Grocery List

VEGETABLES	GRAINS	FRUITS	SNACKS
☐ Avocado	☐ Bagels	□ Apples	☐ Candy
☐ Broccoli	☐ Bread	☐ Bananas	☐ Chocolate
☐ Carrots	☐ Buns	☐ Grapes	□ Chips
□ Cauliflower	☐ Cereal	□ Oranges	□ Cookies
□ Celery	☐ Grits	□ Pears	□ Crackers
☐ Cucumber	☐ Mac & Cheese		☐ Nuts/Seeds
☐ Garlic	□ Oatmeal		
☐ Lettuce	☐ Pasta		
☐ Mushrooms	☐ Rice	DRINKS	
☐ Onions	☐ Spaghetti	☐ Coffee	CONDIMENTS
☐ Peppers	☐ Tortillas	☐ Juice	□ Catsup
□ Potatoes		□ Soda	\square Mayonnaise
☐ Spinach		□ Tea	\square Mustard
☐ Tomatoes	MEATS	☐ Water	□ Oil
			☐ Salad dressing
	□ Bacon		□ Spices
	□ Beef	FROZEN	
DAIRY	☐ Chicken	☐ Ice cream	
	☐ Fish	☐ TV dinners	
☐ Butter	☐ Hot dogs		CANNED GOODS
☐ Cheese	☐ Lunch meat	<u> </u>	☐ Soup
☐ Eggs	□ Pork	BAKING	☐ Tomato sauce
☐ Milk	☐ Sausage		☐ Spaghetti sauce
☐ Sour Cream	□ Tuna	☐ Flour	☐ Canned tuna
☐ Yogurt	☐ Turkey	☐ Sugar	
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