

Monthly Grocery Checklist for Bulk Shopping

Grains & Staples

- ☐ Rice
- ☐ Pasta
- ☐ Flour
- ☐ Oats
- ☐ Sugar
- ☐ Salt

Legumes & Pulses

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

Canned & Jarred

- ☐ Tomatoes
- ☐ Corn
- ☐ Beans
- ☐ Coconut Milk
- ☐ Tuna

Oils & Condiments

- ☐ Cooking Oil
- ☐ Vinegar
- ☐ Soy Sauce
- ☐ Ketchup
- ☐ Peanut Butter

Snacks & Breakfast

- ☐ Cereal
- ☐ Granola Bars
- ☐ Crackers
- ☐ Nuts
- ☐ Dried Fruits

Frozen Goods

☐ Frozen Vegetables

☐ Frozen Fruits

☐ Ready Meals

☐ Ice Cream

Household & Miscellaneous

☐ Paper Towels

☐ Toilet Paper

☐ Dish Soap

☐ Laundry Detergent

☐ Trash Bags