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GROCERY LIST

Tick what you need, add the rest

NAME / HOUSEHOLD	DATE	STORE	COUPONS / REMINDERS

	Produce	Qty
☐	Apples	
☐	Bananas	
☐	Oranges / citrus	
☐	Berries	
☐	Grapes	
☐	Lettuce / salad mix	
☐	Tomatoes	
☐	Onions	
☐	Garlic	
☐	Potatoes	
☐	Carrots	
☐	Bell peppers	
☐	Broccoli	
☐	Avocados	
☐		
☐		
☐		

	Meat and seafood	Qty
☐	Chicken breasts	
☐	Chicken thighs	
☐	Ground beef	
☐	Pork chops	
☐	Bacon	
☐	Sausage	
☐	Salmon / fish	
☐	Shrimp	
☐		
☐		

	Deli	Qty
☐	Sliced turkey	
☐	Sliced ham	
☐	Sliced cheese	
☐		
☐		

	Dairy and eggs	Qty
☐	Milk	
☐	Eggs	
☐	Butter	
☐	Cheddar cheese	
☐	Shredded cheese	
☐	Yogurt	
☐	Sour cream	
☐	Cream cheese	
☐	Coffee creamer	
☐		
☐		

	Bakery and bread	Qty
☐	Sandwich bread	
☐	Bagels	
☐	Tortillas	
☐	Hamburger buns	
☐		
☐		

	Pantry, canned and condiments	Qty
☐	Rice	
☐	Pasta	
☐	Pasta sauce	
☐	Canned tomatoes	
☐	Canned beans	
☐	Broth / soup	
☐	Peanut butter	
☐	Cereal	
☐	Oatmeal	
☐	Flour	
☐	Sugar	
☐	Cooking oil	
☐	Ketchup / mustard	
☐	Mayonnaise	
☐		
☐		
☐		

	Frozen	Qty
☐	Frozen vegetables	
☐	Frozen fruit	
☐	Frozen pizza	
☐	Ice cream	
☐	Frozen meals	
☐		
☐		

	Snacks and drinks	Qty
☐	Chips	
☐	Crackers	
☐	Coffee	
☐	Tea	
☐	Juice	
☐	Sparkling water	
☐		
☐		

	Household and cleaning	Qty
☐	Paper towels	
☐	Toilet paper	
☐	Dish soap	
☐	Dishwasher pods	
☐	Laundry detergent	
☐	Trash bags	
☐	Foil / plastic wrap	
☐	Zip-top bags	
☐		
☐		

	Personal care	Qty
☐	Shampoo	
☐	Toothpaste	
☐	Deodorant	
☐	Body wash / soap	
☐		
☐		