

# The Ultimatest Grocery List! {Compliments of [www.grocerylists.org](http://www.grocerylists.org)}

## ❖ FOODSTUFFS ❖

### Fresh vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes\*
- \_\_\_\_\_
- \_\_\_\_\_

### Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Oranges
- Peaches
- Nectarines
- Pears
- Plums
- \_\_\_\_\_
- \_\_\_\_\_

### Refrigerated items

- Bagels
- Chip dip
- English muffins
- Eggs / Fake eggs
- Fruit juice
- Hummus
- Ready-bake breads
- Tofu
- Tortillas
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen

- Breakfasts
- Burritos
- Fish sticks
- Ice cream / Sorbet
- Juice concentrate
- Pizza / Pizza Rolls
- Popsicles
- Fries / Tater tots
- TV dinners
- Vegetables
- Veggie burgers
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments / Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- \_\_\_\_\_
- \_\_\_\_\_

## Various groceries

- Bouillon cubes
- Cereal
- Coffee / Filters
- Instant potatoes
- Lemon / Lime juice
- Mac & cheese
- Olive oil
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- \_\_\_\_\_
- \_\_\_\_\_

## Canned foods

- Applesauce
- Baked beans
- Chili
- Fruit
- Olives
- Tinned meats
- Tuna / Chicken
- Soups
- Tomatoes
- Veggies
- \_\_\_\_\_
- \_\_\_\_\_

## Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Spice mix
- Vanilla extract
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- Butter / Margarine
- Cottage cheese
- Half & half
- Milk
- Sour cream
- Whipped cream
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_

## Cheese

- Bleu cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella / Provolone
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Swiss
- \_\_\_\_\_
- \_\_\_\_\_

## Meat

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey
- \_\_\_\_\_
- \_\_\_\_\_

## Seafood

- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

## Beverages

- Beer
- Club soda / Tonic
- Champagne
- Gin
- Juice
- Mixers
- Red wine / White wine
- Rum
- Saké
- Soda pop
- Sports drink
- Whiskey
- Vodka
- \_\_\_\_\_
- \_\_\_\_\_

## Baked goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Sliced bread
- Pie! Pie! Pie!
- Pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips / Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- \_\_\_\_\_
- \_\_\_\_\_

## Snacks

- Candy / Gum
- Cookies
- Crackers
- Dried fruit
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels
- \_\_\_\_\_
- \_\_\_\_\_

## Themed meals

- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- Take-out deli food
- \_\_\_\_\_
- \_\_\_\_\_

## Baby stuff

- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes
- \_\_\_\_\_
- \_\_\_\_\_

## Pets

- Cat food / Treats
- Cat litter
- Dog food / Treats
- Flea treatment
- Pet shampoo
- \_\_\_\_\_
- \_\_\_\_\_

## ❖ HOUSEHOLD ❖

### Personal care

- Antiperspirant / Deodorant
- Bath soap / Hand soap
- Condoms / Other b.c.
- Cosmetics
- Cotton swabs / Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel / Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors / Shaving cream
- Shampoo / Conditioner
- Sunblock
- Toilet paper
- Toothpaste
- Vitamins / Supplements
- \_\_\_\_\_
- \_\_\_\_\_

### Medicine

- Allergy
- Antibiotic
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids / Medical
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up
- \_\_\_\_\_
- \_\_\_\_\_

### Kitchen

- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich / Freezer bags
- Wax paper
- \_\_\_\_\_
- \_\_\_\_\_

## Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Garbage bags
- Glass cleaner
- Mop head / Vacuum bags
- Sponges / Scrubbers
- \_\_\_\_\_
- \_\_\_\_\_

## Office supplies

- CDRs / DVDRs
- Notepad / Envelopes
- Glue / Tape
- Printer paper
- Pens / Pencils
- Postage stamps
- \_\_\_\_\_
- \_\_\_\_\_

## Other stuff

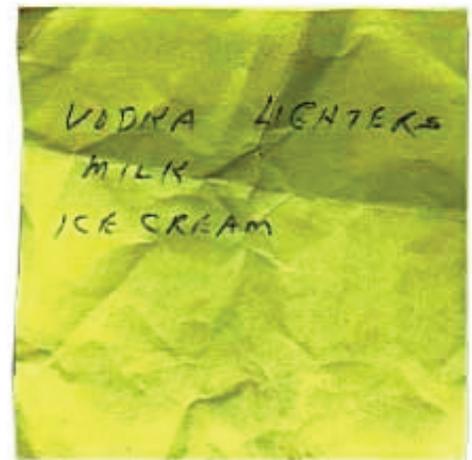
- Automotive
- Batteries
- Charcoal / Propane
- Flowers / Greeting card
- Insect repellent
- Light bulbs
- Newspaper / Magazine
- Random impulse buy
- \_\_\_\_\_
- \_\_\_\_\_

## Carcinogens

- Arsenic
- Asbestos
- Cigarettes
- Radionuclides
- Vinyl chloride

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



**IMPORTANT:** Please leave this list in the cart when you're done :-)

*If found, please mail to [Grocerylists.org](http://Grocerylists.org), P.O. Box 752, St. Louis, MO 63188 USA*

Grocerylists.org is the world's largest online collection of found grocery lists. Visit our blog, our hilarious Top 10 lists, check out our book of found shopping lists, or just waste time browsing the thousands of discarded lists in the collection: [grocerylists.org](http://grocerylists.org).

### When you go...

- Take reusable bags!
- Plastic bags to recycle?
- Clip coupons!
- Propane refill for grill?
- Need to return anything?

### Before you check out...

- Need ice?
- Rent a movie?
- Stock up on sale items?
- Use customer reward card?
- Hand over your coupons!