



## Your Basic

# First Apartment Grocery List



### DAIRY

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- Milk
- Eggs
- Cheeses
- Yogurt



### GRAINS

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- Pasta
- Rice
- Quinoa
- Oatmeal
- Bread
- Cereal



### DRY BEVERAGES

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- Tea
- Coffee
- Chocolate mix powder
- Protein powder



### MEAT, FISH AND POULTRY

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- Chicken
- Pork
- Ground beef
- Salmon
- Tilapia
- Shrimp



### FRUITS AND VEGETABLES

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- |                                    |  |
|------------------------------------|--|
| <input type="radio"/> Apples       | <input type="radio"/> Kale             |
| <input type="radio"/> Bananas      | <input type="radio"/> Spinach          |
| <input type="radio"/> Oranges      | <input type="radio"/> Broccoli         |
| <input type="radio"/> Grapes       | <input type="radio"/> Lettuce          |
| <input type="radio"/> Strawberries | <input type="radio"/> Peas             |
| <input type="radio"/> Blueberries  | <input type="radio"/> Carrots          |
| <input type="radio"/> Raspberries  | <input type="radio"/> Corn             |
| <input type="radio"/> Pineapple    | <input type="radio"/> Brussels sprouts |
| <input type="radio"/> Peaches      | <input type="radio"/> Peppers          |
| <input type="radio"/> Apricots     | <input type="radio"/> Onions           |
| <input type="radio"/> Avocados     |  |



### SAUCES AND CONDIMENTS

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- |                                      |                                      |
|--------------------------------------|--------------------------------------|
| <input type="radio"/> Ketchup        | <input type="radio"/> Salad dressing |
| <input type="radio"/> Mustard        | <input type="radio"/> Salsa          |
| <input type="radio"/> Mayonnaise     | <input type="radio"/> Hot sauce      |
| <input type="radio"/> Barbecue sauce | <input type="radio"/> Honey          |
| <input type="radio"/> Ranch          | <input type="radio"/> Minced garlic  |
| <input type="radio"/> Soy sauce      |                                      |
| <input type="radio"/> Olive oil      |                                      |
| <input type="radio"/> Maple syrup    |                                      |
| <input type="radio"/> Peanut butter  |                                      |
| <input type="radio"/> Jelly          |                                      |



# Your Basic First Apartment Grocery List



## CANNED GOODS

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- Tomato sauce
- Beans
- Fruits
- Vegetables
- Chicken
- Olives
- Spaghetti sauce
- Soup



## SPICES AND SEASONINGS

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- Salt
- Pepper
- Oregano
- Cinnamon
- Garlic powder
- Onion powder
- Basil
- Rosemary
- Thyme
- Paprika
- Chili powder
- Pre-blended seasonings



## COOKING ESSENTIALS

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- Sauce pan
- Frying pan
- Baking sheet
- Silicone mixing spatula
- Flat spatula
- Wooden mixing spoon
- Whisk
- Tongs
- Aluminum foil



## BAKING NECESSITIES

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- All-purpose flour
- Granulated sugar
- Brown sugar
- Baking soda
- Baking powder
- Cocoa powder
- Chocolate chips
- Nuts
- Shortening
- Butter
- Yeast
- Vanilla extract
- Canola or vegetable oil