

# 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

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