

# Shopping List

## fruits

- Apple
- Peach
- Avocado
- Banana
- Berries
- Orange
- Grapefruit
- Lemon
- Grapes
- Melon
- Watermelon
- Papaya
- Pear
- Plum
- Pineapple
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## vegetables & herbs

- Cilantro
- Parsley
- Mint
- Leek
- Onion
- Garlic
- Butternut squash
- Sweet potato
- Potato
- Seasoning squash
- Broccoli
- Cauliflower
- Carrot
- Celery
- Eggplant
- Cucumber
- Bell pepper
- Tomato
- Asparagus
- Corn
- Spinach
- Sprouts
- Mushrooms
- Ginger
- Iceberg lettuce
- Romaine lettuce
- Cabbage
- Arugula
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## meats & sausages

- Whole chicken
- Chicken breast

- Bacon
- Ground beef
- Ground chicken
- Sausages
- Pork chops
- Ham
- Beef
- \_\_\_\_\_
- \_\_\_\_\_

## seafood

- White fish
- Salmon
- Shrimp
- Crab
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

## frozen foods

- Ice
- Frozen fruit
- Ice cream
- Edamame
- Pizza dough
- \_\_\_\_\_
- \_\_\_\_\_

## cereals, grains and flours

- Cereal
- Oats
- All-purpose flour
- Cornstarch
- Quinoa
- Pancake flour
- Granola
- Bread crumbs
- Almond flour
- \_\_\_\_\_
- \_\_\_\_\_

## baking

- Baking powder
- Baking soda
- White sugar
- Brown sugar
- Unsweetened cocoa powder
- Yeast
- Chocolate chips
- Vanilla
- \_\_\_\_\_
- \_\_\_\_\_

## bakery

- Sandwich bread
- Hamburger buns
- Hot Dog buns
- Dinner rolls

- Flour tortilla
- Corn tortilla
- Tortilla strips
- Croutons
- Breakfast muffins
- Pita bread
- Bagels
- \_\_\_\_\_
- \_\_\_\_\_

## pasta, rice & legumes

- Long pasta
- Short pasta
- Lasagna noodles
- Couscous
- White rice
- Brown rice
- Beans
- Lentils
- Chickpeas
- \_\_\_\_\_
- \_\_\_\_\_

## sauces & condiments

- Soy sauce
- Worcestershire sauce
- Blended tomatoes
- Tomato paste
- Broth
- White vinegar
- Balsamic vinegar
- Cider vinegar
- Ketchup
- Mayonnaise
- Mustard
- \_\_\_\_\_
- \_\_\_\_\_

## canned goods

- Olives
- Chickpeas
- Tuna
- Sardines
- Corn
- Bell peppers
- Canned fruit
- \_\_\_\_\_
- \_\_\_\_\_

## oils

- Olive oil
- Vegetable oil
- Sesame oil
- \_\_\_\_\_
- \_\_\_\_\_

## honey, jams & beverages

- Honey
- Maple syrup
- Jelly

- Coffee
- Tea
- Cocoa
- Incaparina
- Wine
- Beer
- Liquor
- Sodas
- Tonic water
- \_\_\_\_\_
- \_\_\_\_\_

## refrigerated foods, eggs & dairy

- Milk
- Butter
- Cream cheese
- Mozzarella cheese
- Cream
- Yogurt
- Eggs
- \_\_\_\_\_
- \_\_\_\_\_

## spices & seasonings

- Salt
- Pepper
- Cinnamon
- Oregano
- Bay leaf
- Thyme
- Paprika
- Garlic powder
- Onion powder
- Spice Mix
- \_\_\_\_\_
- \_\_\_\_\_

## cleaning & paper

- Toilet paper
- Paper towels
- Napkins
- Aluminum foil
- Wax paper
- Parchment paper
- Floor cleaner
- Bleach
- Disinfectant
- Degreaser
- Dish soap
- Laundry soap
- \_\_\_\_\_
- \_\_\_\_\_

