



# 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
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_
- \_\_\_\_\_ \_\_\_\_\_

