

Bulk Grocery Shopping Checklist

Grains & Pasta

- ☐ Rice
- ☐ Quinoa
- ☐ Oats
- ☐ Pasta
- ☐ Couscous

Beans & Legumes

- ☐ Lentils
- ☐ Chickpeas
- ☐ Black Beans
- ☐ Kidney Beans
- ☐ Split Peas

Nuts & Seeds

- ☐ Almonds
- ☐ Peanuts
- ☐ Chia Seeds
- ☐ Sunflower Seeds
- ☐ Cashews

Baking Essentials

- ☐ Flour
- ☐ Sugar
- ☐ Baking Powder
- ☐ Baking Soda
- ☐ Yeast
- ☐ Cocoa Powder

Dried Fruit

- ☐ Raisins
- ☐ Cranberries
- ☐ Dates
- ☐ Apricots
- ☐ Figs

Pantry Staples

- ☐ Salt
- ☐ Pepper

☐ Spices

☐ Oil

☐ Vinegar

Notes
