

# Grocery List & Menu

- Produce**
- Carrots
  - Celery
  - Onions
  - Peppers
  - Garlic
  - Potatoes (R/B)
  - Lettuce/Salad
  - Apples/Oranges
  - Lemons/Limes
  - Bananas
  - Cabbage
  - \_\_\_\_\_
  - \_\_\_\_\_

- Condiments**
- Oil (Olive/Veg)
  - Ketchup
  - Mustard (Dij/Yel)
  - Dressing (kind: \_\_\_\_\_)
  - Peanut Butter
  - Jelly
  - Vinegar (AC/Wht)
  - Honey
  - Mayo
  - Pickles
  - Olives
  - \_\_\_\_\_
  - \_\_\_\_\_

- Baking Goods**
- Baking Soda/Powd.
  - Chocolate Chips
  - Nuts (Kind: \_\_\_\_\_)
  - Yeast
  - Salt
  - Flour (AP/Bread)
  - Sugar (Wh/Br/Pw)
  - Corn Starch
  - Raisins
  - Baking Cocoa

- Pumpkin
- Cornmeal
- Vanilla
- Herbs & Spices: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Dry or Canned Goods**
- Coffee
  - Tea
  - Hot Cocoa
  - Mushrooms
  - Beans: \_\_\_\_\_
  - Split Peas
  - Mac & Cheese
  - Rice
  - Re-fried beans
  - Sour kraut
  - Water chestnuts
  - Soy sauce
  - Ramen
  - Salsa
  - Green chilies
  - Pasta: \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

- Tomato: \_\_\_\_\_
- Sauce/Paste/Diced/Fire-roasted
- Broth (Ck/Bf/Veg)
- Cereal
- Oats
- Chips/crackers: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

- Meats**
- Deli: \_\_\_\_\_
  - \_\_\_\_\_
  - Bacon/Sausage

- Keilbasa/Brats/Dogs
- Chicken: \_\_\_\_\_
- \_\_\_\_\_
- Beef: \_\_\_\_\_
- \_\_\_\_\_
- Pork: \_\_\_\_\_
- \_\_\_\_\_
- Ham
- \_\_\_\_\_
- \_\_\_\_\_

- Cold & Frozen**
- Pizza
  - Wings
  - Eggs
  - Fruit juices
  - Cheeses: (Mozz/Sws/Ched/Pr ov/CoJack/\_\_\_\_\_)
  - Parmesan
  - Cream cheese (tub/block)
  - Mascarpone/Ricotta
  - Butter
  - Yogurt
  - Milk
  - Half & half
  - Frozen Vegetables: Corn/Grn Beans /Brocc/mixed/peas/okra/\_\_\_\_\_
  - Ice cream
  - \_\_\_\_\_
  - \_\_\_\_\_

- Non-Food Items**
- Shampoo/Condit.
  - Deodorant
  - Lotion
  - Toothpaste/floss
  - Soap/Body Wash

- Qtips/Cotton Balls
- Rub. Alch/WitchHzl
- Peroxide
- Razors/Shave Crm
- \_\_\_\_\_
- \_\_\_\_\_
- Toilet Paper
- Tissues
- Paper towels
- Trash bags
- Storage bags (Snd/Pnt/Qt/Gal)
- Foil/Parchment Ppr
- Plastic Wrap
- Dish Soap/Deterg.
- Light Bulbs
- Laundry: (Borax/Washing Soda/Soap/Bleach)
- Batteries: \_\_\_\_\_
- Pets: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Menu

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
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13. \_\_\_\_\_
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16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_

Notes: