



GROCERY SHOPPING LIST

WEEK OF _____

MEAT

- ☐ BACON
- ☐ CHICKEN
- ☐ DELI MEAT
- ☐ GROUND BEEF
- ☐ GROUND TURKEY
- ☐ HAM
- ☐ HOT DOGS
- ☐ PORK
- ☐ SAUSAGE
- ☐ STEAK
- ☐ TURKEY

SEAFOOD

- ☐ CATFISH
- ☐ COD
- ☐ CRAB
- ☐ HALIBUT
- ☐ LOBSTER
- ☐ OYSTERS
- ☐ SALMON
- ☐ SHRIMP
- ☐ TILAPIA
- ☐ TUNA

PASTA & RICE

- ☐ BROWN RICE
- ☐ BURGER HELPER
- ☐ COUSCOUS
- ☐ ELBOW MACARONI
- ☐ LASAGNA
- ☐ MAC & CHEESE
- ☐ NODDLE MIX
- ☐ SPAGHETTI
- ☐ WHITE RICE

BREAKFAST

- ☐ CEREAL
- ☐ GRITS
- ☐ INSTANT DRINKS
- ☐ OATMEAL
- ☐ PANCAKE MIX

CANS & JARS

- ☐ APPLESAUCE
- ☐ BAKED BEANS
- ☐ BLACK BEANS
- ☐ BROTH
- ☐ BULLION CUBES
- ☐ CANNED FRUIT
- ☐ CANNED VEGETABLES
- ☐ CARROTS
- ☐ CHILI
- ☐ CORN
- ☐ CREAMED CORN
- ☐ JAM/JELLY
- ☐ MUSHROOMS
- ☐ OLIVES
- ☐ PASTA
- ☐ PASTA SAUCE
- ☐ PEANUT BUTTER
- ☐ PICKLES
- ☐ SOUP

SAUCES & CONDIMENTS

- ☐ BBQ SAUCE
- ☐ COCKTAIL SAUCE
- ☐ COOKING SPRAY
- ☐ HONEY
- ☐ HORSERADISH
- ☐ HOT SAUCE
- ☐ KETCHUP
- ☐ LEMON JUICE
- ☐ MAYONNAISE
- ☐ MUSTARD
- ☐ OLIVE OIL
- ☐ RELISH
- ☐ SALAD DRESSING
- ☐ SALSA
- ☐ SOY SAUCE
- ☐ STEAK SAUCE
- ☐ SWEET & SOUR
- ☐ TERIYAKI
- ☐ VEGETABLE OIL
- ☐ VINEGAR

SPICES & SEASONINGS

- ☐ BASIL
- ☐ BAY LEAVES
- ☐ BBQ SEASONING
- ☐ CINNAMON
- ☐ CLOVES
- ☐ CUMIN
- ☐ CURRY
- ☐ DILL
- ☐ GARLIC POWDER
- ☐ GARLIC SALT
- ☐ GRAVY MIX
- ☐ ITALIAN SEASONING
- ☐ OREGANO
- ☐ PAPRIKA
- ☐ PEPPER
- ☐ RED PEPPER
- ☐ SAGE
- ☐ SALT
- ☐ SEASONING SALT
- ☐ SOUP MIX
- ☐ VANILLA EXTRACT

SNACKS

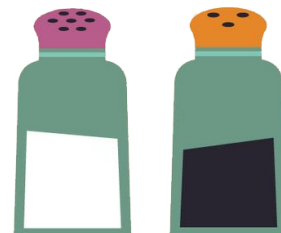
- ☐ CANDY
- ☐ COOKIES
- ☐ CRACKERS
- ☐ DRIED FRUIT
- ☐ FRUIT SNACKS
- ☐ GELATIN
- ☐ GRAHAM CRACKERS
- ☐ GRANOLA BARS
- ☐ GUM
- ☐ NUTS
- ☐ POPCORN
- ☐ POTATO CHIPS
- ☐ PRETZELS
- ☐ PUDDING
- ☐ RAISINGS
- ☐ SEEDS
- ☐ TORTILLA CHIPS

BAKING

- ☐ BAKING POWDER
- ☐ BAKING SODA
- ☐ BREAD CRUMBS
- ☐ CAKE DECOR
- ☐ CAKE MIX
- ☐ CANNED MILK
- ☐ CHOCOLATE CHIPS
- ☐ COCOA
- ☐ CORNMEAL
- ☐ CORNSTARCH
- ☐ FLOUR
- ☐ FOOD COLORING
- ☐ FROSTING
- ☐ MUFFIN MIX
- ☐ PIE CRUST
- ☐ SHORTENING
- ☐ SUGAR (BROWN)
- ☐ SUGAR (POWDERED)
- ☐ SUGAR
- ☐ YEAST

BAKED GOODS

- ☐ BAGELS
- ☐ BREAD
- ☐ DONUTS
- ☐ CAKE
- ☐ COOKIES
- ☐ CROISSANTS
- ☐ DINNER ROLLS
- ☐ HAMBURGER BUNS
- ☐ MUFFINS
- ☐ PASTRIES
- ☐ PIE
- ☐ PITA BREAD
- ☐ TORTILLAS





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FROZEN

- ☐ CHICKEN NUGGETS
- ☐ DESSERTS
- ☐ FISH STICKS
- ☐ FRUIT
- ☐ ICE
- ☐ ICEA CREAM
- ☐ ICE POPS
- ☐ JUICE
- ☐ MEAT
- ☐ PIE SHELLS
- ☐ PIZZA
- ☐ POT PIES
- ☐ TV DINNERS
- ☐ VEGETABLES
- ☐ VEGGIEBURGER
- ☐ WAFFLES

REFRIGERATED

- ☐ BISCUITS
- ☐ BUTTER
- ☐ CHEDDAR CHEESE
- ☐ COLBY CHEESE
- ☐ CREAM
- ☐ CREAM CHEESE
- ☐ DIP
- ☐ EGGS
- ☐ EGG SUBSTITUTE
- ☐ FETA CHEESE
- ☐ HALF & HALF
- ☐ JACK CHEESE
- ☐ MILK
- ☐ MOZARELLA
- ☐ PROCESSED CHEESE
- ☐ SALSA
- ☐ SHREDDED CHEESE
- ☐ SOUR CREAM
- ☐ SWISS CHEESE
- ☐ WHIPPED CREAM
- ☐ YOGURT

FRUITS

- ☐ APPLES
- ☐ APRICOTS
- ☐ AVACADOS
- ☐ BANANAS
- ☐ BLUEBERRIES
- ☐ CHERRIES
- ☐ GRAPEFRUIT
- ☐ GRAPES
- ☐ KIWI
- ☐ LEMONS
- ☐ LIMES
- ☐ MELONS
- ☐ ORANGES
- ☐ PAPAYA
- ☐ PEACHES
- ☐ PEARS
- ☐ POMEGRANATE
- ☐ STRAWBERRIES
- ☐ WATERMELON

VEGETABLES

- ☐ ARTICHOKE
- ☐ ASPARAGUS
- ☐ BASIL
- ☐ BEETS
- ☐ BROCCOLI
- ☐ CABBAGE
- ☐ CAULIFLOWER
- ☐ CARROTS
- ☐ CELERY
- ☐ CHILES
- ☐ CHIVES
- ☐ CILANTRO
- ☐ CORN
- ☐ CUCUMBERS
- ☐ EGGPLANT
- ☐ GARLIC CLOVES
- ☐ GREEN ONIONS
- ☐ LETTUCE
- ☐ ONIONS
- ☐ PEPPERS
- ☐ POTATOES
- ☐ SALAD GREENS
- ☐ SPINACH
- ☐ SQUASH
- ☐ TOMATOES
- ☐ ZUCCHINI

DRINKS

- ☐ BEER
- ☐ CHAMPAGNE
- ☐ CLUB SODA
- ☐ COFFEE
- ☐ DIET SODA
- ☐ ENERGY DRINKS
- ☐ JUICE
- ☐ LIQUOR
- ☐ SOFT DRINKS
- ☐ TEA
- ☐ WINE

PAPER PRODUCTS

- ☐ ALUMINUM FOIL
- ☐ COFFEE FILTERS
- ☐ CUPS
- ☐ GARBAGE BAGS
- ☐ NAPKINS
- ☐ PAPER PLATES
- ☐ PAPER TOWELS
- ☐ PLASTIC BAGS
- ☐ PLASTIC WRAP
- ☐ STRAWS
- ☐ WAXED PAPER

BABY

- ☐ BABY CEREAL
- ☐ BABY FOOD
- ☐ DIAPERS
- ☐ DIAPER CREAM
- ☐ FORMULA
- ☐ WIPES

PETS

- ☐ CAT FOOD
- ☐ CAT SAND
- ☐ DOG FOOD
- ☐ SHAMPOO
- ☐ TREATS
- ☐ FLEA TREATMENT

PERSONAL CARE

- ☐ BATH SOAP
- ☐ BUG REPELLANT
- ☐ CONDITIONER
- ☐ COTTON SWABS
- ☐ DEODORANT
- ☐ FACIAL TISSUE
- ☐ FEMININE PRODUCTS
- ☐ HAIR SPRAY
- ☐ HAND SOAP
- ☐ LIP CARE
- ☐ LOTION
- ☐ MAKEUP
- ☐ MOUTHWASH
- ☐ RAZORS/BLADES
- ☐ SHAMPOO
- ☐ SHAVING CREAM
- ☐ SUNSCREEN
- ☐ TOILET TISSUE
- ☐ TOOTHBRUSH
- ☐ TOOTHPASTE

CLEANING

- ☐ AIR FRESHENER
- ☐ BLEACH
- ☐ DISH SOAP
- ☐ DISHWASHER DETERGENT
- ☐ FABRIC SOFTNER
- ☐ FLOOR CLEANER
- ☐ GLASS SPRAY
- ☐ LAUNDRY DETERGENT
- ☐ POLISH
- ☐ SONGES
- ☐ VACUUM BAGS

MISC

- ☐ BATTERIES
- ☐ CHARCOAL
- ☐ GREETING CARDS
- ☐ LIGHT BULBS



