The Ultimate Grocery List

Fruits / Vegetables	FROZEN	PASTA	PERSONAL	HOUSEHOLD
□ Apples	□ Breakfasts	□ Couscous	□ Cigarettes	□ Air freshener
Bananas	□ Desserts	□ Mac & cheese	□ Condoms	□ Automotive
□ Broccoli	□ Ice cream	□ Macaroni	□ Cosmetics	□ Batteries
□ Carrots	□ Pie	□ Noodle mixes	□ Cotton products	☐ Bleach/Detergent
□ Celery	□ Pizza	Rice	□ Deodorant	□ Charcoal
□ Cucumbers	□ Vegetables	□ Spaghetti	☐ Feminine	□ Dish soap
□ Grape			Floss	□ Dishwasher soap
Lemons			☐ Hand soap	☐ Light bulbs
□ Lettuce		SAUCES / OILS	□ Insect repellent	☐ Magazine/Newsp.
□ Melon		□ BBQ/steak sauce	□ Makeup	Rags
□ Mushrooms	Breakfast / Snacks	□ Hot sauce	□ Mouthwash	□ Sponges
Onions	□ Biscuits	□ Olive oil	□ Pain relievers	□ Vacuum bags
□ Oranges	□ Candy	□ Syrup	☐ Prescription drugs	
□ Peaches	□ Cold Cereal	□ Vegetable oil	□ Razors	
□ Peppers	□ Cornmeal	□ Vinegar	☐ Shampoo/Condit.	CANNED
□ Potatoes	□ Crackers		□ Shaving cream	□ Applesauce
□ Tomatoes	☐ Creamed wheat		□ Sunblock	□ Beans
□ Zucchini	□ Dried fruits	CONDIMENTS	□ Toilet paper	□ Fruit
	☐ Fruits snacks	□ Honey	□ Toothbrush	□ Fruits
	☐ Granola bars	□ Jelly / Jam	□ Toothpaste	□ Olives
DAIRY	□ Nuts/seeds	□ Ketchup	□ Vitamins	□ Soup
□ Butter	□ Oatmeal	□ Mayonnaise		□ Tomatoes
□ Canned milk	□ Pancake mix	□ Mustard		□ Vegetables
□ Cheese	□ Popcorn	□ Peanut butter	PAPER / PLASTIC	
□ Eggs	□ Potato chips	□ Salad dressing	☐ Aluminium foil	BABY STUFF
□ Milk	□ Pretzels		□ Coffee filters	□ Baby food
□ Sour cream	□ Raisins		☐ Garbage bags	□ Diapers
□ Whip cream		DRY	□ Napkins	□ Formula
□ Yoghurt		□ Baking powder	☐ Paper towels	□ Rash cream
		□ Cocoa	☐ Plastic wrap	□ Wipes
MEAT / FISH	BAKED GOODS	□ Flour	☐ Sandwich bags	
□ Bacon / Ham	□ Bread (sliced)	□ Frosting	□ <u>Tissues</u>	PETS STUFF
□ Beef	□ Buns (hamburger)	□ Frosting	□ <u>Utensils</u>	□ Cat litter
Chicken	□ Buns (hot dog)	□ Sugar	□ Wax paper	□ Pet food
□ Fish	□ Cake	□ Var.ready mixes		□ Pet shampoo
☐ Ground beef	□ Cookies		DRINKS	□ Treats
□ Hot dogs	□ Croissants	SPICES / HERBS	□ Beer	VARIOUS
□ Pork	□ Donuts	□ <u>Cinnamon</u>	□ Coffee / Tea	
□ Salmon	□ Muffins	□ Parsley	□ Juice	
□ Sausage	□ Pie	□ Pepper	□ Soda / Tonic	
Tuna	□ Pizza	□ Red pepper	□ <u>Water</u>	
□ Turkey		□ Salt	□ Whiskey	
BORN TO SHOP: "Whoever said money can't buy happiness simply didn't know where to go shopping"				

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