudding
- _____ Sugar
- _____ Sweetener
- _____ Vanilla Extract
- _____ Vegetable Oil
- _____ Vinegar
- _____ _____
- _____ _____
- _____ _____

Snack Food

- _____ 100 Calorie Packs
- _____ Chips
- _____ Cookies
- _____ Crackers
- _____ Fruit Snacks
- _____ Graham Crackers
- _____ Nuts/Trail Mix
- _____ Popcorn
- _____ Pretzels
- _____ _____
- _____ _____
- _____ _____

Meat

- _____ Bacon
- _____ Beef Patties
- _____ Beef Roast
- _____ Brats
- _____ Chicken
- _____ Cold Cuts
- _____ Ground Beef
- _____ Ground Turkey
- _____ Ham
- _____ Hot Dogs
- _____ Pork Chops
- _____ Pork Roast
- _____ Sausage
- _____ Steak
- _____ Veal
- _____ _____
- _____ _____

Seafood

- _____ Clams
- _____ Crab
- _____ Lobster
- _____ Orange Roughy
- _____ Shrimp
- _____ Tilapia
- _____ _____
- _____ _____

Frozen Food

- _____ Chicken Nuggets
- _____ Fish Sticks
- _____ French Fries
- _____ Frozen Entrees
- _____ Frozen Fruit
- _____ Frozen Vegetables
- _____ Ice Cream
- _____ Pancakes
- _____ Pie Crusts
- _____ Pizza
- _____ Waffles
- _____ Whipped Cream
- _____ _____
- _____ _____
- _____ _____

