**The Ulitmatest 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

**Dairy**
- Butter / Margarine
- Cottage cheese
- Half & half
- Milk
- Sour cream
- Whipped cream
- Yogurt

**Baked goods**
- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Sliced bread
- Pèi! Pèi! Pèi!
- Pita bread

**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

**Snacks**
- Candy / Gum
- Cookies
- Crackers
- Chocolate
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels

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

**Spices & herbs**
- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Spice mix
- Vanilla extract

**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

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

**Refrigerated items**
- Bagels
- Chip dip
- English muffins
- Eggs / Fake eggs
- Fruit juice
- Hummus
- Ready-bake breads
- Tofu
- Tortillas

**Frozen**
- Breakfasts
- Burritos
- Fish sticks
- Ice cream / Sorbet
- Juice concentrate
- Pizza / Pizza Rolls
- Popsicles
- Fries / Tater tots
- TV dinners
- Vegetables
- Veggie burgers

### Householder

**Cleaning products**
- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Garbage bags
- Glass cleaner
- Mop head / Vacuum bags

**Office supplies**
- CDRs / DVDrs
- Notepad / Envelopes
- 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
- Asbestos
- Arsenic
- Vinyl chloride

**Other**

**Medicine**
- Allergy
- Antibiotic
- Antidiarheal
- 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

**Baby stuff**
- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes

**Pets**
- Cat food / Treats
- Cat litter
- Dog food / Treats
- Flea treatment
- Pet shampoo

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