

My Grocery List

DATE _____

FRESH VEGETABLES

Carrots Garlic Zucchini
Cucumbers Tomatoes
Greens (lettuce/spinach/collard)
Squash _____
Potatoes _____
Peppers _____
Celery Asparagus Corn
Onion (yellow/red/green)
Herbs _____
Other _____

FRESH FRUIT

Apples Bananas Oranges
Grapes Avocados
Berries _____
Other _____

MEAT

Ground (beef/turkey/pork)
Bacon Chicken Lunchmeat
Other _____

DAIRY

Milk Eggs Butter
Juice (orange/cranberry)
Cheese (string/shredded/sliced)
Cheese Sticks Sour Cream
Yogurt _____

FROZEN FOODS

Vegetables _____
Chicken (pop/strips/breasts)
Pizza Potatoes (hash/cube)
Fruit _____
Treats _____
Other _____

CONDIMENTS

Ketchup Mustard Olives
Mayonnaise Pickles BBQ
Dressing _____

Aoli Sauce Peanut Butter
Coconut Amino
Other _____

INGREDIENTS

Olive Oil Granola Nuts
Spices _____
Flour (white/almond/tapioca)
Sugar _____
Other _____

SNACKS

Applesauce Drink Mix
Chips Cereal Crackers
Granola Bars Fruit Cups
Other _____

STARCH & PASTA

Pasta _____
Rice (brown/white/other)
Bread (sourdough/flat/sprout)
Boxed Mashed Potatoes
Other _____

CANNED GOODS

Spaghetti Sauce RoTel
Tomato (diced/sauce/paste)
Vegetables _____

Meat (tuna/chicken) Soup

Broth (chicken/beef/veggie)
Beans _____
Other _____

HOUSEHOLD GOODS

Toilet Paper Shampoo
Facial Tissue Conditioner
Paper Towels Tampons
Soap (hand/dish) Napkins
Laundry (detergent/sheets)
Bags (yard/trash/gallon/quart)
Parchment Paper
Aluminum Foil
Saran Wrap Toothpaste
Sanitizer (hand/wipes)
Shaving Cream Mouthwash
Toothbrushes Floss
Other _____

