



## GROCERY SHOPPING LIST

	<b>Produce</b>	<b>Meat</b>	<b>Bread/Grains</b>
	Lettuce	Beef	Bread
	Tomatoes	Pork	Rice
	Onions	Chicken	Spaghetti
	Peppers	Ground Beef	Macaroni
	Carrots	Turkey	Biscuits
	Corn	Bacon	Crackers
	Potatoes	Sausage	Tacos
		Fish	Fajitas
	Apples		
	Bananas	<b>Dairy</b>	<b>Drinks</b>
	Oranges	Milk	Coffee
	Grapes	Butter	Tea
	Pears	Eggs	Soda / Pop
		Sour Cream	Juice
		Cheese	
	<b>Canned Goods</b>	Cream Cheese	
	Diced Tomatoes	Cottage Cheese	<b>Toiletries /Cleaning Supplies</b>
	Tomato Sauce	Yogurt	Shampoo
	Tomato Paste		Conditioner
	Spaghetti Sauce		Soap
	Beef Broth	<b>Frozen</b>	Toothpaste
	Chicken Broth	Frozen Meals	Toothbrushes
	Soup:	Frozen Vegetables	Deodorant
	Green Beans	Frozen Bread	
	Corn	Frozen Meat	Laundry Detergent
	Peas	Ice Cream	Dryer Sheets
		Frozen Waffles	Chlorine Bleach
			Non-chlorine bleach
	<b>Baby Items</b>		Stain Spray
	Baby Food	<b>Breakfast Foods</b>	Cold wash detergent
	Formula	Cereal	
	Diapers	Oatmeal	Toilet Paper
	Wipes	Bagels	Paper Towels
			Napkins
		<b>Staples</b>	All-purpose cleaner
		Salt	Toilet bowl cleaner
		Pepper	Dishwasher detergent
		Sugar	Liquid dish soap
		Flour	Disinfecting wipes
		Cooking Oil	Sponges
		Olive Oil	Trash Bags
		Corn Meal	Plastic Bags
		Non-Stick cooking spray	Garbage Bags