

# Essential Grocery List

## Produce

- ☐ Apples
- ☐ Bananas
- ☐ Carrots
- ☐ Spinach
- ☐ Potatoes

## Dairy

- ☐ Milk
- ☐ Eggs
- ☐ Butter
- ☐ Cheese

## Bakery

- ☐ Bread
- ☐ Tortillas

## Pantry Staples

- ☐ Rice
- ☐ Pasta
- ☐ Flour
- ☐ Canned Beans
- ☐ Cooking Oil

## Proteins

- ☐ Chicken
- ☐ Ground Beef
- ☐ Tofu
- ☐ Fish

## Frozen

- ☐ Frozen Vegetables
- ☐ Frozen Fruit

Miscellaneous

<input type="checkbox"/>	Coffee/Tea
<input type="checkbox"/>	Spices
<input type="checkbox"/>	Paper Towels
<input type="checkbox"/>	Toilet Paper