



Grocery Shopping Checklist

Check your pantry. Plan your meals. Shop with confidence.

DATE _____ BUDGET _____

PRODUCE

- ☐ Bananas
- ☐ Oranges
- ☐ Leafy greens
- ☐ Onions
- ☐ Broccoli
- ☐ Tomatoes
- ☐ Apples
- ☐ Berries
- ☐ Sweet or baking potatoes
- ☐ Red grapes
- ☐ Bell peppers
- ☐ Baby carrots
- ☐ Portobello mushrooms

SNACKS

- ☐ Baked chips
- ☐ Salsa
- ☐ Almonds or walnuts
- ☐ Whole-grain crackers
- ☐ Graham crackers
- ☐ Granola bars
- ☐ Microwave popcorn

BEVERAGES

- ☐ 100% fruit juice
- ☐ Tea
- ☐ Vegetable juice

ADD YOUR OWN

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GRAINS & BREADS

- ☐ Whole-grain pasta
- ☐ Brown rice
- ☐ Couscous
- ☐ English muffins
- ☐ Whole-wheat tortillas
- ☐ Bagels
- ☐ 100% whole-wheat bread

CANNED & JARRED

- ☐ Stewed tomatoes
- ☐ Pasta sauce
- ☐ Beans
- ☐ Canned tuna
- ☐ Peanut butter
- ☐ Broth-based soups
- ☐ Corn

BAKING & PANTRY

- ☐ Nonstick cooking spray
- ☐ Muffin mix
- ☐ Whole-wheat flour
- ☐ Maple syrup
- ☐ Olive oil
- ☐ Baking mix
- ☐ Raisins
- ☐ Vinegar
- ☐ Old-fashioned rolled oats
- ☐ Herbs and spices

ADD YOUR OWN

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CONDIMENTS

- ☐ Soy sauce
- ☐ Mayonnaise
- ☐ BBQ sauce, ketchup, mustard
- ☐ Oil-based salad dressing

FROZEN

- ☐ Vegetables
- ☐ Black-bean or veggie burgers
- ☐ Whole-grain waffles
- ☐ Berries
- ☐ Pizza dough
- ☐ Bagels

PROTEIN & DELI

- ☐ Frozen salmon patties
- ☐ Grilled chicken strips
- ☐ Lean beef or pork cubes
- ☐ Deli turkey or lean ham
- ☐ Chicken or turkey cutlets
- ☐ Extra-lean ground beef

DAIRY & REFRIGERATED

- ☐ Plain Greek yogurt
- ☐ Eggs
- ☐ Milk
- ☐ Part-skim cheese
- ☐ Feta or blue cheese
- ☐ Parmesan cheese
- ☐ Yogurt
- ☐ Cottage cheese
- ☐ Tofu

ADD YOUR OWN

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