

Grocery Checklist

A master grocery shopping list organized by aisle to make every trip faster and complete.

Produce

- ☐ Leafy greens such as spinach, lettuce, or kale
- ☐ Everyday vegetables: onions, carrots, peppers, broccoli
- ☐ Tomatoes, cucumbers, and salad add-ins
- ☐ Bananas, apples, and seasonal fruit
- ☐ Berries or citrus for snacking
- ☐ Buy only what you'll eat in a few days to avoid spoilage.
- ☐ Potatoes, garlic, and fresh herbs

Dairy and Eggs

- ☐ Milk or a plant-based alternative
- ☐ Eggs
- ☐ Butter or spread
- ☐ Cheese: block, shredded, or sliced
- ☐ Yogurt or cottage cheese
- ☐ Cream or coffee creamer

Meat, Poultry and Seafood

- ☐ Chicken breasts or thighs
- ☐ Ground beef, turkey, or a plant-based mince
- ☐ Bacon, sausage, or deli meat
- ☐ Fish or shrimp
- ☐ Tofu or another protein alternative
- ☐ Portion and freeze extra proteins the day you get home.

Pantry and Dry Goods

- ☐ Rice, pasta, or noodles
- ☐ Bread, tortillas, or wraps
- ☐ Canned beans, tomatoes, and soup
- ☐ Cooking oil, vinegar, and condiments
- ☐ Breakfast cereal or oats
- ☐ Coffee, tea, or other drinks
- ☐ Stock, sauces, and seasoning staples

Frozen

- ☐ Frozen vegetables and stir-fry mixes
- ☐ Frozen fruit for smoothies
- ☐ Frozen meals or pizza for busy nights
- ☐ Ice cream or frozen dessert
- ☐ Frozen fish fillets or chicken

Snacks and Beverages

- ☐ Crackers, chips, or pretzels
- ☐ Nuts, trail mix, or granola bars
- ☐ Cookies or other treats
- ☐ Water, juice, or sparkling drinks
- ☐ Lunchbox snacks for the kids

Household and Personal Care

- ☐ Paper towels and toilet paper
- ☐ Dish soap and dishwasher tablets
- ☐ Laundry detergent
- ☐ Trash bags and food storage bags
- ☐ Toothpaste, soap, and shampoo
- ☐ Cleaning spray and sponges