

# Ultimate Grocery List

## FRESH VEGETABLES

Asparagus  
Broccoli  
Carrots  
Cauliflower  
Celery  
Corn  
Cucumbers  
Lettuce  
Mushrooms  
Onions  
Peppers  
Potatoes  
Spinach  
Zucchini  
Tomatoes

## FRESH FRUITS

Apples  
Avocados  
Bananas  
Berries  
Cherries  
Grapes  
Kiwis  
Lemon / lime  
Melon  
Oranges  
Peaches  
Nectarines  
Pears  
Plums

## VARIOUS GROCERIES

Bread crumbs  
Cereal  
Coffee / filters  
Instant potatoes  
Mac & cheese  
Olive oil  
Pancake / waffle mix  
Pasta  
Peanut butter  
Rice  
Sugar  
Tea  
Vegetable oil  
Vinegar

## CONDIMENTS / SAUCES

Honey  
Hot sauce  
Jam / jelly  
Ketchup  
Mustard  
Mayonnaise  
Salad dressing  
Soy sauce  
Worcestershire sauce  
Pasta sauce

## SPICES & HERBS

Basil  
Black pepper  
Cilantro  
Cinnamon  
Cumin  
Garlic  
Ginger  
Mint  
Oregano  
Paprika  
Parsley  
Red pepper  
Salt  
Spice mix  
Vanilla extract

## CANNED FOOD

Applesauce  
Baked beans  
Chili  
Olives  
Tinned meats  
Tuna / chicken  
Soups  
Tomatoes

## REFRIGERATED ITEMS

Eggs  
Fruit juice  
Milk  
Vegetables  
Butter / margarine  
Yogurt  
Sour cream  
Pizza

## CHEESE

Cheddar  
Cream cheese  
Mozzarella  
Parmesan  
Provolone  
Sandwich slices

## MEATS

Bacon  
Sausage  
Beef  
Chicken  
Turkey  
Ham  
Hot dogs

## SEAFOOD

Catfish  
Crab  
Lobster  
Mussels  
Oysters  
Salmon  
Shrimp  
Tilapia  
Tuna

## BAKED GOODS

Bagels  
Croissants  
Buns  
Rolls  
Cake  
Donuts / pastries  
Fresh bread  
Sliced bread  
Pita bread

## BAKING

Baking powder / soda  
Cake / brownie mix  
Cake icing / decorations  
Chocolate chips / cocoa  
Flour  
Shortening  
Sugar substitute  
Yeast

## SNACKS

Candy / gum  
Cookies  
Crackers  
Dried fruit  
Granola bars / mix  
Nuts / seeds  
Oatmeal  
Popcorn  
Potato / corn chips  
Pretzels  
Soda pop  
Sport drinks

## OTHER STUFF

Aluminum foil  
Napkins  
Non-stick spray  
Paper towels  
Plastic wrap  
Sandwich / freezer bags  
Garbage bags  
Alcoholic beverages

## PERSONAL CARE / CLEANING

Bath soap / hand soap  
Feminine products  
Mouthwash  
Razors / shaving cream  
Shampoo / conditioner  
Toilet paper  
Toothpaste  
Vitamins / supplements  
Dish / dishwasher soap  
Sponges / scrubbers

## OTHER

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