## GROCERY LIST **Produce Condiments** Cereals Paper Goods Crab Tilapia \_\_\_ Cereal Olive Oil Orange Roughy **Potatoes Napkins** \_\_\_ Granola Mushrooms Salad Dressing Paper Towels П Toilet Tissue Oatmeal Onions Vinegar Cucumbers Mayonnaise **Breakfast Bars** Frozen Foods Tissues Marinade \_\_\_ Granola Bars Trash Bags Lettuce **Tomatoes** Steak Sauce Toaster Pastries Chicken Nuggets Paper Plates Disposable Cups Carrots **BBQ** Sauce Fish Sticks Celery Ketchup П Frozen Entrees Baggies/Storage Bags Zucchini **Baking Needs** Aluminum Foil Mustard Frozen Vegetables Broccoli Pickles/Relish Plastic Wrap Frozen Fruit Wax Paper П Cauliflower П Olives Sugar French Fries Jelly/Jam Toothpicks Spinach Flour Pizza Bell Peppers Peanut Butter Vegetable Oil Waffles Tofu Honey Cake/Brownie Mix **Pancakes** Strawberries Salt/Pepper Frosting **Cleaning Supplies** Pie Crusts Muffin Mix Bananas Seasoning Packets Ice Cream Cookie Mix Whipped Cream \_\_\_ Apples Spices П Laundry Detergent Soy Sauce Pancake Mix Dryer Sheets Oranges Pancake Syrup Grapes Bleach Grapefruit Baking Powder Fabric Softener Melon **Canned Goods** Baking Soda Stain Remover **Beverages** Nectarines Vinegar Dish Soap Peaches Cooking Spray Dishwasher Soap Tuna Fruit Juice Tomato Sauce Vanilla Extract Cleanser Pears Vegetable Juice Plums **Baking Nuts** Glass Cleaner Mushrooms Lemonade Lemon/Lime Soup/Chili Chocolate Chips Sports Drinks **Dusting Spray** $\Box$ Blueberries Coconut Juice Boxes Disinfectant Raspberries Pudding **Bottled Water** П Avacados Jello Drink Mixes **Canned Veggies** Marshmallows Kiwi Tea \_ Fresh Herbs Sweetener Coffee \_ Green Beans Coffee Filters Health & Beauty $\Box$ \_\_\_ Corn Non-Dairy Creamer Deli Peas **Snack Foods** Soda Sunscreen \_\_\_ Baked Beans Chocolate Syrup Shampoo Deli Meats Cookies Strawberry Syrup Conditioner \_\_\_ Crackers Hair Styling Products Deli Cheese Beer Canned/Cup Fruit **Graham Crackers** Deodorant Deli Salads Wine Bath Soap/Body Wash Rotisserie Chicken Chips Applesauce Popcorn Feminine Supplies Pineapple Fruit Snacks Pantyhose **Breads** Peaches 100 Calorie Packs Bakery Makeup Fruit Cocktail Face Wash Pretzels White Bread Toothpaste Raisins Nuts/Trail Mix \_ Donuts/Rolls Mandarin Oranges \_\_\_ Bagels Whole Wheat Bread Mouthwash Hot Dog Buns Cookies **Dental Floss** Pears \_\_\_ Hamburger Buns Meat **Body Lotion** \_\_\_ Cake \_\_\_ Bagels \_\_\_ Brownies Face Lotion **Ground Beef** Biscuits **Pasta** Pie Contact Lens Solution **English Muffins** Chicken **Bandages** Tortillas Spaghetti П **Ground Turkey** Antiseptic Cream Lasagne Noodles Pitas Veal **Baby Items** Medicines **Beef Roast** Vitamins/Supplements \_\_\_ Muffins Macaroni Noodles Rice Steak Razors Baby Food **Beef Patties** Shaving Cream Risotto Baby Formula Pasta Sauce Pork Chops Cotton Balls Dairy \_\_\_ Diapers/Pull-Ups Boxed Rice/Pasta Pork Roast \_\_\_ Baby Wipes Cotton Swabs Macaroni & Cheese \_\_\_ Baby Wash Hand soap/sanitizer Milk Bacon Butter/Margarine \_\_ Hot Dogs Sausage Eggs Yogurt **Ethnic Foods** Brats **Pet Supplies** \_ Ham \_ Cheese Miscellaneous Cream Cheese Taco/Enchilada Mix \_\_\_ Cold Cuts Dog Food Cottage Cheese Taco Shells Film Cat Food

\_\_ Shrimp

Lobster Clams

Seafood

\_\_\_ Batteries

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\_ Cards/Gift Wrap

Light Bulbs

Cat Litter

Pet Toys

Pet Treats

Fish Food

Litter Box Liners

\_\_\_ Sour Cream

Coffee Creamer

Orange Juice

Cookie Dough

Dinner Roll Dough

\_\_ Taco Sauce

Tortillas

Soy Sauce

\_ Teriyaki Sauce

Salsa

## **Get More From Your Grocery List**

You already know how convenient it is to use a shopping list, but did you know there are some ways to 'customize' it to make it work even harder for you? Take a look at that great little blank line beside each food. Yep...the one right after the handy little check-off box. Want to know what it's for? Here are some ways you can use it:

- Got coupons? If so, simply place a 'C' on the line beside the corresponding food so you won't forget.
- Are you price-matching an item? Put a 'P' on the line next to the item so you'll remember to have the cashier do the price match.
- Want to get an item at a different store? Put that store's initial on the line next to the item. For example, if you want to purchase something at Trader Joe's, put 'TJ' on the corresponding line.
- Keep track of what you've already added to your cart by placing a simple check mark on the blank line.

Of course there are many ways to use that handy little line, but it all boils down to more convenience for you!

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