



# Weekly Grocery List

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Things I need for my healthy, happy home:

## Produce

- Fruits
- Apples
  - Bananas
  - Oranges
  - Lemons
  - Limes
  - Berries
  - Grapes
  - \_\_\_\_\_
  - \_\_\_\_\_

## Vegetables

- Lettuce
- Spinach
- Cucumbers
- Tomatoes
- Tomatillos
- Green Peppers
- Red Peppers
- Jalapenos
- Poblanos
- Other Peppers
- White Onions
- Red Onions
- Yellow Onions
- Scallions
- Garlic
- Potatoes
- Carrots
- Broccoli
- \_\_\_\_\_
- \_\_\_\_\_

## Meat and Fish

- Beef
- Poultry
- Pork
- Fish
- Seafood
- Bacon
- \_\_\_\_\_
- \_\_\_\_\_

## Refrigerated

- Milk
- Butter
- Eggs
- Yogurt
- Sour Cream
- Cottage Cheese
- Half and Half
- Whipping Cream
- Sliced Cheese
- Shredded Cheese
- Other Cheese
- Cold Cuts
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- Ice Cream
- Pizza
- Vegetables
- Waffles
- \_\_\_\_\_
- \_\_\_\_\_

## Dry Goods

- General
- Peanut butter
  - Jelly
  - Coffee
  - Tea
  - Oil
  - Vinegar
  - Salad Dressing
  - Pasta Sauce
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## Grains

- Pasta
- Rice
- Cereal
- Couscous
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Canned

- Beans
- Tomatoes
- Soup
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

## Snacks and Beverages

- Soda
- Juice
- Crackers
- Chips
- Salsa
- Dip
- Cookies
- Nuts
- Candy
- \_\_\_\_\_
- \_\_\_\_\_

## Baked Goods

- Fresh Bread
- Sandwich bread
- Bagels
- Tortillas
- English Muffins
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- Flour
- Sugar
- Vanilla
- Cocoa
- Nuts
- Mixes
- Spices
- Chocolate
- \_\_\_\_\_
- \_\_\_\_\_

## Around the House

- Kitchen
- Trash bags
  - Plastic Wrap
  - Foil
  - Wax Paper
  - Dish soap
  - Paper towels
  - Plastic bags
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## General

- Toilet Paper
- Laundry Detergent
- Fabric softener
- Hand soap
- Dryer sheets
- Glass cleaner
- Bleach
- Light bulbs
- Batteries
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_