Grocery list by aisle

Sections in the order most supermarkets are walked. Tick the staples you need, write the rest on the lines. Week of _____

1 PRODUCE

- [ ] Apples, bananas, citrus
- [ ] Berries and grapes
- [ ] Lettuce and salad greens
- [ ] Onions, garlic, shallots
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

2 BAKERY

- [ ] Sandwich bread
- [ ] Bagels and English muffins
- [ ] Rolls and buns
- [ ] Tortillas and pita
- [ ] _____
- [ ] _____
- [ ] _____

3 MEAT & SEAFOOD

- [ ] Chicken breasts and thighs
- [ ] Ground beef and turkey
- [ ] Steaks and roasts
- [ ] Pork chops and tenderloin
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

4 DELI

- [ ] Sliced turkey and ham
- [ ] Salami and pepperoni
- [ ] Sliced cheese
- [ ] Rotisserie chicken
- [ ] _____
- [ ] _____
- [ ] _____

5 DAIRY & EGGS

- [ ] Milk and plant milks
- [ ] Eggs
- [ ] Butter
- [ ] Yogurt
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

6 PASTA, RICE & GRAINS

- [ ] Pasta
- [ ] Rice
- [ ] Quinoa and couscous
- [ ] Lentils and dried beans
- [ ] _____
- [ ] _____

7 CANNED GOODS & BROTH

- [ ] Canned tomatoes and paste
- [ ] Canned beans
- [ ] Broth and stock
- [ ] Canned tuna and chicken
- [ ] _____
- [ ] _____

8 BAKING & SPICES

- [ ] Flour
- [ ] Sugar and brown sugar
- [ ] Baking powder and soda
- [ ] Vanilla extract
- [ ] _____
- [ ] _____
- [ ] _____

9 OILS, SAUCES & CONDIMENTS

- [ ] Olive and vegetable oil
- [ ] Vinegar
- [ ] Ketchup, mustard, mayo
- [ ] Soy sauce and hot sauce
- [ ] _____
- [ ] _____
- [ ] _____

10 BREAKFAST & CEREAL

- [ ] Cereal
- [ ] Oats and granola
- [ ] Pancake mix
- [ ] Coffee and tea
- [ ] _____
- [ ] _____

11 SNACKS & NUTS

- [ ] Chips and pretzels
- [ ] Crackers
- [ ] Nuts and trail mix
- [ ] Popcorn
- [ ] _____
- [ ] _____

12 DRINKS

- [ ] Water and sparkling water
- [ ] Juice
- [ ] Soda
- [ ] Sports drinks
- [ ] _____
- [ ] _____

13 HOUSEHOLD

- [ ] Paper towels and napkins
- [ ] Toilet paper
- [ ] Trash bags
- [ ] Foil, wrap and storage bags
- [ ] _____
- [ ] _____
- [ ] _____

14 FROZEN — grab last

- [ ] Frozen vegetables
- [ ] Frozen fruit
- [ ] Frozen pizza and meals
- [ ] Ice cream
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____