

Grocery List

Fruits

- ☐ Apples
- ☐ Apricot
- ☐ Avocados
- ☐ Bananas
- ☐ Blueberries
- ☐ Cherries
- ☐ Grapefruit
- ☐ Grapes
- ☐ Lemons
- ☐ Limes
- ☐ Mango
- ☐ Melons
- ☐ Oranges
- ☐ Peaches
- ☐ Pears
- ☐ Pineapple
- ☐ Strawberries
- ☐ _____
- ☐ _____
- ☐ _____

Vegetables

- ☐ Artichoke
- ☐ Asparagus
- ☐ Basil
- ☐ Beans (Green) (Snow)
- ☐ Broccoli
- ☐ Carrots, Matchstick
- ☐ Carrots, Whole
- ☐ Cauliflower
- ☐ Celery
- ☐ Corn
- ☐ Cucumbers
- ☐ Garlic
- ☐ Ginger
- ☐ Lettuce
- ☐ Mushrooms
- ☐ Onions, Green (Scallions)
- ☐ Onions, Red
- ☐ Onions, Sweet
- ☐ Onions, White
- ☐ Pepper, Hot
- ☐ Pepper (R) (Y) (G)
- ☐ Potatoes
- ☐ Salad, Bagged
- ☐ Spinach
- ☐ Squash, Acorn
- ☐ Squash, Butternut
- ☐ Squash, Yellow
- ☐ Squash, Zucchini
- ☐ Tomato
- ☐ _____
- ☐ _____

Herbs

- ☐ Cilantro
- ☐ Parsley
- ☐ Thyme
- ☐ Sage
- ☐ _____

Deli

- ☐ Capicola
- ☐ Cheese, American (Land'o'Lake)
- ☐ Cheese, Parm
- ☐ Cheese, Provolone
- ☐ Cheese, Swiss (Finlandia)
- ☐ Genoa Salami
- ☐ Ham
- ☐ Pepperoni
- ☐ Roast Beef (BH London Port)
- ☐ Turkey
- ☐ _____
- ☐ _____

Seafood

- ☐ Cod
- ☐ Lobster
- ☐ Shrimp, Raw Frzn
- ☐ Salmon
- ☐ _____

Meats

- ☐ Bacon
- ☐ Chicken, Breast
- ☐ Chicken, Whole
- ☐ Chicken, Wings
- ☐ Ground (Beef) (Pork)
- ☐ Ham
- ☐ Hot Dogs
- ☐ Pork Chops
- ☐ Pork Roast
- ☐ Roast Beef
- ☐ Sausage, Hot
- ☐ Sausage, Sweet
- ☐ Steak
- ☐ _____
- ☐ _____
- ☐ _____

Sauces, Canned, Etc

- ☐ BBQ
- ☐ Catsup
- ☐ Cooking Spray
- ☐ Beans (Green) (Baked)
- ☐ Mayonnaise (Hellman's)
- ☐ Miracle Whip
- ☐ Mustard (Dij) (Brwn)
- ☐ Relish (Cains)
- ☐ Salad Dressing
- ☐ Soy Sauce (Lee Kum)
- ☐ Tomatoes (Muir Glen)
- ☐ _____
- ☐ _____
- ☐ _____

Ethnic Foods

- ☐ Pasta (Bertolli Tom & Basil)
- ☐ Hoisin Sauce (Kikkoman)
- ☐ Salsa (Pace Hot Chunky)
- ☐ Tortillas
- ☐ _____

Breakfast

- ☐ Cereal
- ☐ Oatmeal
- ☐ Pancake Mix
- ☐ Coffee
- ☐ Orange Juice
- ☐ _____

Liquids

- ☐ Cider Vinegar
- ☐ Olive
- ☐ Peanut Oil
- ☐ Sesame Oil
- ☐ Vegetable Oil
- ☐ White Vinegar
- ☐ _____
- ☐ _____

Pasta and Rice

- ☐ Angel Hair
- ☐ Ditalini
- ☐ Elbows (Barilla)
- ☐ Lasagna (Ronzoni oven ready)
- ☐ Noodles (Light N Fluffy -Med)
- ☐ Penne (Mueller's)
- ☐ Rice, Brown
- ☐ Rice, White
- ☐ Rice, Yellow
- ☐ Spaghetti (Ronzoni)
- ☐ Ziti
- ☐ _____
- ☐ _____

Drinks

- ☐ Cranberry
- ☐ Ginger Ale
- ☐ _____
- ☐ _____
- ☐ _____

Misc

- ☐ Batteries
- ☐ Light Bulbs
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Baking

- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Bread Crumbs
- ☐ Brown Sugar L D
- ☐ Brownie Mix
- ☐ Corn Meal
- ☐ Corn Starch
- ☐ Flour
- ☐ Frosting
- ☐ Shortening
- ☐ Sugar
- ☐ Yeast
- ☐ _____
- ☐ _____

Bakery

- ☐ Bread (Pep F Soft Hearty)
- ☐ Grinder Roll
- ☐ Hot Dog Roll (Pep Farm)
- ☐ Hamburger Bun (Pep Farm)
- ☐ Pita
- ☐ Tortilla (Tyson Flour Original)
- ☐ Bagels / English Muff
- ☐ _____

Spices & Seasonings

- ☐ _____
- ☐ _____

Personal Care

- ☐ Deodorant (SpeedSt)
- ☐ Lady Stuff
- ☐ Mouthwash
- ☐ Shampoo (Plus Conditioner)
- ☐ Shaving Cream
- ☐ Soap (Dove)
- ☐ Toothpaste
- ☐ _____
- ☐ _____

Snacks

- ☐ Hummus
- ☐ Nuts
- ☐ Granola
- ☐ _____

Dairy

- ☐ Biscuits
- ☐ Butter
- ☐ Cheese, Mozz (Kraft)
- ☐ Cheese, Cheddar (Cabot)
- ☐ Cheese, Swiss
- ☐ Cheese, Taco
- ☐ Cream
- ☐ Cream Cheese
- ☐ Dip
- ☐ Eggs
- ☐ Half and Half
- ☐ Milk
- ☐ Orange Juice
- ☐ Sour Cream
- ☐ Whipped Cream
- ☐ Wis Pride (Port Wine)
- ☐ Yogurt
- ☐ _____
- ☐ _____

Paper / Home Care

- ☐ Dish Soap
- ☐ Foil
- ☐ Laundry Stuff
- ☐ Napkins
- ☐ Paper Bags
- ☐ Paper Towels
- ☐ Parchment Paper
- ☐ Plastic Wrap
- ☐ Toilet Paper
- ☐ Trash Bags
- ☐ Wax Paper
- ☐ Ziploc; S M L
- ☐ _____
- ☐ _____

Frozen

- ☐ Ice Cream
- ☐ Juice
- ☐ Waffles (Jemima Lo-Fat)
- ☐ Veg
- ☐ _____
- ☐ _____

Weekly Menu

- Sunday Dinner** _____
- Mon Lunch** _____
- Mon Dinner** _____
- Tue Lunch** _____
- Tue Dinner** _____
- Wed Lunch** _____
- Wed Dinner** _____
- Thu Lunch** _____
- Thu Dinner** _____
- Fri Lunch** _____
- Fri Dinner** _____
- Saturday** _____