

# Essential Grocery List

## The Ultimate Guide to Stocking Your Pantry and Fridge

### Produce

#### Fruits & Vegetables

- Lemons
- Limes
- Oranges
- Apples
- Strawberries
- Blueberries
- Raspberries
- Blackberries
- Bananas
- Grapes
- Melon
- Peaches
- Plums
- Pineapples
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- Garlic
- Onions
- Potatoes
- Tomatoes
- Squash
- Lettuce
- Kale
- Spinach
- Carrots
- Celery
- Cucumbers
- Peppers
- Avocados
- Broccoli
- Cauliflower
- Brussels Sprouts
- Asparagus
- Green Beans

- Beets
- Artichokes
- Zucchini
- Nuts
- Seeds
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#### Herbs

- Parsley
- Dill
- Cilantro
- Chives
- Basil
- Mint
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#### Refrigerated Items

##### Milk, Dairy, Eggs, Cheese

- Milk
- Plant Milk
- Yogurt
- Sour Cream
- Butter
- Eggs
- Cottage Cheese
- Mozzarella
- Feta
- Parmesan
- Cheddar
- Goat
- Blue
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### Meats

- Chicken
- Beef
- Ground Beef
- Pork
- Lambs
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### Pantry Staples

#### Oils, Vinegars, Spices

- Olive Oil
- Neutral Oil
- Coconut Oil
- Finishing Oil
- Balsamic Vinegar
- Red Wine Vinegar
- White Vinegar (Apple Cider, Champagne, Rice, etc.)
- Salt (Kosher, Finishing, Rosemary, etc)
- Pepper (Black, Cayenne, Chili Flakes, etc)
- Bay Leaves
- Garlic, Onion Powder
- Cumin, Coriander,
- Caraway
- Paprika, Chili Powder
- Oregano, Rosemary,
- Thyme, Dill
- Nutmeg, Cinnamon,
- Ginger, Allspice, Clove,
- Star Anise
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### Rice, Grains, Pasta

- Rice
- Ancient Grains
- Polenta
- CousCous
- Breadcrumbs
- Pasta
- Gluten-Free Pasta
- Rice Noodles
- Asian Noodles

### Breads & Wraps

- Sweet & Soft Bread
- Crusty Bread
- Wraps
- Other
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### Canned, Jarred, Beans & Sauces

- Stocks
- Sauces (Pasta Sauce, Pesto, etc.)
- Beans and Legumes (Black Beans, Chickpeas, etc.)
- Ketchup
- Mustard
- Mayonaise
- Jams
- Nut Butters
- Hot Sauces
- Soy Sauce
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