

MOTOWNMOMMUSINGS.COM GROCERY LIST FOR THE BUSY MOM

Never have the time to make that grocery list. Print out a couple of these and stick them on the refrigerator. This way the whole family can help keep track of everything that's needed in the house and more.

Always check our site www.motownmommusings.com/grocerylist for updates

Fruits

- Apples
- Bananas
- Oranges
- Grapes
- Pears
- Lemons
- Strawberries

Vegetables

- Lettuce
- Spinach
- Mushrooms
- Carrots
- Tomatoes
- Onions
- Peppers
- Potatoes
- Zucchini
- Garlic
- Cucumbers
- Avocado
- Celery
- Parsley
- Corn
- Cilantro
- Chili Pepper
- Broccoli
- Bean Sprouts
- Asparagus

Cereals

- Cold Cereals
- Oatmeal
- Grits
- Granola
- Wheat

Sauces & Oils

- Cooking Oil
- Olive Oil
- Vinegar
- Salad Dressing
- Soy Sauce
- Pasta Sauce
- Maple Syrup
- BBQ Sauce
- Teriyaki Sauce

Meat & Fish

- Beef Cuts
- Ground Beef
- Poultry
- Fish
- Bacon
- Sausage
- Hamburger Patties
- Pork

Toiletries

- Soap
- Toothpaste
- Shampoo
- Conditioner
- Razors
- Shaving Cream
- Aftershave
- Deodorant
- Toilet Paper
- Air Freshener
- Floss
- Ointments
- Feminine pads
- Plastic bags
- Hair Spray
- Hair gel

Legumes

- Beans
- Chickpeas
- Sweet peas
- Lentils
- Soybeans

Baking

- Flour
- Pancake Mix
- Vanilla
- Baking Powder
- Powdered sugar
- Sugar Substitute
- Chocolate Powder

Dairy

- Milk
- Creamer
- Butter
- Sour Cream
- Yogurt
- Almond Milk
- Eggs

Household

- Garbage Bags
- Detergent
- Softener
- Bleach
- Dish soap
- Grease remover
- Batters
- Lightbulbs
- Insecticide
- Repellent
- Napkins
- Aluminum Foil
- Sandwich bags
- Paper plates
- Plastic Utensils
- Paper towels
- Sunblock

Breads & Tortillas

- Sliced bread
- Whole loaf
- Hamburger buns
- Hot Dog buns
- Bagels
- English muffins
- Pita bread
- Corn tortillas
- Flour tortillas

Beverages

- Water
- Juice
- Soda
- Coffee
- Tea
- Beer
- Wine

Deli & Cheese

- Ham
- Bologna
- Salad
- Turkey Ham
- Cheese

Condiments

- Salt
- Sugar
- Pepper
- Ketchup
- Mayonnaise
- Mustard
- Picante Sauce
- Salad Dressing
- Tartar Sauce
- Maple Syrup
- Honey
- Peanut Butter
- Jelly

Frozen Food

- Waffles
- Pizza
- Vegetables
- Ice Cream
- Meals
- Ice pops

Snacks

- Cookies
- Chips
- Tortilla Chips
- Pretzels
- Dips
- Crackers
- Candies
- Nuts
- Popcorn
- Snack bars
- Raisins
- Chocolates

Pasta & Rice

- Rice
- Spaghetti
- Macaroni

- Lasagna

Baby Items

- Wipes
- Diapers formula
- Jar food
- Powdered
- Shampoo
- Medication
- Water
- Juices
- Lotion
- Rash Cream

Canned Goods

- Tuna Fish
- Sardines
- Soup
- Beans
- Chili
- Vegetables
- Tomato Sauce
- Pickles
- Jalapenos
- Olives

Pet Items

- Pet Food
- Pet Litter
- Pet bedding
- Pet snacks
- Tick repellent

OTHER

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