

## Master Grocery List

### GRAINS:

- ☐ bagels
- ☐ Basmati rice
- ☐ bread
- ☐ breadcrumbs
- ☐ brown rice
- ☐ cake
- ☐ cereal
- ☐ chinese rice
- ☐ corn
- ☐ crackers
- ☐ crescent rolls
- ☐ english muffins
- ☐ flour
- ☐ granola
- ☐ hotdog/hamburger rolls
- ☐ kamut bagels
- ☐ lasagna noodles
- ☐ macaroni & cheese (box)
- ☐ oatmeal
- ☐ other flour \_\_\_\_\_
- ☐ pasta
- ☐ pie crust
- ☐ pitas
- ☐ ramen noodles
- ☐ rice cakes/corn cakes
- ☐ rolls
- ☐ seitan
- ☐ soba noodles
- ☐ somen noodles
- ☐ stuffing mix
- ☐ sushi rice
- ☐ thai rice noodles
- ☐ udon noodles
- ☐ vietnamese rice wappers
- ☐ waffles (w/Omega-3's)
- ☐ wild rice
- ☐ wonton wrappers (no egg)
- ☐ wrap bread

### VEGETABLES:

- ☐ artichoke hearts
- ☐ arugula
- ☐ asparagus
- ☐ bamboo shoots
- ☐ beets
- ☐ bell peppers
- ☐ bok choy
- ☐ broccoli
- ☐ burdock root (pickled)
- ☐ cabbage
- ☐ carrots
- ☐ celeriac
- ☐ celery

- \_\_\_ collard greens
- \_\_\_ cucumber
- \_\_\_ eggplant
- \_\_\_ endive
- \_\_\_ fennel bulb
- \_\_\_ french fries (frozen)
- \_\_\_ garlic
- \_\_\_ ginger
- \_\_\_ green beans
- \_\_\_ herbs \_\_\_\_\_
- \_\_\_ horseradish
- \_\_\_ jalapenos
- \_\_\_ kale
- \_\_\_ kumquat
- \_\_\_ kimchee
- \_\_\_ leeks
- \_\_\_ lettuce
- \_\_\_ mesclun
- \_\_\_ mushrooms
- \_\_\_ nori sheets
- \_\_\_ onion
- \_\_\_ oshinko
- \_\_\_ parsnips
- \_\_\_ pea pods
- \_\_\_ peas
- \_\_\_ poblano pepper
- \_\_\_ portobello mushrooms
- \_\_\_ potatoes
- \_\_\_ radish sprouts
- \_\_\_ roasted red peppers
- \_\_\_ salsa
- \_\_\_ scallions
- \_\_\_ seaweed
- \_\_\_ shallots
- \_\_\_ soup
- \_\_\_ spinach
- \_\_\_ squash
- \_\_\_ swiss chard
- \_\_\_ tater tots
- \_\_\_ vegetable bouillon
- \_\_\_ vegetable potstickers
- \_\_\_ vegetarian vegetable broth
- \_\_\_ water chestnuts
- \_\_\_ watercress
- \_\_\_ yams
- \_\_\_ zucchini

FRUIT:

- \_\_\_ apples
- \_\_\_ applesauce
- \_\_\_ apricots (dried)
- \_\_\_ asian pear
- \_\_\_ avocados
- \_\_\_ bananas
- \_\_\_ berries
- \_\_\_ canned fruit
- \_\_\_ capers
- \_\_\_ cherries

- \_\_\_ coconut
- \_\_\_ cranberries
- \_\_\_ dates
- \_\_\_ figs
- \_\_\_ fruit spread (jam)
- \_\_\_ grapes
- \_\_\_ guacamole
- \_\_\_ kiwi
- \_\_\_ lemon
- \_\_\_ lime
- \_\_\_ mango
- \_\_\_ melon
- \_\_\_ olives
- \_\_\_ oranges
- \_\_\_ pears
- \_\_\_ pineapple
- \_\_\_ plums
- \_\_\_ prunes
- \_\_\_ raisins
- \_\_\_ starfruit (carambola)
- \_\_\_ sun-dried tomatoes
- \_\_\_ tomatoes
- \_\_\_ tomatoes (canned)
- \_\_\_ tomato sauce
- \_\_\_ watermelon

#### NUTS/BEANS/SOY:

- \_\_\_ almonds
- \_\_\_ age (fried tofu pockets)
- \_\_\_ black beans
- \_\_\_ breaded veggie patties
- \_\_\_ canellini beans
- \_\_\_ cashews
- \_\_\_ chick peas
- \_\_\_ chili beans
- \_\_\_ edamame
- \_\_\_ kidney beans
- \_\_\_ lentils
- \_\_\_ miso
- \_\_\_ nut butter
- \_\_\_ peanuts
- \_\_\_ pecans
- \_\_\_ pine nuts
- \_\_\_ refried beans
- \_\_\_ seeds for sprouting
- \_\_\_ sesame seeds
- \_\_\_ soy cheese
- \_\_\_ soy nuts
- \_\_\_ soy sauce
- \_\_\_ soy sour cream
- \_\_\_ soy yogurt
- \_\_\_ sunflower seeds
- \_\_\_ tahini
- \_\_\_ tempeh
- \_\_\_ tempeh strips (smoked)
- \_\_\_ tofu
- \_\_\_ tofu cream cheese
- \_\_\_ tofu ravioli

- \_\_\_ ToFurkey
- \_\_\_ tofu salad
- \_\_\_ tofu tortellini
- \_\_\_ tuno
- \_\_\_ TVP
- \_\_\_ veggie burgers
- \_\_\_ veggie chik'n strips
- \_\_\_ veggie hotdogs
- \_\_\_ veggie ground style
- \_\_\_ veggie meatballs
- \_\_\_ veggie pepperoni
- \_\_\_ veggie sandwich slices
- \_\_\_ walnuts

#### BEVERAGES:

- \_\_\_ Ceres juice
- \_\_\_ chocolate soy/rice milk
- \_\_\_ coffee singles (decaf)
- \_\_\_ cranberry juice
- \_\_\_ drink boxes
- \_\_\_ nut milk
- \_\_\_ orange juice
- \_\_\_ other \_\_\_\_\_
- \_\_\_ rice milk
- \_\_\_ soda/seltzer
- \_\_\_ soy milk
- \_\_\_ strawberry soy milk
- \_\_\_ tea (herbal)
- \_\_\_ Vruit juice
- \_\_\_ wine

#### EXTRA INGREDIENTS:

- \_\_\_ baking powder
- \_\_\_ baking soda
- \_\_\_ balsamic vinegar
- \_\_\_ brown sugar
- \_\_\_ canola oil
- \_\_\_ carob
- \_\_\_ chocolate syrup
- \_\_\_ cider vinegar
- \_\_\_ cocoa powder
- \_\_\_ cooking sherry
- \_\_\_ egg replacer powder
- \_\_\_ flax seed oil
- \_\_\_ food coloring
- \_\_\_ frozen entrees
- \_\_\_ frozen pizza
- \_\_\_ hot sauce
- \_\_\_ ketchup
- \_\_\_ lemon juice
- \_\_\_ lime juice
- \_\_\_ maple syrup
- \_\_\_ masala sauce (curry)
- \_\_\_ mayonnaise (eggless)
- \_\_\_ mirin
- \_\_\_ molasses
- \_\_\_ mustard
- \_\_\_ non-hydrog. margarine

- \_\_\_ nutritional yeast
- \_\_\_ olive oil
- \_\_\_ olive oil spray
- \_\_\_ peppercorns
- \_\_\_ pickles
- \_\_\_ powdered (confec.) sugar
- \_\_\_ red wine vinegar
- \_\_\_ rice vinegar
- \_\_\_ salad dressings
- \_\_\_ salt
- \_\_\_ sesame oil
- \_\_\_ soy milk powder
- \_\_\_ spices \_\_\_\_\_
- \_\_\_ sprinkles
- \_\_\_ strawberry syrup
- \_\_\_ sugar (raw)
- \_\_\_ taco seasoning
- \_\_\_ thai curry paste
- \_\_\_ vanilla
- \_\_\_ Vegemite/Marmite
- \_\_\_ veg. Worcestershire sauce
- \_\_\_ vitamins \_\_\_\_\_
- \_\_\_ wasabi
- \_\_\_ yeast
- \_\_\_ Zinc/Echinacea lozenges

#### SNACKS/DESSERTS:

- \_\_\_ chocolate (bar)
- \_\_\_ cookies
- \_\_\_ frozen fruit bars
- \_\_\_ granola/energy bars
- \_\_\_ gum
- \_\_\_ popcorn (microwave)
- \_\_\_ rice cracker mix
- \_\_\_ soft pretzels
- \_\_\_ sorbet
- \_\_\_ soy ice cream
- \_\_\_ Terra chips
- \_\_\_ tortilla chips
- \_\_\_ Veggie Booty

#### HOUSE/BATHROOM:

- \_\_\_ aluminum foil
- \_\_\_ bathtub cleaner
- \_\_\_ batteries
- \_\_\_ blank video tapes
- \_\_\_ bleach
- \_\_\_ candles
- \_\_\_ charcoal briquettes
- \_\_\_ cold medicine
- \_\_\_ conditioner
- \_\_\_ contact lense rinse
- \_\_\_ dental floss
- \_\_\_ deodorant
- \_\_\_ dish soap
- \_\_\_ dishwasher soap
- \_\_\_ envelopes
- \_\_\_ fabric softener sheets

- \_\_\_ garbage bags
- \_\_\_ hydrogen peroxide
- \_\_\_ laundry detergent
- \_\_\_ light bulbs
- \_\_\_ liquid hand soap
- \_\_\_ lotion
- \_\_\_ mop cloths
- \_\_\_ moth traps
- \_\_\_ OxyClean spray
- \_\_\_ paper towels
- \_\_\_ plastic baggies
- \_\_\_ plastic wrap
- \_\_\_ printer ink
- \_\_\_ printer paper
- \_\_\_ Q-tips
- \_\_\_ razors
- \_\_\_ rinse aid
- \_\_\_ shampoo
- \_\_\_ shaving cream
- \_\_\_ soap
- \_\_\_ sponge
- \_\_\_ stamps
- \_\_\_ staples
- \_\_\_ sunscreen
- \_\_\_ surface/glass cleaner
- \_\_\_ tampons
- \_\_\_ tape
- \_\_\_ thumbtacks
- \_\_\_ tissues
- \_\_\_ toilet bowl cleaner
- \_\_\_ toilet paper
- \_\_\_ toothpaste
- \_\_\_ waxed paper

**BABY:**

- \_\_\_ baby cereal
- \_\_\_ baby food
- \_\_\_ lotion
- \_\_\_ diapers
- \_\_\_ wipes