## Grocery Shopping List

Save money (and time) by planning ahead and stocking up on foods you really need.

### Vegetables
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Corn
- Cucumber
- Garlic
- Ginger
- Lettuce & Greens
- Mushrooms
- Onions
- Potatoes
- Snap Peas
- Spinach
- String Beans
- Squash
  - Spaghetti
  - Acorn
  - Butternut
- Zucchini
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### Fruits
- Apples
- Avocado
- Bananas
- Berries
  - Strawberries
  - Raspberries
- Blackberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Tomatoes
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### Dairy
- Butter
- Cheese
  - Cottage Cheese
  - Mozzarella
- Cheddar
- Havarti
- Parmesan
- Milk
- Yogurt
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### Bulk Foods
- Beans (dried)
- Chickpeas
- Blackeyed Peas
- Mung Beans
- Kidney Beans
- Navy Beans
- Lentils
- Couscous
- Dates (unsulfured)
- Oatmeal (steel cut)
- Pasta (whole wheat)
- Popcorn
- Raisins
- Raw Nuts
- Almonds - Whole
- Almonds - Sliced
- Pumpkin Seeds
- Sunflower Seeds
- Rice
  - Brown Rice
  - Basmati Rice
  - Wild Rice
  - Quinoa
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### Meats
- Beef
- Eggs
- Fish
- Tuna
- Salmon
- Halibut
- Poultry
  - Chicken
  - Turkey
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### Kitchen Staples
- Baking Powder
- Baking Soda
- Balsamic Vinegar
- Bread
- Canned Tomatoes
- Flour
- Honey
- Mustard
- Olive Oil
- Peanut Butter
- Jam
- Spices
  - Salt & Pepper
  - Cayenne
  - Basil
  - Oregano
  - Paprika
  - White Vinegar
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### Freezer
- Fruit
- Vegetables
- Ice Cream
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### Baby
- Baby Foods
- Diapers
- Lotions
- Wipes
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### Personal Care
- Body Wash
- Contact Solution
- Deodorant
- Facial Tissue
- Hair Products
- Hand Lotion
- Make-up
- Razors/Shaving
- Soap
- Tampons/Pads
- Toilet Paper
- Toothpaste/Floss
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### Household
- Brown Bags (Lunch)
- Dish Soap
- Foil
- Garbage Bags
- Laundry Bags
- Laundry Detergent
- Microfiber Towels
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### Beverages
- Coffee
- Tea
- Juice
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### Pets
- Cat Food
- Cat Litter
- Dog Food
- Pet Wash
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