



EASY Grocery List

How to have the perfect stocked pantry/fridge.

FRESH PRODUCE

- Apples
- Bananas
- Strawberries
- Avocados
- Bell Peppers
- Carrot
- Garlic
- Lemons/Limes
- Onion
- Parsley
- Cilantro
- Potatoes
- Spinach
- Tomatoes

GRAINS

- Breadcrumbs
- Pasta
- Quinoa
- Rice
- Wheat Bread
- Flour Tortillas

MEAT/PROTEIN

- Chicken
- Eggs
- Ground Beef/Turkey
- Lunch Meat

DAIRY

- Butter
- Sliced Cheese
- Shredded Cheese
- Milk
- Sour Cream
- Greek Yoghurt

BAKING GOODS

- Baking Powder
- Baking Soda
- Sugar
- Brown Sugar
- Flour
- Honey
- Vanilla
- Dry Yeast
- Chocolate Chips
- Cocoa Powder
- Powdered Sugar

FREEZER

- Berries
- Corn
- Broccoli
- Juice Concentrate
- Pizza :)
- Beef/Chicken
- Bacon
- Shrimp
- Puff Pastry
- Cookie Dough
- Pie Crust

CANNED/DRIED GOODS

- Chicken Stock/Broth
- Salsa
- Diced
- Jam/Jelly
- Peanut Butter
- Pasta Sauce
- Black Beans
- Soups
- Tuna

CONDIMENTS/SPICES

- Black Pepper
- Chilli Powder
- Cinnamon
- Crushed Red Pepper
- Cumin
- Garlic Powder
- Ketchup
- Mustard
- Mayo
- Nutmeg
- Paprika
- Salt (Coarse Sea Salt & Kosher Salt)
- Soy Sauce
- Steak Sauce
- Buffalo Sauce
- Salad Dressings

OILS/VINEGARS

- Apple Cider Vinegar
- Balsamic Vinegar
- Coconut Oil
- Olive Oil
- Vegetable/Canola Oil
- Red Wine Vinegar
- White Vinegar
- Cooking Wine
- White Wine Vinegar

SNACKS

- Crackers
- Nuts
- Quick Oats
- Popcorn
- Tortilla Chips
- Cereal