

# My Grocery List

Courtesy of  
www.PromotionsWest.com



## Fresh vegetables

- Asparagus Ø
- Beets
- Bell Peppers ✓
- Brussels sprouts Ø
- Broccoli Ø
- Butternut Squash
- Cabbage Ø
- Carrots Ø
- Cauliflower Ø
- Celery ✓
- Corn Ø
- Cucumbers ✓
- Eggplant Ø
- Green onions Ø
- Lettuce whole ✓
- Mixed greens ✓
- Mushrooms
- Onions Ø
- Potatoes ✓
- Shallots
- Spinach ✓
- Tomatoes Ø
- Sweet potatoes Ø
- Zucchini
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Fresh fruits

- Apples ✓
- Avocado Ø
- Bananas Ø
- Berries ✓
- Cantaloupe Ø
- Cherries ✓
- Grapes ✓
- Grapefruit Ø
- Kiwis Ø
- Lemons / Limes
- Mangoes Ø
- Melons Ø
- Oranges
- Peaches ✓
- Pears ✓
- Pineapple Ø
- Strawberries ✓
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Canned foods

- Anchovies
- Applesauce
- Beans
- Capers
- Corn
- Mixed fruit
- Olives
- Tuna
- Soups
- Tomatoes
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Sauces

- BBQ sauce
- Salsa
- Soy sauce
- Tabasco
- Worcestershire sauce
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Various groceries

- Beans
- Bouillon cubes
- Carbonated water
- Cereal
- Coffee
- Gravy
- Honey
- Jelly / preserves
- Ketchup
- Lemon / Lime juice
- Mayonnaise
- Mustard
- Oatmeal
- Pancake / waffle mix
- Pasta
- Peanut butter
- Polenta
- Soy milk
- Tea
- Rice
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Curry
- Dill
- Garlic
- Oregano
- Parsley
- Rosemary
- Salt
- Vanilla extract
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Oils / vinegars

- Apple cider vinegar
- Balsamic vinegar
- Salad dressing
- Olive oil
- Peanut oil
- Vegetable oil
- Vinegar R/W wine
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Refrigerated items

- Eggs
- Hummus / eggplant
- Juice
- Tofu
- Tortillas
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Dairy

- Butter
- Half & half
- Heavy cream
- Margarine
- Milk
- Sour cream
- Whipped cream
- Yogurt
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Cheese

- Blue
- Brie
- Camembert
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Sandwich slices
- Shredded
- Swiss
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Frozen

- Burritos
- Desserts
- Frozen dinners
- Ice cream
- Juices
- Pizzas
- Popsicles
- Fries / Tater tots
- Sorbet
- Vegetables
- Veggie burgers
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Meat

- Bacon
- Beef
- Chicken
- Ground beef
- Ground turkey
- Ham
- Hot dogs
- Lamb
- Lunchmeat
- Pork
- Ribs
- Sausage
- Steak
- Turkey
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Seafood

- Catfish
- Crab
- Halibut
- Lobster
- Lox
- Mussels
- Oysters
- Salmon
- Scallops
- Shrimp
- Tilapia
- Tuna
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Baked goods

- Bagels
- Baguettes
- Buns
- Cake
- Cookies
- Crackers
- Croissants
- Pastries
- Pie
- Pita bread
- Rolls
- Sliced whole grain
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Baking

- Baking powder
- Baking soda
- Bread crumbs
- Brown sugar
- Cake icing
- Cake mix
- Cocoa
- Flour
- Pie shell
- Powdered sugar
- Shortening
- Sugar
- Yeast
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Snacks

- Candy
- Cookies
- Dried fruits
- Granola bars
- Nuts
- Popcorn
- Potato chips
- Pudding
- Pretzels
- Tortilla chips
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Personal care

- Antiperspirant
- Conditioner
- Condoms
- Cosmetics
- Deodorant
- Facial tissue
- Feminine products
- Floss
- Hair gel/spray
- Hand soap
- Lip balm
- Moisturizing lotion
- Mouthwash
- Q-Tips
- Razors
- Shampoo
- Shaving cream
- Toilet paper
- Toothpaste
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Medicine

- Allergy
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids
- Cold / Flu
- Eye drops
- Pain reliever
- Prescription
- Sinus
- Vitamins
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Kitchen

- Aluminum foil
- Coffee filters
- Disposable cups
- Disposable cutlery
- Disposable plates
- Freezer bags
- Napkins
- Non-stick spray
- Plastic wrap
- Roasting pan
- Sandwich bags
- Toothpicks
- Wax paper
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach
- Dishwasher soap
- Dryer sheets
- Fabric softener
- Floor cleaner
- Garbage bags
- Glass cleaner
- Laundry detergent
- Mop head
- Oven cleaner
- Paper towels
- Sponges / Scrubbers
- Spray polish
- Vacuum bags
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Other stuff

- Automotive
- Batteries
- Candles
- Charcoal
- Fresh flowers
- Greeting cards
- Hardware
- Insect repellent
- Insecticides
- Light bulbs
- Magazines
- Sunscreen
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Pets

- Cat food
- Cat litter
- Cat treats
- Dog food
- Dog treats
- Flea treatment
- Pet shampoo
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Baby

- Baby food
- Bottles / Cups
- Diapers
- Diaper lotion
- Formula
- Wipes
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Office supplies

- CDRs
- DVDRs
- Envelopes
- Glue
- Notepads
- Paper
- Pens / pencils
- Postage stamps
- Scotch tape
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Alcohol

- Beer
- Cachaça
- Champagne
- Club soda
- Gin
- Red wine
- Rum
- Sake
- Tequila
- Tonic
- Whiskey
- White wine
- Vodka
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Themed meals

- Burger night
- Chili night
- Pizza night
- Spaghetti night
- Taco night
- Take-out deli food
- Other \_\_\_\_\_
- Other \_\_\_\_\_

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

✓ Recommended Buy Organic

Ø Low Pesticide Foods (Non-organic OK)

## Before you go

Before you check out

- Bring canvas bags!
- Clip coupons!
- Plastic bags to recycle?
- Return anything?
- Need ice?
- Rent movie?
- Stock up on sale items?
- Use your coupons!