

# Lighten Up Onslow Grocery List

## FOOD

## HOUSEHOLD

### Fresh vegetables

- Asparagus
- Broccoli
- Carrots
- Cauliflower
- Celery
- Corn
- Cucumbers
- Lettuce / Greens
- Mushrooms
- Onions
- Peppers
- Potatoes
- Spinach
- Squash
- Zucchini
- Tomatoes
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### Fresh fruits

- Apples
- Avocados
- Bananas
- Berries
- Cherries
- Grapefruit
- Grapes
- Kiwis
- Lemons / Limes
- Melon
- Nectarines
- Oranges
- Peaches
- Pears
- Plums
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### Refrigerated items

- Eggs
- English muffins
- Fruit juice
- Hummus
- Tofu
- Tortillas
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### Condiments / Sauces

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

### Various groceries

- Chicken Stock
- Cereal
- Coffee / Filters
- Lemon / Lime juice
- Olive oil
- Pancake / Waffle mix
- Pasta
- Peanut butter
- Pickles
- Rice
- Tea
- Vegetable oil
- Vinegar

### Canned foods

- Applesauce
- Baked beans
- Broth
- Fruit
- Olives
- Tinned meats
- Tuna / Chicken
- Soup / Chili
- Tomatoes
- Veggies

### Dairy

- Butter / Margarine
- Low-fat Cottage cheese
- Low-fat Milk
- Low-fat Sour cream
- Low-fat Yogurt

### Cheese

- Bleu cheese
- Cheddar
- Cottage cheese
- Cream cheese
- Feta
- Goat cheese
- Mozzarella
- Parmesan

### Meat

- Bacon / Sausage
- Beef
- Chicken
- Ground beef / Turkey
- Ham / Pork
- Hot dogs
- Lunchmeat
- Turkey
- Rotisserie Chicken

### Seafood

- Crab
- Lobster
- Mussels
- Oysters
- Salmon
- Shrimp
- Tilapia
- Tuna

### Baked goods

- Fresh bread
- Pita bread
- Sliced bread

### Baking

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

### Snacks

- Low-calorie Cookies
- Crackers
- Dried fruit
- Granola bars / Mix
- Nuts / Seeds
- Oatmeal
- Popcorn
- Pretzels

### Frozen

- Breakfasts
- Chicken
- Fish
- Juice concentrate
- Vegetables
- Fruit
- Frozen dinners

### Pets

### Personal care

### Spices & herbs

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

### Beverages

- Juice
- Water

### Other

### Cleaning products

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

### Office supplies

- Notepad / Envelopes
- Glue / Tape
- Printer paper
- Pens / Pencils
- Postage stamps

### Miscellaneous

- Napkins
- Non-stick spray
- Paper towels
- Plastic wrap
- Sandwich / Freezer bags
- Wax paper

### To-do list