

Grocery List

WEEK OF: _____

Fresh Veggies

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Herbs
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini
- _____
- _____
- _____
- _____

Fresh Fruits

- Apples
- Avocados
- Bananas
- Berries
- Grapefruit
- Grapes
- Lemons / Limes
- Melon
- Oranges
- Peaches
- Pears
- _____
- _____
- _____
- _____

Baked Goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies / Pie
- Fresh bread
- Sliced bread
- Pita bread
- Tortillas
- _____
- _____
- _____

Meat & Seafood

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey
- Catfish
- Crab
- Salmon
- Shrimp
- Tilapia
- _____
- _____

Dairy

- Bleu cheese
- Butter / Margarine
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Half & half
- Milk
- Sandwich slices
- Sour cream
- Whipped cream
- Yogurt
- _____
- _____

Refrigerated Items

- Bagels
- Chip dip
- English muffins
- Eggs / Egg Whites
- Fruit juice
- Hummus
- Ready-bake breads
- Tofu
- _____
- _____

Pets

- Cat food / Treats
- Cat litter
- Dog food / Treats
- _____
- _____

Snacks & Drinks

- Candy / Gum
- Cookies
- Crackers
- Granola bars / Mix
- Juice
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels
- Soda
- Water
- Wine
- Beer
- _____
- _____

Frozen

- Breakfasts
- Fish sticks
- Chicken Nuggets
- Ice cream
- Juice concentrate
- Pizza / Pizza Rolls
- Popsicles
- Fries / Tater tots
- Frozen dinners
- Vegetables
- Veggie burgers
- _____
- _____

Canned Foods

- Fruit
- Tinned meats
- Tuna / Chicken
- Soups
- Tomatoes
- Veggies
- _____
- _____

Baby stuff

- Baby food
- Baby wash
- Diapers
- Formula
- Lotion
- Wipes
- _____
- _____

Various Groceries

- Cereal
- Coffee / Filters
- Mac & cheese
- Olive oil
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- _____
- _____

Condiments / Baking / Spices

- Baking items
- BBQ sauce
- Black pepper
- Cinnamon
- Flour
- Gravy
- Honey
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Salt
- Spice mix
- Sugar
- Soy sauce
- Steak sauce
- Syrup
- Vanilla extract
- Worcestershire sauce
- _____
- _____

Med's

- Allergy
- Antacid
- Band-aids / Medical
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up
- _____
- _____

Personal Care

- Body wash
- Bubble bath
- Cosmetics
- Cotton swabs / Balls
- Deodorant
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel / Spray
- Moisturizing lotion
- Mouthwash
- Razors
- Shaving cream
- Shampoo / Conditioner
- Soap
- Sunblock
- Toilet paper
- Toothpaste
- Vitamins
- _____
- _____

Household

- Aluminum foil
- Bathroom cleaner
- Bleach / Detergent
- Dishwasher soap
- Garbage bags
- Glass cleaner
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Plastic bags
- Sponges
- Wax paper
- _____
- _____

Other:

- _____
- _____
- _____
- _____
- _____
- _____