STRAPPED FOR TIME AND IN NEED OF A GROCERY LIST?

Try this easy-to-print list, all set for the parent on the go!

Fruits
- ◯ Apples
- ◯ Pears
- ◯ Bananas
- ◯ Oranges
- ◯ Berries
- ◯ Grapes
- ◯ Melon
- ◯ _____
- ◯ _____
- ◯ _____

Veggies
- ◯ Salad Greens
- ◯ Broccoli
- ◯ Carrots
- ◯ Cucumbers
- ◯ Garlic
- ◯ Lettuce
- ◯ Tomatoes
- ◯ Mushrooms
- ◯ Onions
- ◯ Peppers
- ◯ Potatoes
- ◯ Squash
- ◯ Zucchini
- ◯ Green Beans
- ◯ _____
- ◯ _____
- ◯ _____

Deli
- ◯ Cold Cuts
- ◯ Cheese
- ◯ Deli Salad
- ◯ Hot Dogs
- ◯ _____
- ◯ _____
- ◯ _____

Meat/Fish
- ◯ Hamburger
- ◯ Chicken
- ◯ Pork
- ◯ Fish
- ◯ Bacon
- ◯ Sausage
- ◯ _____
- ◯ _____
- ◯ _____

Dairy
- ◯ Milk
- ◯ Butter
- ◯ Eggs
- ◯ Sour Cream
- ◯ Creamer
- ◯ Cream Cheese
- ◯ Yogurt
- ◯ _____
- ◯ _____
- ◯ _____

Frozen Food
- ◯ Waffles
- ◯ Pizza
- ◯ Veggies
- ◯ Ice Cream
- ◯ _____
- ◯ _____
- ◯ _____

Cereal
- ◯ Oatmeal
- ◯ Cold Cereal
- ◯ _____
- ◯ _____
- ◯ _____

Baking
- ◯ Sugar
- ◯ Flour
- ◯ Vanilla
- ◯ Pancake Mix
- ◯ _____
- ◯ _____
- ◯ _____

Condiments
- ◯ Peanut Butter
- ◯ Jelly/Honey
- ◯ Ketchup
- ◯ Mustard
- ◯ Mayo
- ◯ Salsa
- ◯ BBQ Sauce
- ◯ _____
- ◯ _____
- ◯ _____

Spices
- ◯ Salt
- ◯ Pepper
- ◯ Taco Seasoning

Canned Goods
- ◯ Beans
- ◯ Soup
- ◯ Broth
- ◯ Tomato Sauce
- ◯ Tuna Fish
- ◯ Veggies
- ◯ _____
- ◯ _____
- ◯ _____

Pasta/Rice
- ◯ Spaghetti
- ◯ Macaroni
- ◯ Rice
- ◯ _____
- ◯ _____
- ◯ _____

Beverages
- ◯ Water
- ◯ Juice
- ◯ Soda
- ◯ Coffee
- ◯ Tea
- ◯ _____
- ◯ _____
- ◯ _____

Sauces/Oils
- ◯ Spaghetti Sauce
- ◯ Vegetable Oil
- ◯ Vinegar
- ◯ Salad Dressing
- ◯ Soy Sauce
- ◯ Spaghetti Sauce
- ◯ Syrup
- ◯ _____
- ◯ _____
- ◯ _____

Paper/Tupperware
- ◯ Toilet Paper
- ◯ Paper Towels
- ◯ Tissue Paper
- ◯ Napkins
- ◯ Aluminum Foil
- ◯ Plastic Wrap
- ◯ Plastic Baggies
- ◯ _____
- ◯ _____
- ◯ _____

Breads
- ◯ Sandwich
- ◯ Fresh loaf
- ◯ Bagels
- ◯ Muffins
- ◯ Pitas
- ◯ Tortillas
- ◯ Buns
- ◯ Croutons
- ◯ _____
- ◯ _____
- ◯ _____

Snacks
- ◯ Chips
- ◯ Dip
- ◯ Crackers
- ◯ Raisins
- ◯ Granola Bars
- ◯ Nuts
- ◯ Popcorn
- ◯ Raisins
- ◯ Hummus
- ◯ Pretzels
- ◯ _____
- ◯ _____
- ◯ _____

Toiletries
- ◯ Soap
- ◯ Shampoo
- ◯ Conditioner
- ◯ Band Aids
- ◯ Gauze
- ◯ Lotion
- ◯ Toothpaste
- ◯ Pain Reliever
- ◯ Tooth Brush
- ◯ Rubbing Alcohol
- ◯ _____
- ◯ _____
- ◯ _____

Household
- ◯ Garbage Bags
- ◯ Laundry Detergent
- ◯ Dry Sheets
- ◯ Bleach
- ◯ Hand Soap
- ◯ Cleaner
- ◯ Sponges
- ◯ Batteries
- ◯ Light Bulbs
- ◯ _____
- ◯ _____
- ◯ _____

Misc.
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____