Grocery List

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