

MASTER GROCERY LIST

Date: _____

Veggies	Fruit	Non-Perish	Meat	Frozen	Supplies
lettuce	oranges	canned:	chicken:	waffles	paper plates
tomatoes	mandarin	black beans	breast	pancakes	napkins
squash	apples	kidney beans		juice	paper towel
zucchini	bananas			veggies:	cups
cucumber	grapes		turkey		plastic ware
mushrooms	strawberries	soup:	beef:		alu foil
celery	blue berries		steak		parchment
cilantro	black berries			potatoes:	wax paper
parsley	mango	fruit:			bags:
carrots	peach		pork:		sandwich
green onions	watermelon		chops	yucca	freezer
onions	cantaloupe	sauce:		plantains	trash
garlic	honey mellon			ice cream	
ginger	pineapple		lamb	popsicles	Cleaning
potatoes	nectarines		sausage	fruit:	sponges
sweet pot	pears	dressing:	bacon		scrubs
bok choy			deli meat		floor cleaner
cauliflower				pie crust	bath room
broccoli	Drinks	croutons		rolls	toilet
green beans	soda:	mayo	Fish	garlic bread	all purpose
spinach		mustard	salmon		bleach
corn		ketchup	tilapia		carpet cleaner
collards	juice:	pickles	catfish		
kale		broth	shrimp	Bath	soap:
cabbage		spices:	halibut	shampoo	dish (mach)
beansprouts	water			conditioner	dish (hand)
brussels sprouts	coffee			soap bar	laundry
avocado	tea:		Dairy	shower gel	handsoap
bell pepper			milk	body lotion	
habanero pepper		flour	eggs	baby oil	
	Carbs	cornstarch	yoghurt	diapers	airfresheners
	pasta:	baking -	sour cream	wipes	candles
Snacks	spaghetti	vinegar	wh cream	toothpaste	
chips	linguine	oil:	half/half	toilet paper	Bakery
fruit snacks	lasagna	olive (EVOO)	coffee crm	feminine stuff	cake
pretzels			butter		cookies
popcorn			margarine		bagels
peanuts	ramen	honey		Other	buns
walnuts	egg noodles	salt	cheese:	card	rolls
cookies	tortilla	sugar	mozarella	gift wrap	bread:
candy	rice		parmesan	medicine	
snack bars					