



PRINTABLE GROCERY LIST



BUTTERFLY
CREATIVE CONCEPTS

BUTTERFLYCREATIVECONCEPTS.COM

+27 82 826 5714  

 info@butterflycreativeconcepts.com

PRODUCE

- apples
- bananas
- oranges
- grapes
- berries
- melons
- lettuce
- tomatoes
- onions
- broccoli
- green beans
- carrots
- cucumbers
- garlic
- peppers
- potatoes
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- peanut butter
- jelly/jam
- mayo
- mustard
- tomato sauce
- pickles
- olive oil
- vinegar
- soy sauce
- bbq sauce
- salad dressing
- syrup
- _____
- _____
- _____
- _____
- _____

CANNED GOODS

- beans/legumes
- chickpeas/lentils
- fruit
- vegetables
- soup/broth
- tuna
- _____
- _____

BEVERAGES

- coffee/tea
- juice
- soda
- water
- _____
- _____

BREADS/GRAINS

- bread
- bagels/muffins
- tortillas
- cereal
- oatmeal
- pasta
- rice
- _____
- _____

SNACKS

- chips
- dips/salsa
- cookies
- crackers
- popcorn
- fruit snacks
- snack bars
- nuts
- gum
- _____
- _____
- _____
- _____
- _____

BAKING/SPICES

- salt
- pepper
- sugar
- flour
- vanilla
- dessert/cake mix
- _____
- _____

FROZEN FOODS

- meals
- pizza
- fruit/vegetables
- ice cream
- waffles
- _____
- _____

DELI

- lunch meat
- cheese
- sides/salads
- _____

MEAT/PROTEIN

- beef
- chicken
- fish
- pork
- tofu
- breakfast meats
- _____
- _____

DAIRY

- milk
- butter/margerine
- eggs
- cheese
- cream cheese
- yoghurt
- _____
- _____

FOR THE HOME

- laundry detergent
- softener/bleach
- dryer sheets
- dish soap
- hand soap
- multipurpose spray
- disinfecting wipes
- sponges
- batteries
- light bulbs
- _____
- _____

PAPER/PLASTIC

- toilet paper
- paper towels
- tissues
- aluminum foil
- plastic wrap
- trash bags
- plastic bags
- napkins
- _____

TOILETRIES

- shampoo
- conditioner
- body/face wash
- razor/refills
- shaving cream
- deodorant
- toothpaste
- floss
- mouthwash
- _____
- _____

PET CARE

- pet food
- litter
- treats
- _____