

# The Ultimate Grocery List | [www.grocerylists.org](http://www.grocerylists.org)

## Fresh vegetables

- Asparagus
  - Beets
  - Broccoli / Cauliflower
  - Carrots
  - Celery
  - Corn
  - Cucumbers
  - Greens
  - Lettuce
  - Mushrooms
  - Onions
  - Peppers
  - Potatoes
  - Spinach
  - Sprouts
  - Squash
  - Tomatoes
  - Zucchini
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Fresh fruits

- Apples
  - Avocado
  - Bananas
  - Berries
  - Cherries
  - Grapes
  - Kiwis
  - Lemons / Limes
  - Melons
  - Oranges
  - Peaches
  - Pears
  - Plums
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Canned foods

- Applesauce
  - Baked beans
  - Beans
  - Carrots
  - Corn
  - Beans
  - Mixed fruit
  - Mixed veggies
  - Olives
  - Pasta sauce
  - Pickles
  - Refried beans
  - Tuna
  - Soups
  - Tomatoes
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Sauces

- BBQ sauce
  - Hot sauce
  - Salsa
  - Soy sauce
  - Steak sauce
  - Syrup
  - Worcestershire sauce
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Various groceries

- Bottled water
  - Bullion cubes
  - Cereal
  - Coffee
  - Gravy
  - Honey
  - Jelly / Preserves
  - Ketchup
  - Lemon / Lime juice
  - Mac & cheese
  - Mayonnaise
  - Mustard
  - Pancake / Waffle mix
  - Pasta
  - Peanut butter
  - Ramen
  - Soda pop
  - Tea
  - Rice
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Spices & herbs

- Basil
  - Black pepper
  - Cilantro
  - Cinnamon
  - Garlic
  - Oregano
  - Parsley
  - Red pepper
  - Salt
  - Vanilla extract
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Oils/Vinegars

- Apple cider vinegar
  - Balsamic vinegar
  - Salad dressing
  - Olive oil
  - Vegetable oil
  - White vinegar
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Refrigerated items

- Chip dip
  - Eggs / Fake eggs
  - Juice
  - Ready-bake breads
  - Tofu
  - Tortillas
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Dairy

- Butter
  - Half & half
  - Heavy cream
  - Margarine
  - Milk
  - Sour cream
  - Whipped cream
  - Yogurt
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Cheese

- Cheddar
  - Cottage cheese
  - Cream cheese
  - Feta
  - Mozzarella
  - Parmesan
  - Pepper
  - Provolone
  - Ricotta
  - Sandwich slices
  - Shredded
  - Swiss
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Frozen

- Burritos
  - Desserts
  - Fish sticks
  - Ice cream
  - Juices
  - Pizzas
  - Popsicles
  - Fries / Tater tots
  - Sorbet
  - TV dinners
  - Vegetables
  - Veggie burgers
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Meat

- Bacon
  - Beef
  - Chicken
  - Ground beef
  - Ground turkey
  - Ham
  - Hot dogs
  - Lunchmeat
  - Pork
  - Sausage
  - Steak
  - Turkey
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Seafood

- Catfish
  - Cocktail sauce
  - Crab
  - Halibut
  - Oysters
  - Salmon
  - Shrimp
  - Tilapia
  - Tuna
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Baked goods

- Bagels
- Buns
- Cake
- Cookies
- Crackers
- Croissants

- Donuts
  - Fresh bread
  - Pastries
  - Pie
  - Pitas
  - Rolls
  - Sliced bread
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Baking

- Baking powder
  - Baking soda
  - Bread crumbs
  - Brown sugar
  - Cake decorations
  - Cake icing
  - Cake / Brownie mix
  - Chocolate chips
  - Cocoa
  - Flour
  - Oatmeal
  - Pie shell
  - Powdered sugar
  - Shortening
  - Sugar
  - Yeast
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Snacks

- Candy
  - Cookies
  - Dried fruit
  - Granola bars
  - Gum
  - Nuts
  - Popcorn
  - Potato chips
  - Pudding
  - Pretzels
  - Tortilla chips
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Personal care

- Antiperspirant
  - Bath soap
  - Conditioner
  - Condoms
  - Cosmetics
  - Deodorant
  - Facial cleanser
  - Facial tissue
  - Floss
  - Hair gel/spray
  - Hand soap
  - Lip balm
  - Moisturizing lotion
  - Mouthwash
  - Q-Tips
  - Razors
  - Shampoo
  - Shaving cream
  - Toilet paper
  - Toothpaste
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Medicine

- Allergy
  - Antidiarrheal
  - Aspirin
  - Antacid
  - Band-aids
  - Cold
  - Feminine products
  - Prescription
  - Sinus
  - Vitamins
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Kitchen

- Aluminum foil
  - Coffee filters
  - Dish soap
  - Dishwasher soap
  - Disposable cups
  - Disposable cutlery
  - Disposable plates
  - Freezer bags
  - Napkins
  - Non-stick spray
  - Paper towels
  - Plastic wrap
  - Roasting pan
  - Sandwich bags
  - Sponges / Scrubbers
  - Wax paper
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Cleaning products

- Air freshener
  - Bathroom cleaner
  - Bleach
  - Dryer sheets
  - Fabric softener
  - Floor cleaner
  - Garbage bags
  - Glass cleaner
  - Laundry detergent
  - Mop head
  - Spray polish
  - Vacuum bags
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Other stuff

- Automotive
  - Batteries
  - Candles
  - CDRs
  - Charcoal
  - DVDRs
  - Fresh flowers
  - Greeting cards
  - Hardware
  - Insect repellent
  - Insecticides
  - Light bulbs
  - Magazine/Newspaper
  - Random impulse buy
  - Sunscreen
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Pets

- Cat food
  - Cat litter
  - Cat treats
  - Dog food
  - Dog treats
  - Flea treatment
  - Pet shampoo
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Baby

- Baby food
  - Bottles / Cups
  - Diapers
  - Diaper lotion
  - Formula
  - Wipes
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Office supplies

- Envelopes
  - Glue
  - Notepads
  - Paper
  - Pens / Pencils
  - Scotch tape
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Alcohol

- Beer
  - Champagne
  - Club soda
  - Gin
  - Malt beverage
  - Red wine
  - Rum
  - Sake
  - Tonic
  - Whiskey
  - White wine
  - Vodka
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Themed meals

- Burger night
  - Chili night
  - Pizza night
  - Spaghetti night
  - Taco night
  - Take-out deli food
- Other \_\_\_\_\_  
Other \_\_\_\_\_

## Other

- \_\_\_\_\_  
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**IMPORTANT: Please leave this list in the cart when you're done.**

**If found, please mail to Grocerylists.org, P.O. Box 752, St. Louis, MO 63188 USA**

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## Before you go

- Bring canvas bags
- Clip coupons
- Film to process?
- Plastic bags to recycle?
- Return anything?

## Before you check out

- Need ice?
- Rent movie
- Pick up photos
- Stock on sale items
- Use your coupons!