

HOW TO USE THIS EXCEL



There are four tabs in this workbook. Print 1st and 2nd and put the amounts you need

1st Grocery

A list with the most important items to purchase, so you don't forget any. If you want to add any, DO SO! And no, you don't have to buy them all in one week

2nd Household

Same as the 1st but with household items

3rd Always in your kitchen

Items that you should ALWAYS have in your kitchen!! Lifesavers basically

4th 1 weeks worth

An example of 1 weeks worth of shopping for one person

Then, when you go shopping you should do an extra check list!

- , Take reusable bags!
- , Clip coupons?
- , Use customer reward card?
- , Need ice?

GROCERIES

Fresh vegetables

Asparagus
Broccoli
Carrots
Cauliflower
Celery
Corn
Cucumbers
Lettuce / Greens
Mushrooms
Onions
Peppers
Potatoes
Spinach
Squash
Zucchini
Tomatoes

Fresh fruits

Apples
Avocados
Bananas
Berries
Cherries
Grapefruit
Grapes
Kiwis

Lemons / Limes
Melon
Nectarines
Oranges
Peaches
Pears
Plums

Refrigerated items

Bagels
Chip dip

Eggs / Fake eggs
English muffins
Fruit juice
Hummus
Ready-bake breads
Tortillas

Spices & herbs

Basil/Thyme/ Parsley
Salt&Pepper
Cilantro
Cinnamon
Oregano/Rosemary
Ginger
Paprika
Vanilla extract

Condiments / Sauces

BBQ sauce
Gravy
Honey
Hot sauce
Jam / Jelly / Preserves
Ketchup / Mustard
Mayonnaise
Pasta sauce
Relish
Salad dressing
Salsa
Soy sauce
Steak sauce
Syrup

Various groceries

Cereal
Coffee / Filters
Instant potatoes
Lemon / Lime juice
Mac & cheese
Olive oil
Packaged meals
Pancake / Waffle mix
Pasta
Peanut butter

Pickles
Rice
Tea
Vegetable oil
Vinegar

Canned foods

Applesauce
Baked beans
Broth
Fruit

Olives
Tinned meats
Tuna / Chicken
Soup / Chili
Tomatoes
Veggies

Dairy

Butter / Margarine
Cottage cheese
Half & half
Milk
Sour cream
Whipped cream
Yogurt

Cheese

Bleu cheese
Cheddar
Cottage cheese
Cream cheese
Feta
Goat cheese
Mozzarella
Parmesan
Provolone
Ricotta
Sandwich slices
Swiss

Meat

Bacon / Sausage
Beef
Chicken
Ground beef /
Turkey
Ham / Pork
Hot dogs
Lunchmeat
Turkey

Fish

Catfish
Crab
Lobster
Mussels

Oysters
Salmon
Shrimp
Tilapia
Tuna

Beverages

Beer
Club soda / Tonic
Sports drink
Juice

Baked goods

Bagels / Croissants
Buns / Rolls
Cake / Cookies
Donuts / Pastries
Fresh bread
Sandwich Bread
Pita bread
Sliced bread

Baking

Baking powder / Soda
Bread crumbs
Cake / Brownie mix
Cake icing / Decorations
Chocolate chips / Cocoa
Flour
Shortening
Sugar
Sugar substitute
Yeast

Snacks

Candy / Gum
Cookies
Crackers
Dried fruit

Granola bars / Mix
Nuts / Seeds
Oatmeal
Popcorn
Potato / Corn chips
Pretzels

Frozen

Frozen Vegetables
Fish sticks
Fries / Tater tots
Ice cream / Sorbet/
Popsicles
Juice concentrate
Pizza
Pizza Rolls
Frozen Dinners

Mixers/ Soda

Red wine / White wine
Rum /Whiskey/ Vodka/Gin
Champagne

HOUSEHOLD

Personal care

Antiperspirant /
Deodorant
Bath soap / Hand soap
Condoms / Other b.c.
Cosmetics
Cotton swabs / Balls
Facial cleanser
Facial tissue
Feminine products
Floss
Hair gel / Spray
Lip balm
Moisturizing lotion
Mouthwash
Razors / Shaving cream
Shampoo / Conditioner
Sunblock
Toilet paper
Toothpaste
Vitamins / Supplements

Cleaning products

Air freshener
Bathroom cleaner
Bleach / Detergent
Dish / Dishwasher soap
Garbage bags
Glass cleaner
Mop head / Vacuum
bags
Sponges / Scrubbers

Arsenic

Asbestos
Cigarettes
Radionuclides
Vinyl chloride

Office supplies

CDRs / DVDRs
Notepad / Envelopes
Glue / Tape
Printer paper
Pens / Pencils
Postage stamps

Kitchen

Aluminum foil
Napkins
Non-stick spray
Paper towels
Plastic wrap
Sandwich / Freezer
bags
Wax paper

Medicine

Allergy
Antibiotic
Antidiarrheal
Aspirin
Antacid
Band-aids / Medical
Cold / Flu / Sinus
Pain reliever

Other stuff

Automotive
Batteries
Charcoal / Propane
Flowers / Greeting card
Insect repellent
Light bulbs
Newspaper / Magazine
Random impulse buy

PANTRY MUST HAVES

lemons
Potatoes
sweet potatoes
garlic
onions
flour
pasta
rice
oatmeal
eggs
ground meat (can be frozen)

nuts
Canned tuna
can crushed tomatoes
can of Broth

Olive Oil
Balsamic vinegar
Kosher salt
Black pepper
mustard
Ground Cinnamon
Dried herbs
Frozen vegetables
Wine
Canned olives

Sugar
Honey (natural sweetner and helps with colds)
Beans (chickpeas, lentils...)
Milk
Peanut Butter and Jelly

ONE WEEKS WORTH**PRODUCE**

- 1 Quart Berries
- 4 Bananas
- 1 Melon/Watermelon/cantilope
- pieces: Oranges, apples, pears,
- 4 peaches...
- 2 lemons
- 2 limes
- 1 bunch brocoli/cauliflower
- 1 bunch kale/spinach
- 2 bell peppers (any colors)
- Potatoes (or sweet potatoes, squash
- 2 /Zuchinni))
- bags salad greens/ or iceberg
- 2 lettuce
- 1 head garlic
- 3 onions
- 1 pint Tomatoes
- 1 Cucumber
- 1 Pound carrots/ mushrooms
- Avocados/ Ears of corn ("Fancy
- 2 veggies")
- 1 Bunch fresh herbs (basil, parsley...)

DAIRY AND EGGS

- 1 dozen eggs
- 0.5 gallon milk
- 8 ounces cheese
- container crumbled feta
- 1 cheese
- individual container greek
- 3 yogurt
- small container cottage
- 1 cheese

SNACKS

- bag of nuts
- trail mix
- crackers or pretzels
- dried fruits

CANNED GOODS

- 1 Canned tuna
- canChickpeas or black
- 1 beans
- can (28 oz) crushed
- 1 tomatoes
- 1 can of Broth

PROTEIN

- 6-8 oz boneless skinless chicken breast/ Turkey
- 6-8 oz seafood (shrimp), salmon, cod
- 6- 8 oz lean beef (flank steak)
- 1 package lean ground turkey

PANTRY STAPLES

- Olive Oil
- Balsamic vinegar
- Kosher salt
- Black pepper
- reduced sodium soy sauce
- honey or maple syrup
- peanut butter
- spicy mustard
- ketchup
- Sriracha
- Ground Cinnamon
- Italian Seasoning
- Dried herbs

GRAINS

- 1 Loaf whole grain bread
- 1 package whole grain pita bread
- 1 pound whole grain pasta
- 2 package rice/ quinoa /couscous
- container plain oatmeal or rolled
- 1 oats
- 1 box whole grain cereal and or granola

BEVERAGES

- Sparkling water
- Teabags
- Decaf
- Coffee

FROZEN

- 1 Bag unsweetened berries
- 2 bags unsalted vegetables
- 1 box waffles

