

Grocery Checklist

Fruits

- ☐ apples
- ☐ avocados
- ☐ bananas
- ☐ berries
- ☐ cherries
- ☐ grapefruit
- ☐ grapes
- ☐ lemons
- ☐ limes
- ☐ melons
- ☐ nectarines
- ☐ oranges
- ☐ peaches
- ☐ pears

Vegetables

- ☐ artichokes
- ☐ asparagus
- ☐ broccoli
- ☐ beets
- ☐ cauliflower
- ☐ carrots
- ☐ cabbage
- ☐ celery
- ☐ corn
- ☐ cucumbers
- ☐ garlic cloves
- ☐ green beans
- ☐ green onions
- ☐ lettuce
- ☐ onions/shallots
- ☐ peppers
- ☐ potatoes
- ☐ squash
- ☐ spinach
- ☐ tomatoes
- ☐ fresh herbs

Baking

- ☐ baking powder
- ☐ baking soda
- ☐ bread crumbs
- ☐ cake mix
- ☐ nonfat dry milk
- ☐ cornmeal
- ☐ flours
- ☐ sugar
- ☐ yeast
- ☐ Cooking spray
- ☐ lemon curd
- ☐ vanilla extract

Bakery/Bread

- ☐ bagels
- ☐ bread
- ☐ croutons
- ☐ dinner rolls
- ☐ English muffins
- ☐ pita bread
- ☐ flour tortillas
- ☐ corn tortillas

Breakfast

- ☐ cereals
- ☐ oatmeal
- ☐ cream of wheat
- ☐ pancake mix

Dairy

- ☐ butter
- ☐ margarine
- ☐ cheese
- ☐ cream cheese
- ☐ cottage cheese
- ☐ eggs
- ☐ egg substitute
- ☐ milk/soymilk
- ☐ half & half
- ☐ sour cream
- ☐ yogurt
- ☐ pizza dough
- ☐ specialty cheese

Snacks

- ☐ crackers
- ☐ dried fruit
- ☐ gelatin
- ☐ granola bars
- ☐ gum
- ☐ nuts
- ☐ popcorn
- ☐ pretzels
- ☐ pudding
- ☐ raisins
- ☐ tortilla chips

Pasta & Rice

- ☐ barley
- ☐ rice: brown, jasmine, wild
- ☐ spaghetti
- ☐ quinoa
- ☐ couscous
- ☐ lasagna noodles
- ☐ macaroni cheese

Cans & Jars

- ☐ applesauce
- ☐ beans
- ☐ broth/bullion
- ☐ canned fruit
- ☐ tomato paste
- ☐ tomatoes
- ☐ chili
- ☐ corn
- ☐ jam/jelly
- ☐ mushrooms
- ☐ olives (green, black, kalamata)
- ☐ pasta sauce
- ☐ peanut butter
- ☐ pickles
- ☐ soups
- ☐ tuna

Seasoning

- ☐ bay leaves
- ☐ basil
- ☐ rosemary
- ☐ thyme
- ☐ oregano
- ☐ cinnamon
- ☐ garlic
- ☐ poultry seasoning
- ☐ pepper
- ☐ sage
- ☐ salt
- ☐ seasoned salt
- ☐ dry mustard
- ☐ soup mix
- ☐ parmesan cheese

Sauces, etc.

- ☐ BBQ sauce
- ☐ catsup
- ☐ honey
- ☐ hot sauce
- ☐ lemon juice
- ☐ mayonnaise
- ☐ mustard
- ☐ olive and canola oil
- ☐ relish
- ☐ salad dressings
- ☐ salsa
- ☐ soy sauce
- ☐ vinegar

Miscellaneous

Drinks

- ☐ coffee
- ☐ juice
- ☐ tea

Meat

- ☐ lean beef
- ☐ chicken
- ☐ deli meat
- ☐ pork
- ☐ turkey
- ☐ fish
- ☐ seafood

Frozen

- ☐ chicken
- ☐ seafood
- ☐ berries
- ☐ mixed fruit
- ☐ ice
- ☐ ice cream
- ☐ juice
- ☐ pizza
- ☐ potatoes
- ☐ vegetables
- ☐ waffles

