



MONTHLY GROCERY LIST

FRUITS:

- apples
- blueberries
- bananas
- oranges
- lemons
- limes
- pineapple
- pears
- strawberries
- blackberries
- grapefruit
- raspberries

VEGETABLES:

- lettuce
- carrots
- broccoli
- cauliflower
- daikon radish
- sweet onions
- red onions
- tomatoes
- avocados
- celery
- potatoes
- sweet potatoes

DAIRY:

- 2% milk
- oat milk
- almond milk
- eggs
- egg whites
- half & half
- heavy whipping cream
- sour cream
- yogurt
- buttermilk
- cheese
- butter

MEATS & SEAFOOD:

- shrimp
- salmon
- chicken breast
- chicken wings
- ground beef
- ground turkey
- chicken breast
- pork chops
- shabu beef
- mahi mahi
- bacon
- smoked salmon



MONTHLY GROCERY LIST

SNACKS:

- chips
- trail mix
- mixed nuts
- chocolates
- cookies
- fruit snacks
- granola bars
- candy
- gum
- mints
- jerky
- dried fruit

FROZEN:

- acai
- dumplings
- berries
- minced garlic
- daikon radish
- sweet onions
- red onions
- tomatoes
- avocados
- celery
- potatoes
- sweet potatoes

GRAINS:

- white rice
- brown rice
- oatmeal
- all purpose flour
- granola
- almond flour
- quinoa
- sweet rice flour
- pasta
- sliced bread
- noodles
- cereal

CANNED FOODS:

- sweet corn
- red beans
- black beans
- kidney beans
- kosher dill pickles
- tuna
- chicken
- pineapples
- mixed fruit
- pasta sauces
- peas
- soups



MONTHLY GROCERY LIST

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>