

Brennan Professional Organizers

Organize Your Life... Organize your Grocery Shopping!

Bakery Items

- ___ Bread
- ___ Cake
- ___ Cookies
- ___ Pies
- ___ Rolls (dinner)

Beverages

- ___ Coffee
- ___ Juice
- ___ Hot Chocolate
- ___ Kool-Aid
- ___ Mixes
- ___ Soft Drinks
- ___ Tea
- ___ Water

Cereals

- ___ Dry
- ___ Cooked
- ___ Oats

Condiments

- ___ BBQ Sauce
- ___ Catsup
- ___ Honey
- ___ Horseradish
- ___ Jam, Jelly
- ___ Mayonnaise
- ___ Mustard
- ___ Olives
- ___ Peanut Butter
- ___ Pickles
- ___ Salad Dressing
- ___ Salad Oil
- ___ Soy Sauce
- ___ Steak Sauce
- ___ Syrup
- ___ Tabasco
- ___ Vanilla
- ___ Vinegar

Dairy Products

- ___ Butter/ Margarine
- ___ Cheese

- ___ Cream
- ___ Cream cheese
- ___ Eggs
- ___ Milk
- ___ Yogurt

Fruits & Vegetables

Canned and Frozen

- ___ Asparagus
- ___ Beans
- ___ Beets
- ___ Broccoli
- ___ Carrots
- ___ Cherries
- ___ Corn
- ___ Fruit Cocktail
- ___ Mixed Vegetables
- ___ Peas
- ___ Pineapples
- ___ Potatoes
- ___ Sauerkraut
- ___ Soups

Fruit-Fresh

- ___ Apples
- ___ Bananas
- ___ Grapefruit
- ___ Grapes
- ___ Lemons
- ___ Limes
- ___ Melons
- ___ Oranges
- ___ Peaches
- ___ Pears

Vegetables- Fresh

- ___ Cabbage
- ___ Carrots
- ___ Celery
- ___ Cucumbers
- ___ Lettuce
- ___ Onions
- ___ Potatoes
- ___ Radishes
- ___ Tomatoes

Meats

- ___ Chicken
- ___ Fish/Tuna/Shrimp
- ___ Hot Dogs
- ___ Lunchmeat
- Beef- ___ Ground Beef
- ___ Roast
- ___ Stew Meat
- ___ Steak
- Pork- ___ Bacon
- ___ Chops
- ___ Ham
- ___ Roast
- ___ Sausage

Snacks

- ___ Candy
- ___ Corn Chips
- ___ Crackers
- ___ Nuts
- ___ Pop Corn
- ___ Potato Chips

Staples & Misc. Items

- ___ Baking Powder
- ___ Baking Soda
- ___ Cake Mix
- ___ Cocoa
- ___ Corn Starch
- ___ Flour
- ___ Food Coloring
- ___ Jell-O/Pudding Mix
- ___ Macaroni
- ___ Noodles
- ___ Pepper
- ___ Pet Food
- ___ Rice
- ___ Salt
- ___ Shortening
- ___ Spaghetti
- ___ Spices
- ___ Sugar (brown)
- ___ Sugar (granulated)
- ___ Sugar (powdered)

Frozen Foods

- ___ Ice Cream
- ___ Frozen Dinners

Home

- ___ Air fresheners
- ___ Aluminum Foil
- ___ Bathroom Tissue
- ___ Bleach
- ___ Bleach
- ___ Bowl Cleaner
- ___ Facial Tissue
- ___ Floor Cleaner
- ___ Food Storage Bags
- ___ Furniture Polish
- ___ Light Bulbs
- ___ Paper Cups
- ___ Paper Napkins
- ___ Paper Plates
- ___ Paper Towels
- ___ Plastic Wrap
- ___ Soap- dishwashing
- ___ Soap- laundry
- ___ Toilet Paper
- ___ Trash Bags
- ___ Window Cleaner

Toiletries

- ___ Deodorant
 - ___ Hair Spray
 - ___ Hand Lotion
 - ___ Medications
 - ___ Razor Blades
 - ___ Shampoo/ Conditioner
 - ___ Shaving Cream
 - ___ Soap- bath & face
 - ___ Toothpaste
 - ___ Vitamins
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