

The Basics: Grocery List

MOMCASTER

Fruits

- Apple
- Oranges
- Grapes
- Banana
- Peaches
- Blueberries
- Lemon
- Lime
- _____
- _____
- _____
- _____

Vegetables

- Carrot
- Potato
- Tomato
- Onion
- Broccoli
- Bell Peppers
- Cauliflower
- Zucchini
- _____
- _____
- _____
- _____

Bevarages

- Water
- Juices
- Tea
- Coffee
- Wine
- Soda
- Beer
- Energy Drinks
- _____
- _____
- _____

Meat & Fish

- Beef
- Chicken
- Steak
- Pork Chops
- Salmon
- Bacon
- Sausage
- Ham
- _____
- _____
- _____
- _____

Pantry

- Bread
- Bagels
- Pasta
- Sugar
- Salt
- Rice
- Flour
- Cornstarch
- _____
- _____
- _____

Dairy

- Milk
- Cheese
- Butter
- Yogurt
- Cream
- Sour Cream
- Whipped Cream
- _____
- _____
- _____

Snacks

- Potato Chips
- Crackers
- Popcorns
- Nuts
- Tortilla Chips
- Pretzels
- Granola bars
- Cookies
- _____
- _____
- _____

Household Supplies

- Dish Soap
- Bleach
- Trash Bags
- Hand Soap
- Toilet Paper
- Sponges
- Detergent
- _____
- _____
- _____