

Grocery Master Plan

Fruits

- Apples
- Bananas
- Oranges
- Grapes
- Strawberries
- Blueberries
- Lemons
- Limes
- Peaches
- Plums
- Cherries
- Pineapple
- Mangoes
- Kiwi
- Watermelon
- Cantaloupe
- Papaya
- Pomegranate
- Avocado
- Pears
- Grapefruit
- Blackberries
- Raspberries
- Dates
- Figs

Vegetables

- Carrots
- Onions
- Potatoes
- Sweet Potatoes
- Tomatoes
- Bell Peppers
- Broccoli
- Cauliflower
- Zucchini
- Cucumbers
- Spinach
- Kale
- Lettuce
- Celery
- Mushrooms
- Green Beans
- Asparagus
- Eggplant
- Cabbage
- Brussel Sprouts
- Corn
- Peas
- Radishes
- Beets
- Leeks

Herbs

- Basil
- Parsley
- Cilantro
- Mint
- Dill
- Rosemary
- Thyme
- Oregano
- Sage
- Chives
- Tarragon
- Bay Leaves
- Marjoram
- Curry Leaves
- Lemongrass
- Lavender
- Garlic Chives
- Peppermint
- Spearmint
- Coriander
- Sorrel
- Chamomile
- Lemon Balm

Seafood

- Salmon
- Tuna
- Shrimp
- Cod
- Halibut
- Tilapia
- Mahi Mahi
- Trout
- Swordfish
- Flounder
- Scallops
- Clams
- Mussels
- Oysters
- Crab
- Lobster
- Squid
- Octopus
- Anchovies
- Fish fillets
- Seaweed
- Caviar
- Mackerel

Snacks

- Potato Chips
- Tortilla Chips
- Crackers
- Popcorn
- Pretzels
- Nuts
- Trail Mix
- Granola Bars
- Protein Bars
- Candy
- Raisins
- Cheese Stick
- Rice Cakes
- Veggie Chips
- Pita Chips
- Beef Jerky

Beverages

- Water
- Coffee
- Tea
- Milk
- Juice
- Soda
- Sparkling Water
- Energy Drinks
- Sports Drinks
- Lemonade
- Iced Tea
- Hot Chocolate
- Almond Milk
- Smoothie Mix
- Coconut Water
- Red Wine
- Beer

Dairy

- Milk
- Butter
- Cheese
- Condensed Milk
- Ice Cream
- Yogurt
- Sour Cream
- Cream Cheese
- Mozzarella
- Cottage Cheese
- Whipped Cream
- Cheddar
- Probiotic Drinks
- Powdered Milk
- Dairy-Free Cheese

Meat & Poultry

- Eggs
- Chicken Breast
- Ground Beef
- Whole Chicken
- Chicken Wings
- Bacon
- Pork Chops
- Sausages
- Turkey
- Ham
- Ground Turkey
- Drumsticks
- Ribeye Steak
- Hot Dogs
- Pork Shoulder
- Beef Brisket
- Lamb Chops
- Beef Ribs
- Pork Ribs

Pantry

- Rice
- Macaroni
- Flour
- Sugar
- Salt
- Baking Soda
- Baking Powder
- Cornstarch
- Dried Lentils
- Black Beans
- Tomato Paste
- Bread Crumbs
- Instant Oatmeal
- Rolled Oats
- Chia Seeds
- Peanut Butter
- Honey
- Maple Syrup
- Olive Oil

Notes

Pet care

- Pet Food
- Treats
- Food Bowls
- Water Bowls
- Grooming
- Brush/Comb
- Shampoo
- Nail Clippers
- Ear Cleaner
- Toothbrush
- Toothpaste

Baby Care

- Baby Bottles
- Bottle Nipples
- Breast Pump
- Nursing Pads
- Baby Formula
- High Chair
- Bibs
- Burp Cloths
- Baby Food
- Diapers
- Baby Wipes

Ethnic Foods

- Garam Masala
- Refried Beans
- Guacamole Mix
- Queso Fresco
- Jalapeños
- Enchilada Sauce
- Taco Seasoning

Bakery

- Bread
- Cookies
- Baguettes
- Dinner Rolls
- Bagels
- English Muffins
- Croissants
- Muffins
- Doughnuts
- Rye Bread
- Ciabatta Bread
- Pita
- Biscotti
- Biscuits
- Cupcakes
- Brownies
- Cinnamon Rolls
- Danish Pastries
- Garlic Bread
- Flatbread
- Banana Bread
- Fruitcake
- Hot Dog Buns
- Hamburger Buns

Personal care

- Shampoo
- Conditioner
- Hair Oil
- Hairbrush
- Hair Gel
- Sanitizer
- Toothpaste
- Toothbrush
- Mouthwash
- Dental Floss
- Facial Cleanser
- Moisturizer
- Sunscreen
- Lip Balm
- Face Mask

Spices

- Black Pepper
- Garlic Powder
- Onion Powder
- Paprika
- Chili Powder
- Cumin
- Coriander
- Turmeric
- Ginger Powder
- Cinnamon
- Nutmeg
- Cloves
- Bay Leaves
- Fennel Seeds
- Fenugreek

Household

- Toilet Paper
- Paper Towels
- Dish Soap
- Detergent
- Air Freshener
- Garbage Bags
- Sponges
- Mop Head
- Glass Cleaner
- Aluminum Foil
- Plastic Wrap
- Storage Bags
- Air Freshener
- Bleach
- Fabric Softener
- Stain Remover
- Napkins
- Toilet Cleaner
- Paper Plates
- Utensils
- Tissues
- Bug Spray
- Wet Wipes

Condiments

- Ketchup
- Mustard
- Mayonnaise
- Barbecue Sauce
- Hot Sauce
- Ranch Dressing
- Caesar Dressing
- Vinegar
- Soy Sauce
- Tartar Sauce
- Honey
- Olive Oil
- Sesame Oil
- Teriyaki Sauce
- Buffalo Sauce
- Chili Sauce
- Pesto
- Tahini
- Kimchi
- Fish Sauce
- Chimichurri Sauce
- Salsa
- Guacamole

Miscellaneous

- Batteries
- Flashlight
- Extension Cords
- LED Bulbs
- Super Glue
- Duct Tape
- Scissors
- Safety Pins
- Sewing Kit
- Tape Measure
- Flash Drive
- Pens/Pencils
- Writing Pad
- Portable Charger
- First Aid Kit