# The Ultimatest Grocery List | 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
- ☐ Burittos
- ☐ 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!