

## **Fruits and Vegetables**

- **Apples**
- **Bananas**
- **Oranges**
- **Grapes**
- **Strawberries**
- **Blueberries**
- **Lemons**
- **Lettuce**
- **Spinach**
- **Carrots**
- **Broccoli**
- **Cauliflower**
- **Bell Peppers**
- **Onions**
- **Garlic**
- **Tomatoes**

## **Dairy**

- **Milk**
- **Cheese**
- **Yogurt**
- **Butter**
- **Cream**

- **Eggs**

## **Meat and Seafood**

- **Chicken breasts**
- **Ground beef**
- **Pork chops**
- **Bacon**
- **Sausages**
- **Fish fillets (e.g., salmon, tilapia)**
- **Shrimp**

## **Pantry Staples**

- **Rice**
- **Pasta**
- **Quinoa**
- **Canned beans (e.g., black beans, chickpeas)**
- **Canned tomatoes**
- **Olive oil**
- **Vegetable oil**
- **Vinegar (e.g., white, apple cider, balsamic)**
- **Flour**
- **Sugar**
- **Baking powder**
- **Baking soda**
- **Salt**
- **Pepper**

- **Spices (e.g., cinnamon, cumin, paprika)**

### **Snacks**

- **Chips**
- **Crackers**
- **Nuts**
- **Granola bars**
- **Popcorn**

### **Beverages**

- **Coffee**
- **Tea**
- **Juice**
- **Soda**
- **Bottled water**

### **Bakery**

- **Bread**
- **Bagels**
- **Tortillas**

### **Frozen Foods**

- **Frozen vegetables**
- **Frozen fruits**
- **Ice cream**
- **Frozen pizza**
- **Frozen dinners**

### **Condiments and Sauces**

- **Ketchup**
- **Mustard**
- **Mayonnaise**
- **Soy sauce**
- **Hot sauce**
- **Salad dressing**

#### **Cleaning Supplies**

- **Dish soap**
- **Laundry detergent**
- **Paper towels**
- **Trash bags**
- **All-purpose cleaner**

#### **Personal Care**

- **Shampoo**
- **Conditioner**
- **Toothpaste**
- **Soap**
- **Deodorant**