

MASTER WEEKLY GROCERY LIST

{Check for these items on hand before making list}

BAKING NEEDS

Coconut Oil
Olive Oil
Muffin cups
Pan spray
Palm Shortening
Evaporated Milk
Cocoa Powd
Raw Sugar
Sucanat
Brown Sugar
Powdered Sugar
Molasses
Maple Syrup
Honey
Chocolate Chips
Yeast
Salt
Baking soda
Baking powder
Cream of Tartar
Unbleached flour
Whole Wheat Flour
Almond flour
Flax meal
Cornmeal
Almonds
Walnuts
Pecans
Unsweetened Coconut
Raisins
Dried fruit
Monk Fruit

OTHER:

CONDIMENTS

Bouillon
Bread Crumbs
Salsa
Ketchup
Mustard
Peanut Butter
Other Nut Butters
Hot sauce
Soy Sauce
Minced Garlic
Jelly (all fruit)
Parmesan
White vinegar
Apple Cider vinegar
Mayonnaise
Worcestershire Sauce
BBQ sauce
Lemon juice
Ranch dressing
Oil & Vinegar dressing
Onion Soup Mix

OTHER:

PASTA/RICE

Spaghetti	Macaroni
Lasagna Noodles	Wide egg noodles
Long-grain rice	Wild rice

OTHER:

FRESH FRUITS & VEGETABLES

Potatoes	Lettuce
Onions	Cabbage
Celery	Tomatoes
Cauliflower	Carrots
Peppers	Green Onions
Strawberries	Bananas
Apples	Oranges
Mushrooms	Spinach
Cucumbers	Berries
Grapes	

OTHER:

DAIRY

Butter	Eggs
Milk	Cottage Cheese
Sour Cream	Cream Cheese
Shredded Cheese	Cream
Greek Yogurt	Cheese Slices
Spread butter	

OTHER:

MEATS

Bacon	Sausage links
Hot Dogs	Sausage
Deli Meat	Pepperoni
Hamburger	Hamb Patties
Chicken Fajita	Frozen chicken
Salmon	Dried Beef

OTHER:

SNACKS & BREADS

Graham Crackers	Healthy Snack Crackers
Cereal	Tortilla chips
Oats	Other chips
Hamburger Buns	Hot dog buns
Oyster Cracks	Coffee
Tea Bags	Tortillas
Loaf bread	Hummus

OTHER:

CANNED GOODS

Chunk Chicken	Garbanzo Beans
Tomato Paste	Tomato Sauce
Black Beans	Chili Beans
Green Chilis	Kidney Beans
Diced Tomatoes	Cream of Chicken
Chunk Pineapple	Crushed pineapple
Chicken Stock	

OTHER:

FROZEN

Green Beans	Cauliflower
Peas	Pizza
Fruit	Chicken Nuggets
Broccoli	Tator Tots
Corn	

OTHER:

MISCELLANEOUS

Small Ziploc	Deodorant
Large Ziploc	Shampoo
Large Trash Bags	Conditioner
Med Trash Bags	Dishwasher Det.
Aluminum Foil	Bath soap
Cling wrap	
Parchment Paper	
Sponges	
Paper Towels	
Paper Plates	
Toilet Paper	
Dish Soap	
Laundry Soap	
Dryer Sheets	
Oxyclean	
Toothpaste (Kids & Adults)	
Dental Floss	
Mouthwash (Kids & Adults)	
Pine Sol	
Dusting Spray	
Female	
Magic Eraser	
Bar Keeper's	
Spot Cleaner	
Soap Refill	
Wipes	
Diapers (2 & 4)	

OTHER: