

Supermarket Essentials Checklist

Produce

- Bananas
- Apples
- Lettuce
- Tomatoes
- Onions

Dairy

- Milk
- Eggs
- Cheese
- Yogurt

Bakery

- Bread
- Bagels

Meat & Protein

- Chicken
- Ground Beef
- Tofu

Pantry

- Rice
- Pasta
- Canned Beans
- Cereal

Beverages

- Coffee
- Tea
- Juice

Household

- Paper Towels
- Toilet Paper
- Dish Soap