



Master Shopping List

Dairy

Eggs
Milk
Butter
Yogurt
Parmesan cheese
Cheddar cheese-shredded
Mozzarella cheese-shredded

Meat

Ground beef
Chicken
Fish
Roast
Stewing beef
Lunch meat
Pork/Ham
Other meats

Fruit

Apples
Bananas
Choice fruits

Vegetables

Lettuce
Carrots
Celery
Tomatoes
Onions
White potatoes
Cucumbers
Choice vegetables

Baking

Wheat flour-unbleached
White flour-unbleached
Brown sugar
Aluminum free baking powder
Baking soda
Corn starch
Sea salt
Pepper
Real vanilla
Nuts
Molasses

Dry Goods

Oats
Wheat macaroni noodles
Wheat egg noodles
Brown rice
Variety dried legumes

Canned Goods

Tomato soup
Tomato sauce
Tomato paste
Stewed tomatoes
Chili
Tuna

Frozen Foods

Concentrated fruit juice
Corn
Peas

Other Food Items

Maple Syrup
Honey
Apple cider vinegar
White vinegar
Olive oil
Coconut oil
Mustard
Ketchup
Peanut butter

Baby Stuff

Formula
Rice cereal
Baby Food
Diapers
Pullups
Baby wash
Baby shampoo
Baby oil
Bounty paper towels - for wipes

Non Food Items

Napkins
Paper towels - for kitchen
Toilet paper
Plastic wrap
Small Ziplocs-storage
Large Ziplocs-storage
Small Ziplocs-freezer
Large Ziplocs-freezer
Black trash bags
Kitchen trash bags

Bleach
Borax
Dish soap
Sponges
Toilet bowl cleaner
Lysol
Soft Scrub
Foaming carpet cleaner

Bath soap
Shampoos
Conditioner
Deodorants
Razors
Toothpaste
Floss
Mouth wash
Feminine needs

Advil
Aspirin
Children's Motrin
Benadryl
Antiseptic
Band-aids
Epsom salts
Rubbing alcohol
Q-tips
Light bulbs
Vitamins