Master Grocery List

Produce
Apples
Asparagus
Avocados
Bananas
Berries
Broccoli
Carrots
Cauliflower
Celery
Cherries
Cucumbers / Zucchini
Eggplant
Garlic
Grapefruit
Grapes
Greens: lettuce, spinach, kale
Kiwis
Lemons / Limes
Melons
Mushrooms
Nectarines
Onions
Oranges
Peaches
Pears
Peppers
Plums
Potatoes
Squash
Tomatoes

Seafood
Crab
Halibut
Lobster
Mussels
Oysters
Salmon
Shrimp
Tilapia
Trout

Meat: not from the deli
Bacon / Sausage
Brisket
Chicken
Ground beef / Ground turkey
Ham / Pork
Hot dogs
Lamb
Lunchmeat
Turkey

Dairy and Eggs
Butter / Margarine
Cottage Cheese
Cream Cheese
Eggs
Half & Half
Heavy Cream
Milk
Ricotta
Sour Cream
Whipped Cream
Yogurt

Deli
Deli-prepared meals
Deli Meat
Deli Cheese

Breakfast
Breakfast Shakes
Cereal
Oatmeal
Pancake / Waffle Mix

Cheese
Cheddar
Feta
Goat Cheese
Mozzarella
Parmesan
String Cheese
Swiss

Frozen
Breakfast
Burritos
Fish Sticks
Fries / Tator Tots
Ice Cream / Frozen Yogurt
Juice
Pizzas
Popsicles
TV Dinners
Vegetables
Veggie / Soy Burgers

Canned Goods
Applesauce
Baked Beans
Broth
Canned meat / seafood
Fruit / Veggies
Macaroni and Cheese
Olives
Packaged Meals
Soup

Snacks
Candy / Gum
Cookies
Crackers
Dip
Dried Fruit
Fruit Snacks
Granola bars / mix
Jerky
Nuts
Popcorn
Potato Chips
Pretzles
Snack Cakes

Baking
Baking Powder/Soda
Cake / Brownie Mix
Chocolate Chips
Cocoa
Flour
Icing / Decorations
Shortening
Sugar
Sugar substitute
Yeast

Drinks
Beer
Club Soda / Tonic
Champagne
Hard Alcohol
Juice
Mixers
Soda Pop
Sports Drink
Wine

Coffee and Tea
Coffee
Coffee Filters
Tea

Spices and Herbs
Basil
Black Pepper
Cayenne
Cilantro
Cinnamon
Garlic Powder/Salt
Ginger
Mint
Onion Powder/Salt
Oregano
Paprika
Parsley
Red Pepper
Salt
Vanilla Extract

Condiments, Sauces, Spreads
Barbecue Sauce
Chip Dip
Gravy
Honey
Hot sauce
Jam / Jelly / Preserves
Ketchup
Lemon/Lime Juice
Mayonnaise
Mustard
Peanut Butter
Pickles
Relish
Salad Dressing
Salsa
Soy Sauce
Steak Sauce
Syrup
Vinegar
Worcestershire Sauce

Cooking
Bouillon Cubes
Bread Crumbs
Instant Potatoes / Rice
Non-stick Spray
Olive Oil
Pasta
Pasta Sauce
Vegetable / Canola Oil

Baby
Baby Food
Diapers
Formula
Shampoo / Body Wash
Toys
Wipes

Kitchen / Cleaning
Air Freshener
Aluminum Foil
Bathroom Cleaner
Bleach / Detergent
Dish Soap
Fabric Softener
Garbage Bags
Glass Cleaner
Mop Head / Vacuum Bags
Napkins
Paper Towels
Plastic Wrap
Sandwich / Freezer Bags
Sponges / Sponge Heads
Waxed Paper

Pet
Cat Litter
Food / Treats
Medicine / Ointment
Pet Shampoo
Toys

Vitamins / Pharmacy
Antacid
Band-Aids
Meal Replacements
Ointment
Pain Reliever
Protein Powder
Sinus / Allergy Medicine
Vitamins as Needed

Beauty/Hygiene
Antipersperant / Deodorant
Bath Soap / Hand Soap
Chapstick
Cotton Balls
Facial Cleanser
Facial Tissue
Feminine Products
Floss
Hair Gel / Hair Spray
Lotion
Makeup
Mouthwash
Razors / Shaving Cream
Shampoo / Conditioner
Sunscreen
Toilet Paper
Toothpaste

School and Office Supplies
Blank CDs / DVDs
Envelopes
Glue / Tape
Notepad / Notebook
Paper
Pens / Pencils
Scissors
Stamps

Bread
Bagels / Croissants
Buns / Rolls
Cake / Cookies
Doughnuts / Pastries
Fresh Bread
Pie
Pita Bread
Sliced Bread
Tortillas

Home / Car
Automotive
Batteries
Charcoal / Propane
Greeting Cards
Gifts / Flowers
Light Bulbs

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