

# Grocery List

## Family Meal Planning Made Easy

### Fruit & Vegetables

- Lettuce
- Tomatoes
- Cucumbers
- Celery
- Carrots
- Potatoes
- Broccoli
- Peppers
- Avocado
- Salad Mix
- Onions
- Spinach
- Apples
- Grapes
- Oranges
- Strawberries
- Melon
- Blueberries
- Lemon/Lime
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Deli

- Lunch Meat
- Cheese
- Salads
- \_\_\_\_\_
- \_\_\_\_\_

### Meats

- Chicken
- Turkey
- Hamburger
- Pork Chops
- Pork Roast
- Beef Roast
- Fish
- Bacon
- Sausage
- \_\_\_\_\_
- \_\_\_\_\_

### Canned Goods

- Green Beans
- Corn
- Tomatoes
- Peas
- Mushrooms
- Applesauce
- Peaches
- Pineapple
- Jello
- Pudding
- Fruit Cocktail
- Raisins
- Tuna
- Spaghetti Sauce
- Pizza Sauce
- Soup
- Applesauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Breads

- Bread
- Bagels
- English Muffins
- Hot Dog Buns
- Hamburger Buns
- \_\_\_\_\_
- \_\_\_\_\_

### Condiments

- Ketchup
- Mustard
- Mayonaise
- Salad Dressing
- Peanut Butter
- Jelly
- \_\_\_\_\_
- \_\_\_\_\_

### Other

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

### Pasta

- Spaghetti
- Lasagna
- Rice
- \_\_\_\_\_
- \_\_\_\_\_

### Ethnic Foods

- Soy Sauce
- Teriyaki Sauce
- Taco Seasoning
- Taco Shells
- \_\_\_\_\_

### Baking Goods

- Flour
- Sugar
- Salt
- Pepper
- Pancake Mix
- Cake Mix
- Pancake Syrup
- Chocolate Chips
- \_\_\_\_\_
- \_\_\_\_\_

### Cereal

- Cereal
- Oatmeal
- Granola Bars
- \_\_\_\_\_

### Beverages

- Juice
- Bottled Water
- Pop
- Lemonade
- Coffee
- Tea
- \_\_\_\_\_

### Baby Items

- Baby Food
- Diapers
- Wipes
- \_\_\_\_\_

### Frozen Food

- Waffles
- Pizza
- Chicken Nuggets
- Vegetables
- \_\_\_\_\_
- \_\_\_\_\_

### Snacks

- Chips
- Cookies
- Popcorn
- Crackers
- \_\_\_\_\_
- \_\_\_\_\_

### Dairy

- Milk
- Eggs
- Cheese
- Yogurt
- Butter
- Cream Cheese
- Sour Cream
- Cottage Cheese
- Coffee Creamer
- \_\_\_\_\_
- \_\_\_\_\_

### Paper Products

- Napkins
- Paper Towels
- Kleenex
- Toilet Paper
- Plastic Bags
- Aluminum Foil
- \_\_\_\_\_
- \_\_\_\_\_

### Cleaning Products

- Dish Soap
- Dishwasher Soap
- Window Cleaner
- Laundry Detergent
- Fabric Softner
- \_\_\_\_\_