

Groceries checklist

By Nicole Nichols-West

Vegetables and fruits

- Potatoes
- Mushrooms
- Onions
- Cucumbers
- Lettuce
- Tomatoes
- Carrots
- Celery
- Zucchini
- Broccoli
- Cauliflower
- Spinach
- Bell Peppers
- Tofu
- Strawberries
- Bananas
- Apples
- Oranges
- Grapes
- Grapefruit
- Melon
- Nectarines
- Peaches
- Pears
- Plums
- Lemon/Lime
- Blueberries
- Raspberries
- Avacados
- Kiwi

- Fresh Herbs
- Deli
 - Deli Meats
 - Deli Cheese
 - Deli Salads
 - Rotisserie Chicken
- Breads
 - White Bread
 - Whole Wheat Bread
 - Hot Dog Buns
 - Hamburger Buns
 - Bagels
 - Biscuits
 - English Muffins
 - Tortillas
 - Pitas
 - Muffins
- Dairy
 - Milk
 - Butter/Margarine
 - Eggs
 - Yogurt
 - Cheese
 - Cream Cheese
 - Cottage Cheese
 - Sour Cream
 - Coffee Creamer
 - Orange Juice
 - Cookie Dough
 - Dinner Roll Dough
- Condiments
 - Olive Oil
 - Salad Dressing

- Vinegar
- Mayonnaise
- Marinade
- Steak Sauce
- BBQ Sauce
- Ketchup
- Mustard
- Pickles/Relish
- Olives
- Jelly/Jam
- Peanut Butter
- Honey
- Salt/Pepper
- Seasoning Packets
- Spices
- Soy Sauce
- Canned Goods
 - Tuna
 - Tomato Sauce
 - Mushrooms
 - Soup/Chili
- Canned Veggies
 - Green Beans
 - Corn
 - Peas
 - Baked Beans
- Canned/Cup Fruit
 - Applesauce
 - Pineapple
 - Peaches
 - Fruit Cocktail
 - Raisins
 - Mandarin Oranges

- Pears
- Pasta
 - Spaghetti
 - Lasagne Noodles
 - Macaroni Noodles
 - Rice
 - Risotto
 - Pasta Sauce
 - Boxed Rice/Pasta
 - Macaroni & Cheese
- Ethnic Foods
 - Taco/Enchilada Mix
 - Taco Shells
 - Taco Sauce
 - Salsa
 - Tortillas
 - Soy Sauce
 - Teriyaki Sauce
- Cereals
 - Cereal
 - Granola
 - Oatmeal
 - Breakfast Bars
 - Granola Bars
 - Toaster Pastries
- Baking Needs
 - Sugar
 - Flour
 - Vegetable Oil
 - Cake/Brownie Mix
 - Frosting
 - Muffin Mix
 - Cookie Mix

- Pancake Mix
- Pancake Syrup
- Baking Powder
- Baking Soda
- Vinegar
- Cooking Spray
- Vanilla Extract
- Baking Nuts
- Chocolate Chips
- Coconut
- Pudding
- Jello
- Marshmallows
- Sweetener
- Snack Foods
 - Cookies
 - Crackers
 - Graham Crackers
 - Chips
 - Popcorn
 - Fruit Snacks
 - 100 Calorie Packs
 - Pretzels
 - Nuts/Trail Mix
- Meat
 - Ground Beef
 - Chicken
 - Ground Turkey
 - Veal
 - Beef Roast
 - Steak
 - Beef Patties
 - Pork Chops

- Pork Roast
- Bacon
- Hot Dogs
- Sausage
- Brats
- Ham
- Cold Cuts
- Seafood
 - Shrimp
 - Lobster
 - Clams
 - Crab
 - Tilapia
 - Orange Roughy
- Frozen Foods
 - Chicken Nuggets
 - Fish Sticks
 - Frozen Entrees
 - Frozen Vegetables
 - Frozen Fruit
 - French Fries
 - Pizza
 - Waffles
 - Pancakes
 - Pie Crusts
 - Ice Cream
 - Whipped Cream
- Beverages
 - Fruit Juice
 - Vegetable Juice
 - Lemonade
 - Sports Drinks
 - Juice Boxes

- Bottled Water
- Drink Mixes
- Tea
- Coffee
- Coffee Filters
- Non-Dairy Creamer
- Soda
- Chocolate Syrup
- Strawberry Syrup
- Beer
- Wine
- Bakery
 - Donuts/Rolls
 - Bagels
 - Cookies
 - Cake
 - Brownies
 - Pie
- Baby Items
 - Baby Food
 - Baby Formula
 - Diapers/Pull-Ups
 - Baby Wipes
 - Baby Wash
- Pet Supplies
 - Dog Food
 - Cat Food
 - Cat Litter
 - Litter Box Liners
 - Pet Toys
 - Pet Treats
 - Fish Food
- Paper Goods

- Napkins
- Paper Towels
- Toilet Tissue
- Tissues
- Trash Bags
- Paper Plates
- Disposable Cups
- Baggies/Storage Bags
- Aluminum Foil
- Plastic Wrap
- Wax Paper
- Toothpicks
- Cleaning Supplies
 - Laundry Detergent
 - Dryer Sheets
 - Bleach
 - Fabric Softener
 - Stain Remover
 - Dish Soap
 - Dishwasher Soap
 - Cleanser
 - Glass Cleaner
 - Dusting Spray
 - Disinfectant
- Health & Beauty
 - Sunscreen
 - Shampoo
 - Conditioner
 - Hair Styling Products
 - Deodorant
 - Bath Soap/Body Wash
 - Feminine Supplies
 - Pantyhose

- Makeup
- Face Wash
- Toothpaste
- Mouthwash
- Dental Floss
- Body Lotion
- Face Lotion
- Contact Lens Solution
- Bandages
- Antiseptic Cream
- Medicines
- Vitamins/Supplements
- Razors
- Shaving Cream
- Cotton Balls
- Cotton Swabs
- Hand soap/sanitizer
- Miscellaneous
 - Batteries
 - Cards/Gift Wrap
 - Light Bulbs
 - Ice