GROcery Checklist

# Fruits

* Bananas
* Apples
* Grapes
* Oranges
* Strawberries
* Avocados
* Peaches
* Pineapple
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Vegetables

* Potatoes
* Tomatoes
* Onions
* Carrots
* Lettuce
* Broccoli
* Peppers
* Celery
* Garlic
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Canned Goods

* Olives
* Soup
* Tuna
* Veggies
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Frozen Foods

* Fish
* Ice Cream
* Pizza
* Potatoes
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Meat

* Chicken
* Beef
* Pork

# Fish & shellfish

**FIND THE RIGHT LIST AT** [**ziplist.com**](https://www.ziplist.com/grocery-list-template)

* Shrimp
* Crab
* Clams
* Tuna
* Salmon
* Tilapia
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Deli

* Cheese
* Ham
* Turkey
* Salami
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Condiments & Spices

* Salt
* Sugar
* Pepper
* Oregano
* Cinnamon
* Ketchup
* Mayonnaise
* Mustard
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Sauces & Oils

* Olive Oil
* Tomato Sauce
* Hot Sauce
* Soy Sauce
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Snacks

* Chips
* Crackers
* Pretzels
* Popcorn
* Peanuts
* Nuts
* Candy
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Bread & Bakery

* Whole Wheat
* White
* Italian
* Sandwich
* Tortillas
* Pies
* Muffins
* Bagels
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Beverages

* Water
* Coffee
* Milk
* Juice
* Soda
* Tea
* Beer
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Pasta/Rice

* Spaghetti
* Macaroni
* Noodles
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Cereal

* Oats
* Rice
* Wheat
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Baking

* Flour
* Baking Powder
* Butter
* Milk
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Baby Items

* Baby Food
* Diapers
* Wet Wipes
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Personal Care

* Shampoo
* Conditioner
* Soap
* Deodorant
* Toothpaste
* Dental Floss
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Health Care

* Band-Aid
* Hydrogen Peroxide
* Alcohol
* Pain Reliever
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Paper & Wrap

* Toilet Paper
* Paper Towels
* Tissues
* Aluminum Foil
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Household Supplies

* Detergent
* Softener
* Bleach
* Dish Soap
* Air Freshener
* Gloves
* Sponge
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# Other items

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
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