

Master Grocery List

Fruits & Vegetables

- ☐ Apples
- ☐ Oranges
- ☐ Strawberries
- ☐ Blueberries
- ☐ Raspberries
- ☐ Blackberries
- ☐ Pineapple
- ☐ Mango
- ☐ Watermelon
- ☐ Kiwi
- ☐ Grapes
- ☐ Papaya
- ☐ Peaches
- ☐ Nectarines
- ☐ Cherries
- ☐ Plums
- ☐ Pears
- ☐ Pomegranate
- ☐ Apricots
- ☐ Guava
- ☐ Cranberries
- ☐ Carrots
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Spinach
- ☐ Kale
- ☐ Cabbage
- ☐ Cucumbers
- ☐ Bell peppers
- ☐ Chili peppers
- ☐ Potatoes
- ☐ Onions
- ☐ Garlic
- ☐ Celery
- ☐ Green beans
- ☐ Eggplant
- ☐ Radishes
- ☐ Asparagus
- ☐ Mushrooms
- ☐ Avocados
- ☐ Parsnips
- ☐ Spring onion

Frozen

- ☐ Mixed vegetables
- ☐ Frozen vegetables stir-fry
- ☐ Frozen mixed berries
- ☐ Frozen chicken nuggets
- ☐ Frozen fish sticks
- ☐ Frozen french fries
- ☐ Frozen waffles
- ☐ Frozen peas
- ☐ Frozen pizza
- ☐ Frozen smoothie packs
- ☐ Pizza
- ☐ Berry mix
- ☐ Spring rolls
- ☐ Burgers
- ☐ Stir-fry mix
- ☐ Ice cream
- ☐ Gelato
- ☐ Diced onions

Drinks

- ☐ Bottled water
- ☐ Orange juice
- ☐ Apple juice
- ☐ Coffee
- ☐ Tea bags
- ☐ Soda
- ☐ Sparkling water
- ☐ Smoothies
- ☐ Sports drinks
- ☐ Hot chocolate mix

Other

- ☐ Batteries
- ☐ Light bulbs
- ☐ Ziploc bags
- ☐ Coffee filters
- ☐ Matches
- ☐ Ice packs
- ☐ First aid supplies
- ☐ Pet food
- ☐ Rubber gloves
- ☐ Printer paper

Meat & Fish

- ☐ Chicken breasts
- ☐ Chicken thighs
- ☐ Chicken drumsticks
- ☐ Chicken wings
- ☐ Turkey breast
- ☐ Ground beef
- ☐ Beef jerky
- ☐ Corned beef
- ☐ Lamb chops
- ☐ Ground chicken
- ☐ Ground turkey
- ☐ Salmon fillets
- ☐ Shrimp
- ☐ Cod
- ☐ Haddock
- ☐ Tuna
- ☐ Scallops
- ☐ Smoked salmon

Dairy

- ☐ Milk
- ☐ Cheddar cheese
- ☐ Yogurt
- ☐ Butter
- ☐ Cream cheese
- ☐ Sour cream
- ☐ Mozzarella cheese
- ☐ Greek yogurt
- ☐ Heavy cream
- ☐ Yogurt pots

Bakery

- ☐ White bread
- ☐ Multigrain bread
- ☐ Brioche
- ☐ Baguette
- ☐ Croissants
- ☐ Pita bread
- ☐ Cinnamon rolls
- ☐ Cookies
- ☐ Brownies
- ☐ Shortbread
- ☐ Bagels
- ☐ English muffins
- ☐ Sourdough bread
- ☐ Muffins
- ☐ Wraps


Pantry / Dry Goods

- ☐ Peanut butter
- ☐ Almond butter
- ☐ Jams
- ☐ Honey
- ☐ Pasta sauce
- ☐ Salsa
- ☐ Pickles
- ☐ Olives
- ☐ Coconut milk
- ☐ Tomatoes (canned)
- ☐ Black beans
- ☐ Lentils
- ☐ Soup
- ☐ Jalapeños
- ☐ Pesto
- ☐ Corn
- ☐ Spaghetti
- ☐ Macaroni
- ☐ Rice
- ☐ Couscous
- ☐ Quinoa
- ☐ Udon noodles
- ☐ Vermicelli
- ☐ Basmati rice
- ☐ Linguine
- ☐ Vegetable oil
- ☐ Salt
- ☐ Black pepper
- ☐ Sugar
- ☐ Flour
- ☐ Oats

Baby

- ☐ Formula
- ☐ Puree pouches
- ☐ Bottles
- ☐ Baby cups
- ☐ Sippy cups
- ☐ Diapers
- ☐ Wipes
- ☐ Baby lotion
- ☐ Baby shampoo
- ☐ Pacifiers
- ☐ Teething toys
- ☐ Baby powder

Household

- ☐ Paper towels
- ☐ Toilet paper
- ☐ Dish soap
- ☐ Laundry detergent
- ☐ Fabric softener
- ☐ Trash bags
- ☐ Facial tissues
- ☐ Napkins
- ☐ Tablecloth
- ☐ Hangers
- ☐ Stain remover
- ☐ Dryer sheets
- ☐ Scent boosters
- ☐ All-purpose cleaner
- ☐ Disinfecting wipes
- ☐ Glass cleaner
- ☐ Floor cleaner
- ☐ Bleach
- ☐ Mold spray
- ☐ Grout cleaner
- ☐ Limescale remover
- ☐ Dishwasher pods
- ☐ Oven cleaner
- ☐ Sponges
- ☐ Air freshener
- ☐ Aluminum foil
- ☐ Plastic wrap
- ☐  Personal Care
- ☐ Toothpaste
- ☐ Toothbrush
- ☐ Floss
- ☐ Shampoo
- ☐ Conditioner
- ☐ Body wash
- ☐ Deodorant
- ☐ Hand soap
- ☐ Facial cleanser
- ☐ Moisturizer
- ☐ Razor
- ☐ Razor blades
- ☐ Shaving cream
- ☐ Makeup remover
- ☐ Cotton swabs
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Face masks
- ☐ Epsom salts