

MASTER GROCERY LIST

	DAIRY		BAKING NEEDS		CANNED GOODS		MEATS/POULTRY		CONDIMENTS
	Milk		Unbleached Flour	*	Applesauce	*	Ground Beef		Peanut Butter
	Eggs		Whole Wheat Flour	*	Pumpkin	*	Ground Turkey	*	Mustard
	Butter	***	Whole Grains	*	Pineapple Tidbits	*	Whole Chicken	*	Jam
	Plain Yogurt		Cornmeal	*	Crushed Pineapple	*	Chicken Pieces (Bone In)	*	Ketchup
*	Sour Cream		Sugar		Tuna	*	Chicken Thighs	*	Mayonnaise
	Mozzarella		Salt	***	Peaches	*	Ham	***	Pickles
	Cheddar		Baking Soda	***	Pears	*	Stew Beef	***	Salsa
	Marble Cheese		Baking Powder	***	Salmon	*	Beef Roast		Soy Sauce
*	Parmesan	***	Cream of Tartar		Diced Tomatoes	*	Fish		Worcestershire Sauce
*	Cottage Cheese	*	Cornstarch		Tomato Sauce			***	Pancake/Maple Syrup
			Canola Oil		Tomato Paste		SPICES		
	FROZEN		Olive Oil				Cinnamon		PRODUCE
	Orange Juice		Shortening		DRY GOODS		Nutmeg		Celery
	Apple Juice		Icing Sugar*		Pasta		Cloves	*	Peppers
	Peas		Brown Sugar		Rice		Paprika	*	Broccoli
	Corn		Molasses		Lentils		Basil		Carrots
	Green Beans		Honey		Kidney Beans		Oregano		Potatoes
	Spinach		Yeast		Chickpeas		Black Pepper		Onions
	Broccoli		Cocoa		Black Beans		Thyme	*	Fresh Parsley
	Cauliflower	*	Gelatin		Pinto Beans		Rosemary		Cabbage
	Brussels Sprouts	***	Chocolate Chips		Navy Beans		Chili Powder		Red/Green Leaf Lettuce
***	Berries		Vanilla		Lima Beans		Dill		Iceberg Lettuce
			Lemon Juice		Split Peas		Parsley	*	Zucchini
	EXTRAS		Vinegar	*	Dates		Cayenne		Garlic
***	Tortillas		Wheat Germ		Raisins		Bay Leaves	*	Alfalfa Sprouts
			Wheat Bran		Popcorn Kernels		Curry	*	Cucumbers
		***	Almonds (Sliced /Slivered)	*	Tea Bags		Ginger	*	Turnips
		***	Pecans (Chopped)	*	Coffee		Allspice	*	Beets
			Rolled Oats	*	Sesame Seeds		Anise (Whole)	*	Tomatoes
			Quick-Cooking Oats	***	Ground Flax		Onion Powder		Bananas
		***	Coconut				Celery Seed		Apples
							Dry Mustard		Oranges
								*	In Season Produce

Items marked with * indicate products that are handy to have, but not necessities. Try to get them on sale.

Items marked with *** indicate products that are luxuries on a very tight budget. Plan ahead. Get good deals. Stock up if you can.