

# Shopping List

**COUPONING  
TO BE DEBT FREE**



## Produce

- Apples
- Bananas
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cherries
- Corn
- Cucumbers
- Grapes
- Green Beans
- Kiwi
- Lemons
- Lettuce
- Mushrooms
- Onions
- Oranges
- Peaches
- Pears
- Potatoes
- Spinach
- Strawberries
- Tomatoes
- Watermelon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beverages

- Coffee
- Juice
- Soda
- Tea
- Water
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Bread

- Bagels
- Bread
- Bread Rolls
- Cakes
- Cookies
- Crumpets
- Danish
- English Muffins
- Muffins
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Canned/Packaged

- Beans
- Corn
- Crackers
- Fruit
- Pasta
- Peas
- Rice
- Tomato Paste
- Tuna
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Condiments

- BBQ Sauce
- Honey
- Horseradish
- Hot Sauce
- Jelly/Jam
- Ketchup
- Mayonnaise
- Mustard
- Oil
- Peanut Butter
- Pepper
- Salad Dressing
- Salt
- Soy Sauce
- Steak Sauce
- Syrup
- Tartar Sauce
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Baking

- Baking Powder
- Baking Soda
- Bread Crumbs
- Brown Sugar
- Brownie Mix
- Cake Mix
- Chocolate Chips
- Flour
- Icing
- Muffin Mix
- Sugar
- Vanilla Extract
- Yeast
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Breakfast

- Cereal
- Eggs
- Granola
- Oatmeal
- Pop Tarts
- Toaster Strudels
- Waffles
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Snacks

- Candy
- Chip Dip
- Nuts
- Popcorn
- Potato Chips
- Pretzels
- Salsa
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Meat

- Bacon
- Chicken
- Fish
- Ground Beef
- Ham
- Lamb
- Pork
- Roast Beef
- Sausage
- Turkey
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Dairy

- Butter/Margarine
- Cheese, Block
- Cheese, Shred.
- Cottage Cheese
- Cream Cheese
- Milk
- Parmesan Cheese
- Sour Cream
- Whipped Cream
- Yogurt
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Frozen

- Dinners
- Chicken
- Fish
- Ice Cream
- Pasta
- Pies
- Pizza
- Popsicles
- Potatoes
- Vegetables
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Beauty

- Body Wash
- Cotton Balls
- Conditioner
- Deodorant
- Hair Gel
- Hair Spray
- Lip Balm
- Lotion
- Razors
- Shampoo
- Soap
- Tampons
- Tooth Brush
- Tooth Paste
- Q Tips
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Health

- Allergy Medicine
- Aspirin
- Bandages
- Cold Medicine
- Eye Drops
- First Aid Cream
- Vitamins
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- \_\_\_\_\_
- \_\_\_\_\_

## Cleaning

- Air Freshener
- All Purpose Spray
- Bleach
- Dish Detergent
- Fabric Softener
- Floor Cleaner

- Glass Cleaner
- Kitchen Cleaner
- Laundry Detergent
- Pledge
- Toilet Cleaner
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Paper

- Foil
- Napkins
- Paper Towels
- Plastic Wrap
- Tissues
- Toilet Paper
- Trash Bags
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- \_\_\_\_\_
- \_\_\_\_\_

## Baby

- Baby Lotion
- Baby Oil
- Diapers
- Food
- Wipes
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- \_\_\_\_\_
- \_\_\_\_\_

## Pet

- Cat Litter
- Cat Litter Bags
- Cat Treats
- Dog Treats
- Dry Cat Food
- Dry Dog Food
- Wet Cat Food
- Wet Dog Food
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_