

Grocery Shopping List

Harris Teeter, Boone NC

Fresh Vegetables

- Asparagus
- Bell Peppers, Green
- Bell Peppers, Red
- Broccoli
- Carrot
- Celery
- Cilantro
- Corn
- Cucumbers
- Garlic
- Ginger
- Green Beans
- Lettuce
- Onions
- Potatoes
- Squash
- Tomatoes
- Zucchini
- _____
- _____

Fresh Fruit

- Apples
- Avocado
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Grapes
- Kiwi
- Lemons
- Oranges
- Raspberries
- Strawberries
- _____
- _____

Bread

- Beer
- Flour Tortillas
- Peanut Butter
- Whole Grain Bagels
- Whole Grain Bread
- Wine
- _____
- _____

Canned Goods

- Applesauce
- Black Beans
- Brown Rice
- Chicken Broth

- Chicken Noodle
- Corn
- Cream of Chicken
- Cream of Mushroom
- Crushed Tomatoes
- Diced Tomatoes
- Green Beans
- Green Chiles
- Kidney Beans
- Lentils
- Navy Beans
- Spaghetti Sauce
- Tomato Sauce
- Tomato Soup
- White Rice
- _____
- _____

Condiments

- BBQ Sauce
- Croutons
- Dressing, Italian
- Dressing, Balsamic
- Dressing, Ranch
- Ketchup
- Mayonnaise
- Mustard
- Salsa
- _____
- _____

Pasta

- Alfredo Sauce
- Egg Noodles
- Elbow Noodles
- Lasagna
- Rigatoni
- Shells
- Spaghetti
- Spaghetti Sauce
- _____
- _____

Baking

- All Purpose Flour
- Allspice
- Almonds
- Baking Powder
- Beef Bouillon
- Bisquick
- Brown Sugar
- Chicken Bouillon
- Chili Powder

- Chocolate Chips
- Cinnamon Sticks
- Cinnamon, Ground
- Cloves
- Cornmeal
- Cream of Tarter
- Lemon Pepper
- Non-stick spray
- Nutmeg
- Oregano
- Paprika
- Pecans
- Pepper, Black
- Powdered Sugar
- Pumpkin
- Safflower Oil
- Salt
- Sugar
- Taco Seasoning
- Vanilla Extract
- Vegetable Oil
- Vinegar
- Walnuts
- Whole Wheat Flour
- Yeast
- _____
- _____

Cereal

- Cheerios
- Granola
- Oatmeal
- Syrup
- _____
- _____

Meat

- Ground Beef
- Pork Tenderloin
- Roast
- Ham, Sliced
- Turkey, Sliced
- Chicken Breasts
- Steak
- _____
- _____

Household Items

- Aluminum Foil
- Clorox Cleanup
- Coffee Filters
- Dishwashing Detergent
- Hand Soap, Liquid

- Laundry Detergent
- Light bulbs
- Lysol
- Napkins
- Paper Plates
- Paper Towels
- Saran Wrap
- Sponges
- Toilet Paper
- Trash Bags
- Windex
- Ziploc Bags, 1 Gallon
- Ziploc Bags, Quart
- _____
- _____

Snacks

- Baked Lays
- Lemonade
- Pretzels
- Saltine Crackers
- Stone Ground Crackers
- _____
- _____

Frozen Food

- Chicken Breasts
- Pizza (Kashi)
- Waffles
- Edamame
- _____
- _____

Dairy

- Butter
- Cheddar, Shredded
- Cream Cheese
- Eggs
- Half and Half
- Milk, 2%
- Mozzarella, Fresh
- Mozzarella, Shredded
- Orange Juice
- Parmesan Cheese
- String Cheese
- American, Sliced
- Ricotta Cheese
- Sour Cream
- Yogurt, Blackberry
- _____
- _____