

Grocery List

PRODUCE

- Potatoes
- Sweet potatoes
- Purple sweet potatoes
- Mushrooms
- Onions
- Cucumbers
- Lettuce
- Tomatoes
- Carrots
- Celery
- Zucchini
- Broccoli
- Cauliflower
- Spinach
- Bell peppers
- Green beans
- Strawberries
- Bananas
- Apples
- Oranges
- Cuties
- Grapes
- Grapefruit
- Melon
- Peaches
- Pears
- Plums
- Lemons/Limes
- Blackberries
- Raspberries
- Avocados
- Kiwi
- Fresh herbs

PASTA

- Spaghetti
- Lasagna
- Brown rice
- Other kinds

DAIRY

- Butter
- Eggs
- Yogurt
- Greek yogurt
- Kefir
- Cheese
- Cream cheese
- Cottage cheese
- Sour cream

CONDIMENTS

- Olive oil
- Ketchup
- Pickles
- Honey
- Seasoning packets
- Spices
- Pasta sauce
- Salsa

CANNED STUFF

- Tomato sauce
- Tomato paste
- Diced tomatoes
- Black beans
- Navy beans
- Green chilies

BREADS

- Sliced bread
- Tortillas
- Hot dog buns
- Hamburger buns
- Bagels
- Pitas
- Taco shells

FOR BAKING

- Stevia
- Flour
- Brownie mix
- Baking powder
- Baking soda
- Vinegar
- Cooking spray
- Vanilla extract
- Nuts
- Raisins

MEAT

- Ground beef
- Ground turkey
- Chicken thighs
- Chicken breasts
- Chicken tenderloins
- Beef roast
- Steak
- Skirt steak
- Pork chops
- Pork roast
- Bacon
- Brats
- Cold cuts

SEAFOOD

- Shrimp
- Lobster
- Clams
- Salmon
- Trout
- Cod

BEVERAGES

- Fizzy waters
- Zevias
- Lemon juice
- Sports drinks
- Tea

PAPER GOODS

- Toilet paper
- Paper towels
- Napkins
- Trash bags, S
- Trash bags, L
- Ziploc bags

CLEANING

- Laundry detergent
- Bleach
- Dish soap
- Dish pods
- Wood cleaner
- Glass cleaner
- H peroxide

HEALTH & BEAUTY

- Sunscreen
- Shampoo
- Conditioner
- Makeup
- Body soap
- Body wash
- Toothpaste
- Dental floss
- Lotion
- First aid
- Supplements