

Master Monthly Grocery List

Produce

- () 5 lb. bag Apples
- () Grapes
- () Strawberries
- () Cantaloupe (\$2.99)
- () Bananas (\$.48/lb)
- () Celery [\$1.99]
- () Carrots (\$.86/lb)
- () Green Peppers (\$1.50ea.)
- () Zucchini (\$1.99/lb)
- () Parsley (\$.99/bunch)
- () Garlic [\$.45/bulb]
- () 3lb. bag Onions (\$1.99)
- () 5 lb. bag Potatoes [\$2.99]
- () Gingerroot
- () Mushrooms (\$1.99)
- () Lettuce
- () Cabbage
- () Blueberries (\$3.99)
- () Peaches (\$2.49/lb)
- ()

Breads

- () Wheat Hot dog buns (\$1.69)
- () Wheat Hamburger buns (\$1.69)
- () Whole wheat bread (\$1.39)
- ()
- ()
- ()

Snacks

- () Wheat crackers [\$1.17]
- () Saltines
- () Graham Crackers [\$1.30]
- ()
- ()
- ()
- ()
- ()

Cereal/Juice

- () Quick Oats [\$2.17]
- () Apple Juice [\$3.99]
- ()
- ()
- ()
- ()

Meats

- () Chicken breasts (2.5 lb. bag - \$12.99)
- () Chicken pieces
- () Ground Beef
- () Polish Sausage
- () Pork Cutlets
- () Turkey Cutlets
- () Italian turkey sausage (\$4.59)
- () Breakfast Sausage (\$3.99)
- () Bacon (\$3.99)
- ()
- () Ham or Turkey lunch meat
- () Pepperoni
- ()
- ()
- ()
- ()

Baking

- () Maple Syrup
- () Molasses
- () White Flour [\$1.98]
- () Whole Wheat Flour
- () Sugar (\$2.36)
- () Brown Sugar [\$1.75]
- () Powdered Sugar (\$1.75)
- () Corn Meal (\$1.29)
- () Yeast
- () Vanilla extract
- () Baking cocoa (\$2.49)
- () Chocolate chips (\$1.74)
- () Baking soda
- () Baking powder
- () Powdered milk (\$2.69)
- () Bread crumbs [\$1.09]
- () Olive oil (\$6.59)
- () Canola oil (\$2.64)
- ()
- ()

Spices

- () Sea salt
- () Pepper
- () Garlic salt

()

Coffee Aisle

- () Coffee (\$9.99)
- () Tea
- () Peanut Butter (\$2.89)
- () Strawberry preserves (\$2.39)
- () Honey (\$2.65)
- ()
- ()
- ()
- ()

Beans & Grains

- () Elbow macaroni [\$2.39]
- () Spaghetti noodles (\$2.39)
- () Lasagna noodles (\$2.39)
- () Large shell pasta (\$2.39)
- () Egg noodles (\$1.24)
- () Brown rice [\$1.99]
- () White rice (\$1.69)
- () Black beans (\$1.19)
- () Wheat berries
- () Lentils (\$1.19)
- () Garbanzo beans (\$1.19)
- () Kidney beans (\$1.19)
- () Pinto beans (\$1.19)
- () White beans (\$1.19)
- ()
- ()
- ()
- ()
- ()
- ()

Frozen

- () Peas (\$1.89)
- () Corn (\$1.89)
- () Broccoli (\$1.99)
- () Spinach (\$1.99)
- () Mixed veggies (\$1.99)
- () Stir-fry veggies (\$1.99)
- () Cauliflower (\$1.99)
- () Ice cream (\$3.99)
- ()
- ()

- () Cumin (\$3.29)
- () Curry
- () Cinnamon
- () Chili powder
- () Italian seasoning (\$1.00)
- () Thyme
- () Dill
- ()
- ()
- ()

Canned/Miscellaneous

- () Tomato sauce [\$.69]
- () Tomato paste (\$.79)
- () Diced tomatoes [\$.61]
- () Canned fruit [\$1.29]
- () Applesauce (\$1.91)
- () Pudding [\$.91]
- () Jell-O (\$.37)
- () Mayonnaise [\$2.39]
- () Ranch dressing (\$1.70)
- () Ketchup
- () Mustard [\$.81]
- () Worcestshire sauce
- () Tamari
- () Apple cider vinegar
- () Relish
- () Tuna [\$.71]
- () Salsa (\$1.71)
- () Tortillas (\$2.49)
- () Taco shells [\$1.99]
- ()
- ()
- ()
- ()
- ()
- ()

Dairy

- () Kroger brand 6pk. Yogurt [\$1.69]
- () 32 oz. yogurt (\$2.59)
- () Kefir
- () Sour cream (\$1.62)
- () Ricotta cheese (\$4.79)
- () Butter (\$3.29)
- () 1 1/2 doz. Eggs [\$2.09]
- () Cream cheese [\$1.36]
- () Sharp cheddar cheese [\$3.19]
- () Mozzarella cheese [\$3.19]
- () Parmesan cheese (\$2.45)

- ()
- ()
- ()

Storage/Etc.

- () Gallon freezer bags (\$3.69)
- () Quart freezer bags (\$2.19)
- () Fold sandwich bags (\$1.65)
- () Tin foil (\$3.19)
- () Plastic wrap
- ()
- ()
- ()

Special Notes:

- () Whole Milk (1/2 g \$1.99)
- () Cottage cheese
- ()
- ()
- ()

Special Occasion Purchases: