

# THE 21-DAY BUDGET CLEANSE GROCERY LIST

ADAPTED FROM GROCERYLISTS.ORG

## FOOD STUFF

### Fresh vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes\*
- \_\_\_\_\_
- \_\_\_\_\_

### Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Oranges
- Peaches
- Nectarines
- Pears
- Plums
- \_\_\_\_\_
- \_\_\_\_\_

### Refrigerated items

- Bagels
- Chip dip
- English muffins
- Eggs / Fake eggs
- Fruit juice
- Hummus
- Ready-bake breads
- Tofu
- Tortillas
- \_\_\_\_\_
- \_\_\_\_\_

### Frozen

- Breakfasts
- Burritos
- Fish sticks
- Ice cream / Sorbet
- Juice concentrate
- Pizza / Pizza Rolls
- Popsicles
- Fries / Tater tots
- TV dinners
- Vegetables
- Veggie burgers
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments / Sauces

- BBQ sauce
- Gravy
- Honey
- Hot sauce
- Jam / Jelly / Preserves
- Ketchup / Mustard
- Mayonnaise
- Pasta sauce
- Relish
- Salad dressing
- Salsa
- Soy sauce
- Steak sauce
- Syrup
- Worcestershire sauce
- \_\_\_\_\_
- \_\_\_\_\_

## Various groceries

- Bouillon cubes
- Cereal
- Coffee / Filters
- Instant potatoes
- Lemon / Lime juice
- Mac & cheese
- Olive oil
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar
- \_\_\_\_\_
- \_\_\_\_\_

## Canned foods

- Applesauce
- Baked beans
- Chili
- Fruit
- Olives
- Tinned meats
- Tuna / Chicken
- Soups
- Tomatoes
- Veggies
- \_\_\_\_\_
- \_\_\_\_\_

## Spices & herbs

- Basil
- Black pepper
- Cilantro
- Cinnamon
- Garlic
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Red pepper
- Salt
- Spice mix
- Vanilla extract
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- Butter / Margarine
- Cottage cheese
- Half & half
- Milk
- Sour cream
- Whipped cream
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_

## Cheese

- American
- Bleu cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Parmesan
- Provolone
- Ricotta
- Swiss
- \_\_\_\_\_
- \_\_\_\_\_

## Meat

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Luncheon
- Turkey
- \_\_\_\_\_
- \_\_\_\_\_

## Seafood

- Catfish
- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_

## Beverages

- Beer
- Club soda / Tonic
- Champagne
- Gin
- Juice
- Mixers
- Red wine / White wine
- Rum
- Saké
- Soda
- Sports drink
- Whiskey
- Vodka
- \_\_\_\_\_
- \_\_\_\_\_

## Baked goods

- Bagels / Croissants
- Buns / Rolls
- Cake / Cookies
- Donuts / Pastries
- Fresh bread
- Sliced bread
- Pie
- Pita bread
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- Baking powder / Soda
- Bread crumbs
- Cake / Brownie mix
- Cake icing / Decorations
- Chocolate chips / Cocoa
- Flour
- Shortening
- Sugar
- Sugar substitute
- Yeast
- \_\_\_\_\_
- \_\_\_\_\_

## Snacks

- Candy / Gum
- Cookies
- Crackers
- Dried fruit
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Potato / Corn chips
- Pretzels
- \_\_\_\_\_
- \_\_\_\_\_

## Baby stuff

- Baby food
- Diapers
- Formula
- Lotion
- Baby wash
- Wipes
- \_\_\_\_\_
- \_\_\_\_\_

## Pets

- Cat food / Treats
- Cat litter
- Dog food / Treats
- Flea treatment
- Pet shampoo
- \_\_\_\_\_
- \_\_\_\_\_

## HOUSE STUFF

### Personal care

- Antiperspirant / Deodorant
- Bath soap / Hand soap
- Condoms / Other b.c.
- Cosmetics
- Cotton swabs / Balls
- Facial cleanser
- Facial tissue
- Feminine products
- Floss
- Hair gel / Spray
- Lip balm
- Moisturizing lotion
- Mouthwash
- Razors / Shaving cream
- Shampoo / Conditioner
- Sunblock
- Toilet paper
- Toothpaste
- Vitamins / Supplements
- \_\_\_\_\_
- \_\_\_\_\_

### Medicine

- Allergy
- Antibiotic
- Antidiarrheal
- Aspirin
- Antacid
- Band-aids / Medical
- Cold / Flu / Sinus
- Pain reliever
- Prescription pick-up
- \_\_\_\_\_
- \_\_\_\_\_

### Kitchen

- Aluminum foil
- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich / Freezer bags
- Wax paper
- \_\_\_\_\_
- \_\_\_\_\_

## Cleaning products

- Air freshener
- Bathroom cleaner
- Bleach / Detergent
- Dish / Dishwasher soap
- Garbage bags
- Glass cleaner
- Mop head / Vacuum bags
- Sponges / Scrubbers
- \_\_\_\_\_
- \_\_\_\_\_

## Office supplies

- Thumb drive
- Notepad / Envelopes
- Glue / Tape
- Printer paper
- Pens / Pencils
- Postage stamps
- \_\_\_\_\_
- \_\_\_\_\_

## Other stuff

- Automotive
- Batteries
- Charcoal / Propane
- Flowers / Greeting card
- Insect repellent
- Light bulbs
- Newspaper / Magazine
- \_\_\_\_\_
- \_\_\_\_\_

## Other

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## When you go...

- Take reusable bags
- Plastic bags to recycle
- Clip coupons
- Check propane level on grill

## Before you check out...

- Need ice?
- Rent a movie?
- Use customer reward card