

# FIRST APARTMENT GROCERY LIST

*Checklist*

Hey there ,  
this is Olga

Looking to conquer your grocery shopping like a pro? Whether you're a hardworking career woman, a college gal hustling through classes, or a multitasking mom, I've got you covered! Dive into my simple yet supercharged checklists tailored to every corner of the grocery aisles. Say goodbye to grocery store overwhelm and hello to hassle-free shopping adventures! Let's stock those pantries with style and ease!

# GROCERY LIST

## Checklist

### Fruits and Vegetables

- Apples
- Bananas
- Oranges
- Strawberries
- Grapes
- Lettuce
- Fresh Spinach
- Tomatoes
- Cucumber
- Carrots
- Bell Peppers (red, yellow and green)
- Broccoli
- Onions
- Garlic
- Potatoes
- Avocados
- Lemons

### Proteins

- Chicken Breasts
- Beef
- Fish Fillets (salmon, tilapia)
- Eggs
- Beans (black, pinto, chickpeas)

### Dairy

- Milk
- Yogurt
- Cheese
- Butter or Margarine

### Bakery and Cereals

- Whole wheat Bread
- Tortillas (corn or flour)
- Oatmeal
- Breakfast cereal

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### Pantry Staples

- Rice (white or brown)
- Pasta
- Pasta Sauce
- Olive Oil
- Vegetable Oil
- Flour
- Sugar ( white or brown)
- Salt
- Pepper
- Spices and seasonings (oregano, cumin, paprika, etc)
- Chicken or Vegetable Broth
- Vinegar (white, apple cider or balsamic)
- Honey or maple syrup
- Soy Sauce

### Frozen Items

- Frozen Vegetables (broccoli, spinach, mixed vegetables)
- Frozen Fruits for smoothies
- Frozen Pizza

### Snacks

- Nuts (almonds, walnuts)
- Crackers
- Chocolate
- Granola Bars
- Popcorn

### Beverages

- Water
- Fruit Juice (orange, apple)
- Coffee
- Tea

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