

One Month Grocery Shopping List

FRESH	FROZEN	DRY	CANNED/JAR	DON'T FORGET	EXTRAS YOU MAY LIKE
☐ milk (2 gallons)	☐ broccoli	☐ rice (10 lb)	☐ tomatoes	☐ medications	☐ olives
☐ butter (2-4 lbs)	☐ spinach	☐ pasta (10 lb)	☐ beans	☐ pet food	☐ pickles
☐ eggs (36+)	☐ peas	☐ instant potatoes	☐ canned soup	☐ deoderant	☐ soy sauce
☐ carrots (2-4 lbs)	☐ corn	☐ pancake mix	☐ chicken bouillon	☐ dish soap	☐ dry milk
☐ potatoes (10 lb)	☐ shrimp	☐ oatmeal	☐ peanut butter	☐ bar soap	☐ cereal
☐ onion (6 lbs)	☐	☐ cornstarch	☐ jam	☐ toilet paper	☐ cornstarch
☐ celery (2 bunches)	☐	☐ flour	☐ syrup	☐	☐ yeast
☐ green onions	☐	☐ sugar	☐ parmesan cheese	☐	☐ canned green chili peppers
☐ apples (12)	☐	☐	☐	☐	☐ canned fruit
☐ cheese (4-6 lbs)	☐	☐	☐	☐	☐ fresh long lasting fruit/citrus
☐ cabbage	☐	☐	☐	☐	☐ fresh long lasting vegetables
☐ chicken (12+ lbs)	☐	☐	☐	☐	☐ boxed stuffing
☐ beef (5 lbs)	☐	☐	☐	☐	☐ nuts
☐ tortillas (24)	☐	☐	☐	☐	☐ chocolate
☐ salami/ hot dogs	☐	☐	☐	☐	☐ coffee/tea
☐ bacon (2 lbs)	☐	☐	☐	☐	☐ soda/seltzer
☐ ham (2-4 lbs)	☐	☐	☐	☐	☐ beer/wine/tequila
☐ bread (4 loaves)	☐	☐	☐	☐	☐ condoms, if needed
☐ sour cream (1-2)	☐	☐	☐	☐	☐
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OTHER ITEMS TO BUY	NOTES
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