Grocery Shopping List

	Produce
	Broccoli
	Carrots
	Lettuce
	Peppers
	Onions
	Corn
	Potatoes
	Tomatoes
	Spinach
	Seasonal vegetables:
	Apples
	Grapes
	Bananas
	Pears
	Seasonal fruits

	Produce
	Seasonal fruit (cont.)

	Canned Goods
	Soup
	Beef broth
	Chicken broth
	Spaghetti sauce
	Green beans
	Diced tomatoes
	Tomato sauce
	Tomato paste

	Meat
	Ground beef
	Bacon
	Turkey
	Pork
	Sausage
	Chicken
	Beef
	Fish

	Dairy
	Milk
	Cheese
	Butter
	Yogurt
	Eggs
	Cream cheese
	Sour cream

Copyright 2012 All Rights Reserved

Grocery Shopping List

	Frozen
	Frozen meat
	Ice cream
	Frozen bread
	Frozen vegetables
	Frozen waffles
	Frozen meals

	Breakfast
	Bagels
	Cereal
	Oatmeal

	Breads / Grains
	Bread
	Biscuits
	Rice
	Spaghetti
	Macaroni
	Taco shells
	Tortillas
	Crackers

	Drinks
	Coffee
	Tea
	Juice
	Soda

	Staples
	Flour
	Corn meal
	Sugar
	Cooking oil
	Olive oil
	Cooking spray
	Salt
	Pepper
	Other spices
	Condiments

	Baby Items
	Diapers
	Wipes
	Formula
	Baby Food

Copyright 2012 All Rights Reserved

Grocery Shopping List

Toiletries	
	Soap
	Shampoo
	Conditioner
	Toothpaste
	Toothbrushes
	Deodorant
	Lotion

Paper Goods / Household	
	Toilet paper
	Paper towels
	Napkins
	Trash bags
	Plastic bags
	Batteries

Cleaning Supplies	
	Toilet bowl cleaner
	All purpose cleaner
	Disinfectant
	Sponges
	Dishwasher detergent
	Liquid dish soap

Laundry Supplies	
	Laundry detergent
	Fabric softener
	Dryer sheets
	Chlorine bleach
	Color bleach
	Stain remover
	Delicate detergent

Miscellaneous / Other	

Copyright 2012 All Rights Reserved