



The Ultimate New Home Grocery Shopping List

New Home Grocery List: Fresh Food Essentials

Produce

- Apples
- Oranges
- Bananas
- Clementines
- Lemon
- Lime
- Berries
- Grapes
- Peaches
- Plums
- Avocados
- Tomatoes
- Cucumbers
- Lettuce
- Spinach
- Broccoli
- Asparagus
- Green beans
- Celery
- Carrots
- Potatoes
- Peppers
- Onions
- _____
- _____
- _____

Dairy

- Milk
- Butter
- Cream cheese
- Cheese slices
- Yogurt
- _____
- _____
- _____

Bakery

- Bread, rolls, pitas, or other sandwich preferences
- Bagels, English muffins, muffins, donuts, or other breakfast preferences
- Cookies, cakes, or other dessert preferences
- _____
- _____
- _____

Meats, Fish and Other Proteins

- Eggs
- Deli meats
- Chicken
- Fish
- Shrimp
- Steak
- Ground beef or turkey
- Hot dogs
- Ground sausage
- Pork chops
- Bacon
- _____
- _____
- _____

New Home Grocery List: Basic Kitchen Staples

Baking Staples

- Flour
- Sugar
- Baking soda
- Baking powder
- Yeast
- Vanilla extract
- Shortening
- Chocolate chips
- Breadcrumbs
- _____
- _____
- _____

Cans, Jars, and Boxes

- Breakfast Cereal
- Rice
- Pasta and/or spaghetti
- Pasta sauce
- Canned soup and/or chili
- Canned beans
- Canned vegetables
- Canned tuna
- Chicken, vegetable, or beef broth
- _____
- _____
- _____

Snack Staples

- Snack crackers (Cheez-Its, Goldfish)
- Chips, pretzels, or similar snacks
- Popcorn
- Nuts
- Microwavable snacks (think Bagel Bites, Hot Pockets)
- _____
- _____

Beverage Central

- Coffee and/or tea
- Bottled water, or water pitcher and filter
- Seltzer water
- Juice
- Soda
- _____
- _____

Frozen Food Essentials

- Vegetables (peas, green beans, carrots, corn, mixed vegetables)
- Fruit (berries, mango, peaches)
- Frozen meat (burgers, chicken nuggets, etc.)
- Pizza
- French Fries
- Waffles
- Canned tuna
- Ice cream
- _____
- _____

New Home Grocery List: Spice it Up

Spices and Seasonings

- Salt
- Pepper
- Red pepper flakes
- Parsley
- Paprika
- Italian seasoning
- Chili powder
- Cumin
- Basil
- Oregano
- Rosemary
- Dill
- Ginger
- Cinnamon
- Garlic
- Cilantro
- _____
- _____
- _____

Condiments and Sauces

- Oil (olive, vegetable, canola, sesame, etc.)
- Vinegar (white, balsamic)
- Salad dressings
- Ketchup
- Mustard
- Relish
- Pickles
- Maple syrup
- Honey
- Soy sauce
- Tabasco or sriracha sauce
- Worcestershire sauce
- BBQ sauce
- Steak sauce
- Mayo or Miracle Whip
- Jam or jelly
- Nut butter
- _____
- _____
- _____

New Home Grocery List: Personal Items

- Hand soap
- Deodorant
- Shampoo
- Conditioner
- Bar soap or body wash
- Facial cleaner
- Lotion
- Cotton swabs and balls
- Toothbrush
- Toothpaste
- Dental floss
- Shaving cream
- Feminine products
- Hair styling products
- Razors
- Band-Aids
- Antibiotic ointment
- Anti-inflammatory such as Advil
- _____
- _____
- _____

New Home Grocery List: Paper Items and Cleaning Supplies

- Toilet paper
- Toilet cleaner
- Toilet brush
- Paper towels
- Napkins
- Tissues
- Trash bags
- Ziploc bags
- Laundry detergent
- Stain remover
- Fabric softener
- Dishwashing soap
- Sponges
- Dishwasher detergent
- Glass cleaner like Windex
- Stainless steel cleaner
- Air freshening spray
- All-purpose cleaner like Lysol or Mr. Clean
- Wood floor cleaner (if necessary)
- Carpet cleaner
- Swiffer with dry and wet pads (or a mop and a bucket)
- Plastic wrap
- Aluminum foil
- Wax paper
- Parchment paper
- Light bulbs
- _____
- _____
- _____