

SHOPPING LIST FOR WEEK OF _____

Fresh vegetables

- Asparagus
- Beets
- Broccoli / Cauliflower
- Carrots
- Celery
- Corn
- Cucumbers
- Greens
- Lettuce
- Mushrooms
- Onions
- Peppers
- Potatoes
- 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

- Anchovies
- Applesauce
- Baked beans
- Beans
- Carrots
- Corn
- Kippered snacks
- Mixed fruit
- Mixed veggies
- Olives
- Pasta sauce
- Pickles
- Tuna
- Soups
- Tomatoes
- Other _____
- Other _____

Sauces

- BBQ sauce
- Hot sauce
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- Other _____
- Other _____

Various groceries

- Bottled water
- Bouillon 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
- Spice mix
- 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 icing / decorations
- 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
- Feminine products
- 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 / Flu
- Eye drops
- Pain reliever
- Prescription
- Sinus
- Vitamins
- Other _____
- Other _____

Kitchen

- Aluminum foil
- Coffee filters
- Disposable cups
- Disposable cutlery
- Disposable plates
- Freezer bags
- Napkins
- Non-stick spray
- Plastic wrap
- Roasting pan
- Sandwich bags
- Toothpicks
- Wax paper
- Other _____

- Other _____

Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach
- Dish / Dishwasher soap
- Dryer sheets
- Fabric softener
- Floor cleaner
- Garbage bags
- Glass cleaner
- Laundry detergent
- Mop head
- Oven cleaner
- Paper towels
- Sponges / Scrubbers
- Spray polish
- Vacuum bags
- Other _____
- Other _____

Other stuff

- Automotive
- Batteries
- Candles
- Charcoal
- 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

- CDRs
- DVDRs
- Envelopes
- Glue
- Notepads
- Paper
- Pens / Pencils
- Postage stamps
- 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

- _____
- _____
- _____
- _____
- _____

