



Grocery List



Grains

- ☐ bread
- ☐ bagels
- ☐ pasta
- ☐ tortillas
- ☐ buns
- ☐

Breakfast

- ☐ cereal
- ☐ oatmeal
- ☐ baking mix
- ☐

Meat

- ☐ bacon
- ☐ chicken
- ☐ fish
- ☐ ground beef
- ☐ hot dogs
- ☐ sausage
- ☐

Drinks

- ☐ coffee
☐ tea
☐ juice
☐ soda
☐ water
☐

Dairy

- ☐
- ☐ butter
- ☐ cheese
- ☐ eggs
- ☐ sour cream
- ☐ yogurt
- ☐

Snacks

- ☐ chips
☐ cookies
☐ candy
☐ nuts/seeds
☐ _____
☐ _____
☐ _____

Frozen

- ☐ meat
- ☐ pizza
- ☐ TV dinners
- ☐ ice cream
- ☐ waffles
- ☐ vegetables
- ☐ _____
- ☐ _____

Produce

- ☐ apples
- ☐ avocado
- ☐ bananas
- ☐ berries
- ☐ beans
- ☐ broccoli
- ☐ cauliflower
- ☐ celery
- ☐ cucumber
- ☐ garlic
- ☐ grapefruit
- ☐ grapes
- ☐ kiwi
- ☐ lettuce
- ☐ mushrooms
- ☐ onions
- ☐ oranges
- ☐ peaches
- ☐ peas
- ☐ spinach
- ☐ sprouts
- ☐ squash
- ☐ tomato
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Cans/Jars

- ☐ fruits
- ☐ vegetables
- ☐ jam/jelly
- ☐ peanut butter
- ☐ soup
- ☐ chili

Condiments

- ☐ catsup
- ☐ mayonnaise
- ☐ mustard
- ☐ oil
- ☐ salad dressing
- ☐ spices

Other

- [illegible]