

# 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