

# 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 (D/Y)
- Jelly
- Vinegar (AC/W)
- Dressing  
(kind: \_\_\_\_\_)
- Peanut Butter
- Pickles
- Olives
- Honey
- Mayo
- \_\_\_\_\_
- \_\_\_\_\_

## Baking Goods

- Baking Soda
- Baking Powder
- Chocolate Chips
- Nuts(Pec/Wal/Cash/Alm)
- Yeast
- Salt
- Flour (AP/B)
- Sugar (Br/W/Pd)
- Corn Starch
- Raisins
- Baking Cocoa
- Pumpkin
- Cornmeal

## Notes:

- Vanilla
- Shortening
- Herbs: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Coffee
- Hot Cocoa
- Tea

## Dry & Canned Goods

- Mushrooms
- Beans: \_\_\_\_\_
- Split Peas
- Mac & Cheese
- Rice
- Re-fried Beans
- Sour Kraut
- Water Chestnuts
- Soy Sauce
- Ramen
- Salsa
- Green Chilies
- Pasta: \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- Pasta Sauce
- Tomato Sauce
- Tomato Paste
- Chicken Broth
- Beef Broth
- Cereal
- Oats
- Syrup/Molasses
- Tortilla Chips
- Chips/Pretz./Crackers
- \_\_\_\_\_
- \_\_\_\_\_

## Non-Food

- Shampoo/Conditioner
- Deodorant
- Lotion
- Toothpaste/Floss
- Soap/Body wash
- Qtips/Cotton balls

- Rub. Alcohol
- Peroxide/Witch Hazel
- \_\_\_\_\_
- \_\_\_\_\_
- Razors/Shaving Cream
- Tissues
- Toilet paper
- Paper towels
- Borax/Washing Soda
- Dish Soap/Detergent
- Dusting Spray
- Cameo
- Light bulbs
- Batteries \_\_\_\_\_
- Trash Bags
- Storage Bags G/Q/P/S
- Foil/Parchment Paper
- Plastic Wrap
- Dog Food/Treats
- Cat Food/Treats
- Kitty Litter
- \_\_\_\_\_

## Breads

- Bagels
- Eng Muffins
- Buns D/B/S

## Deli & Meats

- Lunch Meat: \_\_\_\_\_
- \_\_\_\_\_
- Bacon/Sausage
- Keilbasa/Brats/Dogs
- Chicken \_\_\_\_\_
- Stew Meat
- Steak \_\_\_\_\_
- Rouladen
- Ham
- ground Beef/Bison
- Roast P/B \_\_\_\_\_
- Pork Chops/Loin
- \_\_\_\_\_

## Cold & Frozen

- Pizza

- Wings
- Eggs
- Fruit Juices
- Cheeses  
(Ch/Mx/Prv/Sws/CJck)
- Parmesan
- Cream Cheese (Tb/Blck)
- Sour Cream
- Mascarpone/Ricotta
- Butter
- Yogurt
- Milk
- Half & Half
- Corn/Grn Beans/  
Broccoli/Mixed  
Veggies/Peas/Okra
- Ice Cream
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Menu

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