

Grocery List for One



Bread/Grains

- 1 loaf of bread
- 1 box cereal
- 1 24 oz box pasta
- 2 scoops granola
- 1 pkg oatmeal
- 1 box crackers
- 5 lb bag rice/quinoa
- _____
- _____

Meat

- 1 lb chicken
- 1 lb beef/pork
- ½ lb fish
- ¼ lb deli meat
- 1 pkg sausage
- _____
- _____

Beverages

- 5 coffee K-cups
- 1 box teabags
- six-pack soda
- ½ gallon juice
- _____
- _____

Dairy

- ½ gallon milk
- 1 pkg cream cheese
- 5 yogurt cups
- butter
- eggs
- cheese
- _____
- _____

Snacks

- 3 scoops nuts
- 4 pudding cups
- 1 box Jello
- 1 pint ice cream
- _____
- _____
- _____

Frozen

- 1 bag berries
- 2 bags veggies
- 1 small pizza dough crust
- 1 box waffles
- _____
- _____

Cans/Jars

- 2 cans black/red beans
- 1 can tomatoes
- 2 cans broth
- 2 cans soup
- 1 can olives
- 1 can pickles
- 1 jar salsa
- 1 jar tomato sauce
- _____
- _____

Condiments

- vinegar
- lemon juice
- mustard
- ketchup
- olive or canola oil
- salad dressing
- spices
- _____

Fruits/Veggies

- 3 apples
- 5 bananas
- 1 quart berries
- 1 head broccoli
- 2 ears corn
- 1 cucumber
- 1 clove garlic
- 1 head lettuce
- 1 squash
- 3 tomatoes
- 3 onions
- 3 potatoes
- _____
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