

Master Grocery List for Once a Month Grocery Shopping

Dairy/Fridge

Notes:

- ☐ Milk
- ☐ Yogurt
- ☐ Cheddar Cheese
- ☐ Mozzarella Cheese
- ☐ Parmesan Cheese
- ☐ Cream
- ☐ Butter
- ☐ Eggs
- ☐ Cheese slices
- ☐ Cinnamon Rolls
- ☐ Crescent Rolls
- ☐ Orange Juice
- ☐ _____
- ☐ _____
- ☐ _____

Baking

- ☐ All-Purpose Flour
- ☐ Bread Flour
- ☐ Cornmeal
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Yeast
- ☐ Chocolate Chips
- ☐ Honey
- ☐ Sugar

- ___ Brown Sugar
- ___ Powdered Sugar
- ___ Cocoa Powder
- ___ Brownie Mix
- ___ Muffin Mix
- ___ Pancake Mix
- ___ _____
- ___ _____
- ___ _____

Notes:

Condiments

- ___ Ketchup
- ___ Mustard
- ___ Bullion
- ___ Bread Crumbs
- ___ Salsa
- ___ Hot Sauce
- ___ Worcestershire Sauce
- ___ BBQ Sauce
- ___ Miracle Whip
- ___ Salad Dressing
- ___ White Vinegar
- ___ Apple Cider Vinegar
- ___ Balsamic Vinegar
- ___ Pancake Syrup
- ___ _____
- ___ _____
- ___ _____

Grains/Pasta**Notes:**

___ Oatmeal

___ Cereal

___ Rice

___ Macaroni

___ Spaghetti

___ Fettucine

___ Penne

___ _____

___ _____

___ _____

Meat

___ Whole Chicken

___ Chicken Breasts

___ Tilapia

___ Salmon

___ Ground Beef

___ Beef Roast

___ Stew Beef

___ Ground Turkey

___ Bacon

___ Sausage

___ Hot Dogs

___ Deli Meat

___ _____

___ _____

___ _____

Produce**Notes:**

- ___ Bananas
- ___ Apples
- ___ Oranges
- ___ Grapes
- ___ Tomatoes
- ___ Hearts of Romaine
- ___ Carrots
- ___ Celery
- ___ Onions
- ___ Potatoes
- ___ _____
- ___ _____
- ___ _____

Spices/Oils/Herbs

- ___ Olive oil
- ___ Coconut Oil
- ___ Vegetable Oil
- ___ Garlic Salt/Powder
- ___ Onion Powder
- ___ Cumin
- ___ Chile Powder
- ___ Paprika
- ___ Ranch Powder
- ___ Onion Soup Mix
- ___ _____
- ___ _____
- ___ _____

Canned Goods

Notes:

___ Diced Tomatoes

___ Tomato Sauce

___ Black Beans

___ Kidney Beans

___ Pinto Beans

___ Corn

___ Green Beans

___ Peas

___ Chunk Chicken

___ Cream of Chicken

___ Cream of Mushroom

___ _____

___ _____

___ _____

Bread/Snacks

___ Loaf Bread

___ Graham crackers

___ Snack Crackers

___ Tortilla Chips

___ Tortillas

___ Hot Dog Buns

___ Coffee

___ Tea Bags

___ _____

___ _____

___ _____

Frozen**Notes:**

___ Mixed Vegetables

___ Broccoli

___ Pizza

___ Chicken Nuggets

___ _____

___ _____

___ _____

Miscellaneous

___ Toilet Paper

___ Paper Towels

___ Dishwasher Detergent

___ Dish Soap

___ Ziploc Bags

___ Aluminum Foil

___ Plastic Wrap

___ Toothpaste

___ Mouthwash

___ Shampoo/Conditioner

___ Bath Soap

___ Feminine Products

___ Trash Bags

___ Hand Soap

___ Cleaning Supplies

___ Pet Food

___ _____

___ _____

___ _____