

FSU Ultimate Grocery List



Week(s): _____

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
