

GROCERY LIST

Fruits 🍎

- ☐ Apples
- ☐ Bananas
- ☐ Oranges
- ☐ Grapes
- ☐ Strawberries
- ☐ Lemons
- ☐ Avocados

Vegetables 🥦

- ☐ Leafy greens
- ☐ Tomatoes
- ☐ Cucumbers
- ☐ Carrots
- ☐ Bell peppers
- ☐ Onions
- ☐ Garlic
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Zucchini
- ☐ Potatoes
- ☐ Sweet potatoes

Meat 🍖

- ☐ Chicken breast
- ☐ Chicken thighs
- ☐ Ground beef
- ☐ Beef steak
- ☐ Pork chops
- ☐ Turkey mince
- ☐ Sausages

Seafood 🐟

- ☐ Salmon fillets
- ☐ Shrimp
- ☐ Tuna (fresh or canned)
- ☐ White fish
- ☐ Mussels or calamari

Dairy & Eggs 🥛

- ☐ Milk
- ☐ Cream / half & half
- ☐ Plain Yogurt
- ☐ Greek Yogurt
- ☐ Flavored Yogurt
- ☐ Cheese
- ☐ Butter or margarine
- ☐ Sour cream
- ☐ Cottage cheese
- ☐ Eggs

Bakery 🍞

- ☐ White Bread
- ☐ Whole wheat
- ☐ Multigrain
- ☐ Buns / rolls
- ☐ Bagels
- ☐ Tortillas / pita bread
- ☐ Croissants / pastries
- ☐ Pizza dough

Grains & Pasta 🍝

- ☐ White Rice
- ☐ Brown Rice
- ☐ Basmati
- ☐ Jasmine
- ☐ Spaghetti
- ☐ Penne
- ☐ Fusilli
- ☐ Oats
- ☐ Quinoa
- ☐ Couscous
- ☐ Barley
- ☐ Buckwheat
- ☐ Flour
- ☐ Baking mix
- ☐ pancake mix

Pantry 🥫

- ☐ Olive oil / cooking oil
- ☐ Apple cider Vinegar
- ☐ Vinegar white
- ☐ Vinegar balsamic
- ☐ Soy sauce
- ☐ Teriyaki
- ☐ Hot sauce
- ☐ Tomato sauce
- ☐ Paste
- ☐ Canned tomatoes
- ☐ Canned beans
- ☐ Canned corn / peas
- ☐ Coconut milk
- ☐ Canned soups
- ☐ Chicken Broth
- ☐ Beef Broth
- ☐ Vegetable Broth
- ☐ Peanut butter
- ☐ Nut butter
- ☐ Honey
- ☐ Maple syrup

Spices 🌶️

- ☐ Salt
- ☐ Black pepper
- ☐ Paprika
- ☐ Chili flakes
- ☐ Garlic powder
- ☐ Onion powder
- ☐ Oregano
- ☐ Basil
- ☐ Thyme
- ☐ Rosemary
- ☐ Curry powder
- ☐ Cinnamon
- ☐ Sugar white
- ☐ Sugar brown

Snacks 🍪

- ☐ Crackers
- ☐ Chips
- ☐ Popcorn
- ☐ Pretzels
- ☐ Almonds
- ☐ Walnuts
- ☐ Peanuts
- ☐ Cashews
- ☐ Dried fruit
- ☐ Granola bars
- ☐ Cookies
- ☐ Candy / chocolate
- ☐ Ice cream

Beverages 🥤

- ☐ Water
- ☐ Sparkling water
- ☐ Juice
- ☐ Soda
- ☐ Coffee
- ☐ Tea
- ☐ Milk
- ☐ Sports drinks

Household 🧼

- ☐ Paper towels
- ☐ Trash bags
- ☐ Dish soap
- ☐ Sponges
- ☐ Laundry detergent
- ☐ Fabric softener
- ☐ Cleaning sprays
- ☐ Multi-surface
- ☐ Glass
- ☐ Bathroom
- ☐ Disinfecting wipes
- ☐ Air freshener

A4 + US Letter

Available in Google Docs and MS Word

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 - ☐ Cottage cheese
 - ☐ Eggs
- Bakery 🍞**
- ☐ White Bread
 - ☐ Whole wheat
 - ☐ Multigrain
 - ☐ Buns / rolls
 - ☐ Bagels
 - ☐ Tortillas / pita bread
 - ☐ Croissants / pastries
 - ☐ Pizza dough
- Grains & Pasta 🍝**
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 - ☐ Honey
 - ☐ Maple syrup
- Spices 🌶️**
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 - ☐ Paprika
 - ☐ Chili flakes
 - ☐ Garlic powder
 - ☐ Onion powder
 - ☐ Oregano
 - ☐ Basil
 - ☐ Thyme
 - ☐ Rosemary
 - ☐ Curry powder
 - ☐ Cinnamon
 - ☐ Sugar white
 - ☐ Sugar brown
- Snacks 🍪**
- ☐ Crackers
 - ☐ Chips
 - ☐ Popcorn
 - ☐ Pretzels
 - ☐ Almonds
 - ☐ Walnuts
 - ☐ Peanuts
 - ☐ Cashews
 - ☐ Dried fruit
 - ☐ Granola bars
 - ☐ Cookies
 - ☐ Candy / chocolate
 - ☐ Ice cream
- Beverages 🥤**
- ☐ Water
 - ☐ Sparkling water
 - ☐ Juice
 - ☐ Soda
 - ☐ Coffee
 - ☐ Tea
 - ☐ Milk
 - ☐ Sports drinks
- Household 🧼**
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 - ☐ Trash bags
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READY FOR PRINT

EASY TO EDIT