

# shopping list

## FRUITS

- apples
- bananas
- berries
- grapes
- lemon/limes
- oranges
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## VEGETABLES

- broccoli
- carrots
- cucumbers
- garlic
- lettuce
- onions
- peppers
- potatoes
- spinach
- tomatoes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## MEAT & FISH

- bacon
- beef
- fish
- pork
- poultry
- seafood
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## COLD CASE

- butter/margarine
- cheese
- cold cuts
- eggs
- milk
- yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## FREEZER

- ice cream
- pizza
- quick dinners
- vegetables
- \_\_\_\_\_
- \_\_\_\_\_

## PANTRY ITEMS

- coffee
- jelly
- oil
- pasta sauce
- peanut butter
- salad dressing
- tea
- vinegar
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## GRAINS

- dry cereal
- oatmeal
- pasta
- oatmeal
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## CANNED

- beans
- soup
- tomatoes
- tuna
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## SNACKS & DRINKS

- candy
- chips
- cookies
- crackers
- juice
- nuts
- salsa/dip
- soda
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAKERY

- bagels
- fresh bread
- sandwich bread
- tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## BAKING

- chocolate
- flour
- spices
- sugar
- vanilla
- \_\_\_\_\_
- \_\_\_\_\_

## KITCHEN

- aluminum foil
- dish soap
- garbage bags
- paper towels
- plastic bags
- plastic wrap
- sponges
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## HOUSEHOLD

- batteries
- bleach
- dryer sheets
- fabric softener
- glass cleaner
- hand soap
- household cleaner
- laundry detergent
- light bulbs
- \_\_\_\_\_
- \_\_\_\_\_

## ADDITIONAL

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

