

Grocery Shopping List

Pantry Essentials

- Breads
 - buns
 - loaves
 - pitas
 - tortillas
- Pasta
 - lasagna
 - spaghetti
 - penne
 - fettuccine
 - macaroni
- Canned beans
 - black
 - kidney
 - refried
 - navy
- Pasta sauces
 - Alfredo
 - pesto
 - spaghetti
- Canned broth
 - beef
 - chicken
 - vegetable
- Peanut butter
- Canned meats
 - chicken
 - salmon
 - tuna
- Pickles and olives
- Canned tomatoes
 - diced
 - seasoned
 - peeled whole
 - sauce
 - paste
- Rice and rice mixtures
- Cereals
- Salsa and chips
- Coffee and tea
- Salt and pepper
- Cookies and crackers
- Soft drinks and fruit juices

- Herbs and spices
 - garlic powder
 - basil
 - oregano
 - thyme
 - curry
 - allspice
 - cinnamon
 - nutmeg
 - bay leaves
 - ground red pepper
- Soups (canned or dried)
- Jams and jellies
- Soy sauce and marinating sauces
- Ketchup and mustard
- Mayonnaise
- Syrups
 - butterscotch
 - chocolate
 - maple
- Main-dish mixes
- Tomato sauce and tomato paste
- Vegetable oil
 - canola
 - olive
- Vegetable cooking spray
- Vinegar

Refrigerator Essentials

- Cheeses
 - cheddar
 - cottage
 - Monterey Jack
 - mozzarella
 - Parmesan
- Milk
- Eggs
- Packaged salad greens
- Fruit juice
- Sour cream
- Butter or margarine
- Yogurt

Freezer Essentials

- Ground beef or turkey
- Chicken (boneless skinless breasts)
- Ice cream or frozen yogurt
- Fruit juice concentrate (lemonade and orange)
- Vegetables (packaged)
- Berries (for smoothies and desserts)
- Bread crumbs

Baking Essentials

- Baking cocoa and baking chips
- Chopped nuts
- Cake mix and canned frosting
- Baking mix (Bisquick®)
- Flour
- Baking powder and baking soda
- Sugars
 - brown
 - granulated
 - powdered
 - raw for gourmet coffee
- Brownie mix
- Vanilla and almond extract

Nonfood Kitchen Supplies

- All-purpose spray cleanser
- Paper towels
- Aluminum foil
- Plastic wrap
- Dishwasher detergent and antibacterial hand soap
- Sponges or dish-cloths
- Ziplok bags
- Storage containers
- Toothpicks
- Napkins
- Waxed paper
- Nonabrasive scrubbing pads