

Monthly Master Grocery List



CANNED GOODS
Beans: _____
Broth: _____
Pasta Sauce
Salmon
Soup
Tomatoes / Tomato Sauce
Tuna
Other: _____

SNACKS
Apple Sauce
Canned Fruit
Chips: _____
Chocolate
Crackers
Dried Fruit
Fruit Snacks
Jerky
Nuts / Trail Mix
Popcorn
Raisins
Snack Bars
Other: _____

CONDIMENTS
BBQ Sauce
Coconut Milk
Hot Sauce
Ketchup
Mayonnaise
Mustard
Olives
Olive Oil / Avocado Oil
Pickles
Salad Dressing
Salsa
Soy Sauce
Spices / Seasoning Mixes
Vinegar: _____
Other: _____

BAKING
Baking Chips: _____
Baking Powder
Baking Soda
Cocoa Powder
Coconut Oil
Cornstarch / Tapioca Starch
Flour: _____
Gluten Free Flours
Molasses
Pie Filling
Sugar: _____
Vanilla
Yeast
Other: _____

CLEANING
Baking Soda
Bathroom Cleaner
Bleach
Dish Soap
Dishwasher Detergent
Disinfectant Wipes
Dryer Sheets
Hand Soap
Hydrogen Peroxide
Kitchen Cleaner
Laundry Detergent
Toilet Bowl Cleaner
Rubbing Alcohol
Vinegar
Other: _____

PAPER PRODUCTS
Aluminum Foil
Facial Tissue
Parchment Paper
Paper Plates
Paper Towels / Napkins
Plastic Wrap
Toilet Paper
Trash Bags
Wax Paper
Zip Bags
Other: _____

BEVERAGES
Bottled Water
Coffee
Juice
Tea
Other: _____

BREAKFAST
Cereal: _____
Granola
Honey
Jelly
Nut Butter
Oats
Tahini
Other: _____

GRAINS
Cous Cous
Dried Beans
Pasta: _____
Rice: _____
Quinoa
Other: _____

PERSONAL CARE
Body Wash
Cotton Swabs / Pads
Deodorant
Face Wash / Lotion
Lotion
Razors / Shaving Cream
Shampoo / Conditioner
Toothpaste
Other: _____