

# 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

Coffee/Tea

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Spices

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Paper Towels

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Toilet Paper

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