

The Ultimatest Grocery List! {Compliments of www.grocerylists.org}

❖ FOODSTUFFS ❖

Fresh vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes*
- _____
- _____

Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Oranges
- Peaches
- Nectarines
- Pears
- Plums
- _____
- _____

Refrigerated items

- Bagels
- English muffins
- Chip dip
- Eggs / Fake eggs
- Fruit juice
- Ready-bake breads
- Tofu
- Tortillas
- _____
- _____

Frozen

- Breakfasts
- Burritos
- Fish sticks
- Hummus
- Ice cream / Sorbet
- Juice concentrate
- Pizzas
- Popsicles
- Fries / Tater tots
- TV dinners
- Vegetables
- Veggie burgers
- _____
- _____

Condiments / Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- _____
- _____

Various groceries

- Bouillon cubes
- Cereal
- Coffee / Filters
- Instant potatoes
- Lemon / Lime juice
- Mac & cheese
- Olive oil
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- _____
- _____

Canned foods

- Applesauce
- Baked beans
- Chili
- Fruit
- Olives
- Tinned meats
- Tuna / Chicken
- Soups
- Tomatoes
- Veggies
- _____
- _____

Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Spice mix
- Vanilla extract
- _____
- _____

Dairy

- Butter / Margarine
- Half & half
- Heavy cream
- Milk
- Sour cream
- Whipped cream
- Yogurt
- _____
- _____

Cheese

- Bleu cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella / Provolone
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Swiss
- _____
- _____

Meat

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey
- _____
- _____

Seafood

- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- _____
- _____

Beverages

- Beer
- Club soda / Tonic
- Champagne
- Gin
- Juice
- Mixers
- Red wine / White wine
- Rum
- Saké
- Soda pop
- Sports drink
- Whiskey
- Vodka
- _____
- _____

Baked goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Sliced bread
- Pie! Pie! Pie!
- Pita bread
- _____
- _____

Baking

- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips / Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- _____
- _____

Snacks

- Candy / Gum
- Cookies
- Crackers
- Dried fruit
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels
- _____
- _____

Themed meals

- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- Take-out deli food
- _____
- _____

Baby stuff

- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes
- _____
- _____

Pets

- Cat food / Treats
- Cat litter
- Dog food / Treats
- Flea treatment
- Pet shampoo
- _____
- _____

❖ HOUSEHOLD ❖

Personal care

- Antiperspirant / Deodorant
- Bath soap / Hand soap
- Condoms / Protection
- Cosmetics
- Cotton swabs / Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel / Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors / Shaving cream
- Shampoo / Conditioner
- Sunblock
- Toilet paper
- Toothpaste
- Vitamins / Supplements
- _____
- _____

Medicine

- Allergy
- Antibiotic
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids / Medical
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up
- _____
- _____

Kitchen

- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich / Freezer bags
- Wax paper
- _____
- _____



Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Garbage bags
- Glass cleaner
- Glop head / Vacuum bags
- Sponges / Scrubbers
- _____
- _____

Office supplies

- CDRs / DVDRs
- Notepad / Envelopes
- Glue / Tape
- Printer paper
- Pens / Pencils
- Postage stamps
- _____
- _____

Other stuff

- Automotive
- Batteries
- Charcoal / Propane
- Flowers / Greeting card
- Insect repellent
- Light bulbs
- Newspaper / Magazine
- Random impulse buy
- _____
- _____

Carcinogens

- Arsenic
- Asbestos
- Cigarettes
- Radionuclides
- Vinyl chloride

Other

- _____
- _____
- _____
- _____

IMPORTANT: Please leave this list in the cart when you're done :-)

If found, please mail to Grocerylists.org, P.O. Box 752, St. Louis, MO 63188 USA

Grocerylists.org is the world's largest online collection of found grocery lists. Visit our blog, our hilarious Top 10 lists, learn about our book of shopping lists or just waste time browsing the thousands of discarded lists in the collection: www.grocerylists.org.

When you go...

- Take canvas bags!
- Plastic bags to recycle?
- Clip coupons!
- Propane refill for grill?
- Need to return anything?

Before you check out...

- Need ice?
- Rent a movie?
- Stock up on sale items?
- Use customer reward card?
- Hand over your coupons!