

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