

Master Grocery Checklist

FRESH VEGETABLES

- Asparagus
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Fresh Herbs
- Garlic
- Ginger
- Green Beans
- Kale
- Lettuce
- Mushrooms
- Onions
- Peas
- Peppers
- Potatoes
- Spinach
- Squash
- Tomatoes
- Zucchini
- _____
- _____

FRESH FRUITS

- Apples
- Avocados
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Honeydew Melon
- Lemons
- Limes
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
- Raspberries
- Strawberries
- Watermelon
- _____
- _____

SEAFOOD

- Catfish
- Cod
- Crab
- Lobster
- Mussels
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- _____

MEAT

- Beef**
- Ground
- Ribs
- Roast
- Steak
- _____
- Chicken**
- Breasts
- Legs
- Whole
- Wings
- _____

-Pork

- Bacon
- Chops
- Ham
- Hot Dogs
- Roast
- Sausage
- _____

-Turkey

- Bacon
- Ground
- _____

DELI

- Ham
- Pastrami
- Roast Beef
- Salami
- Sliced Cheddar
- Sliced Provolone
- Sliced Swiss
- Turkey
- _____

EGGS & DAIRY

- Butter/Margarine
- Cottage Cheese
- Cream Cheese
- Creamer
- Eggs
- Heavy Cream
- Milk
- Sour Cream
- Yogurt
- _____
- _____

-Cheeses

- Cheddar
- Colby
- Feta
- Monterrey Jack
- Mozzarella
- Parmesan
- Provolone
- String Cheese
- Swiss
- _____

BREADS & BAKERY

- Bagels
- Cake/Cupcakes
- Cookies
- Croissants
- Donuts
- English Muffins
- French Bread
- Hamburger Buns
- Hot Dog Buns
- Hoagie Rolls
- Pita Bread
- Rolls
- Sandwich Bread
- Tortillas
- _____
- _____

PASTA, RICE, & GRAINS

- Couscous
- Oatmeal
- Pasta
- Rice
- Quinoa
- _____

SNACKS

- Candy
- Cookies
- Crackers
- Dried Fruit/Raisins
- Granola Bars
- Gum
- Nuts/Seeds
- Popcorn
- Potato Chips/Dip
- Pretzels
- _____
- _____

BEVERAGES & DRINKS

- Beer
- Coffee/Coffee Filters
- Hot Cocoa Mix
- Juice, Apple
- Juice, Boxes
- Juice, Grape
- Juice, Orange
- Mixers
- Powdered Mixes
- Soda
- Sports Drinks
- Tea
- Water
- _____
- _____

SEASONINGS

- Basil
- Bay Leaves
- Black Pepper
- Cilantro
- Garlic Powder
- Ginger
- Lemon Pepper
- Mint
- Oregano
- Paprika
- Parsley
- Red Pepper Flakes
- Salt
- Thyme
- Vanilla/Flavorings
- _____
- _____

BAKING & COOKING

- Baking Chocolate
- Baking Mixes/Icing
- Baking Powder
- Baking Soda
- Baking Supplies
- Bouillon
- Bread Crumbs
- Broth
- Brown Sugar
- Canola Oil
- Cocoa
- Coconut Oil
- Cooking Spray
- Cornmeal
- Cornstarch
- Flour
- Lemon Juice
- Lime Juice
- Nuts
- Olive Oil
- Shortening
- Stevia
- Sugar
- Sugar Substitute
- Vegetable Oil
- Vinegar
- Yeast
- _____
- _____

CANNED, JARRED, & PACKAGED

- Applesauce
- Beans
- Boxed Meals, Sides
- Chicken
- Fruit
- Jam/Jelly/Preserves
- Peanut Butter
- Pickles
- Soup
- Tomatoes Paste
- Tomatoes
- Tomato Sauce
- Tuna
- Vegetables
- _____
- _____

