



THE ULTIMATE GROCERY LIST

FRESH VEGETABLES>>

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- _____
- _____

FRESH FRUITS>>

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Tomatoes
- _____
- _____

REFRIGERATED ITEMS>>

- Bagels
- English Muffins
- Chip Dip
- Eggs
- Fruit Juice
- Ready-Bake Breads
- Tofu
- Tortillas
- _____
- _____

FROZEN>>

- Breakfasts
- Burritos
- Fish Sticks
- Fries / Tater Tots
- Ice Cream
- Juice Concentrate
- Pizzas
- Popsicles
- Sorbet
- Vegetables
- Veggie Burgers
- _____
- _____

CONDIMENTS>>

- BBQ Sauce
- Honey
- Hot Sauce
- Jam / Jelly
- Ketchup / Mustard
- Mayonnaise
- Pasta Sauce
- Salad Dressing
- Steak Sauce
- _____
- _____

VARIOUS GROCERIES>>

- Cereal
- Cheese Cubes
- Instant Potatoes
- Mac & Cheese
- Olive / Vegetable Oil
- Packaged Meals
- Pancake / Waffle Mix
- Pasta
- Peanut Butter
- Pickles
- Rice
- Vinegar
- _____
- _____

CANNED FOODS>>

- Applesauce
- Baked Beans
- Broth
- Fruit
- Olives
- Tinned Meat
- Tuna / Chicken
- Soup / Chilli
- Tomatoes
- Vegetables
- _____
- _____

SPICES & HERBS>>

- Basil / Black Pepper
- Cilantro / Cinnamon
- Garlic / Ginger
- Mint / Oregano
- Paprika / Parsley
- Pepper / Salt
- _____
- _____

DAIRY>>

- Butter / Margarine
- Half & Half
- Heavy Cream
- Milk
- Sour Cream
- Whipped Cream
- Yogurt
- _____
- _____

CHEESE>>

- Bleu Cheese
- Cheddar
- Cottage Cheese
- Cream Cheese
- Feta
- Goat Cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich Cheese
- Swiss
- _____
- _____

MEAT>>

- Bacon / Sausage
- Beef
- Chicken
- Ground Beef / Turkey
- Ham / Pork
- Hot Dogs
- Lunchmeat
- _____
- _____

SEAFOOD>>

- Catfish
- Crab / Lobster
- Mussels / Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

BEVERAGES>>

- Club Soda
- Coffee
- Juice
- Soda Pop
- Sports Drinks
- Tea
- Water
- _____
- _____

BAKED GOODS>>

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh Bread
- Pie
- Sliced Bread
- _____
- _____

SNACKS>>

- Candy / Gum
- Crackers / Nuts
- Popcorn / Chips
- _____
- _____