



GROCERY CHECKLIST

pantry staples

- baking powder
- baking soda
- flour: _____
- flour: _____
- cocoa powder
- dried fruit: _____
- flavor/extract: _____
- honey
- oil: _____
- salt
- spice/herb: _____
- spice/herb: _____
- sugar: _____
- vinegar: _____
- yeast: _____
- _____

bread & cereals

- bread: _____
- bread: _____
- cereal: _____
- granola
- oats: _____
- pasta: _____
- tortillas: _____
- _____

grains & beans

- beans, dry: _____
- beans, dry: _____
- lentils: _____
- millet: _____
- other grain: _____
- quinoa: _____
- rice: _____
- _____

cans, jars, & sauces

- beans: _____
- coconut milk
- dressing: _____
- fruit, canned: _____
- jam/jelly: _____
- ketchup
- lemon juice
- mayonnaise
- mustard
- nut butter: _____
- pickles

- sauerkraut
- tomato paste
- tomatoes, diced
- tuna / salmon
- _____

produce

- misc. seasonal fruit
- misc. seasonal vegs
- apples
- avocado
- bananas
- broccoli
- carrots
- cauliflower
- celery
- corn
- garlic
- herbs, fresh: _____
- lettuce
- onions
- peppers: _____
- potatoes
- squash
- sweet potatoes / yams
- tomatoes
- _____

snacks

- nuts: _____
- popcorn
- crackers: _____
- tortilla chips
- _____

drinks

- coffee
- juice: _____
- tea
- _____

frozen

- corn
- green beans
- frozen dessert: _____
- fruit: _____
- juice: _____
- peas
- vegetable: _____
- _____

dairy

- butter
- cheese: _____
- cheese: _____
- cream
- eggs _____
- milk
- sour cream
- yogurt: _____
- _____

meat

- beef, ground
- beef: _____
- chicken: _____
- chicken: _____
- fish fillets
- lunchmeat
- sausage
- _____

supplies

- aluminum foil
- baggies: _____
- dishwasher detergent
- dishwashing liquid
- laundry detergent
- plastic wrap
- paper towels
- garbage bags
- toilet paper
- _____

toiletries

- facial wash _____
- lotion: _____
- contact solution
- soap: _____
- shampoo: _____
- conditioner: _____
- deodorant: _____
- toothpaste: _____
- _____

kids

- diaper cream: _____
- diapers: _____
- wipes: _____
- _____