

We hope you enjoy using this complimentary Grocery List created by:
Edited Places
Professional Organizing Service

Instructions:

1. First, print Page 1 on one side of the paper.
2. Then, print Page 2 on the other side of the paper.
3. Refer to your printer's manual on how to print on both sides of the paper.
4. Tri-Fold the grocery list as if it is a brochure.
5. Included is a column for Coupon. Check if you have a coupon for the grocery item listed.

Thank you for visiting our website. Visit often for information on organizing your life and for more free items to help you organize your life.

Your lifestyle, renewed.

www.editedplacesorganizing.com

Phone: 615-939-7509

Delores Holland

Professional Organizer

Vision:

Edited Spaces envisions helping clients see how investing in organization improves the quality of their lives: financial, personal, professional, and spiritual.

Mission:

Edited Spaces' mission is to work collaboratively with our clients to achieve a budget-friendly, organized lifestyle in their home, business or daily routine, to effect lasting, positive change.

Grocery List

Cans & Jars

- applesauce
- beans
- broth
- fruit
- jam/jelly
- mushrooms/olives
- pasta sauces
- peanut butter
- pickles
- soups
- vegetables
 - _____
 - _____
 - _____
 - _____
- _____

Coupon

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Baking

- baking powder/soda
- cake mix/frosting
- cocoa
- corn meal
- flour
- oils/shortenings
- pie products
- sugar
- yeast

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Seasonings

- _____
- _____
- _____
- _____

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Cleaning

- air freshener
- bleach
- cleaners
- dishwashing
- fabric softener
- furniture cleaners
- laundry soap
- vacuum products

Coupon

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Drinks

- Alcoholic
- Coffee
- Colas
- Juices

Coupon

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Bread/Pasta/Rice

- bread
- pasta
- rice
- _____
- _____

Coupon

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Personal Care

- bath soap
- conditioner
- cotton swabs
- dental-toothpaste/
toothbrush/floss
- deodorant
- feminine products
- hair spray
- hand soap
- lotion
- make up
- mouthwash
- razors/blades
- shampoo
- shaving cream
- sunscreen
- _____

Coupon

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Pet Items

- cat food
- dog food
- pet care
- treatments

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Paper Products

- aluminum foil/plastic wrap
- facial tissue
- garbage bags
- napkins
- paper towel
- paper plates/utensils
- toilet tissue
- _____

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Misc.

- _____
- _____
- _____
- _____
- _____
- _____
- _____

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Week of

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Residential & Business Organizing

Fruits **Coupon**

- apples
- apricots
- avocados
- bananas
- berries
- cherries
- grapefruit
- grapes
- kiwi
- lemons
- limes
- melons
- nectarines
- oranges
- peaches
- pears
- plums
- pomegranate
- watermelon
- _____

Vegetables

- artichokes
- asparagus
- broccoli
- cabbage
- cauliflower
- carrots
- celery
- corn
- cucumbers
- eggplant
- garlic cloves
- green onions
- lettuce
- onions
- peppers
- potatoes
- salad greens
- spinach
- squash
- tomatoes
- zucchini
- _____

Baby

- cereal/food
- diapers/wipes
- formula
- _____

Meat **Coupon**

- bacon
- chicken
- deli meat
- ground beef
- ground turkey
- ham
- hot dogs
- pork chops
- sausage
- steak
- turkey
- _____
- _____
- _____

Seafood

- catfish
- cod
- crab
- halibut
- lobster
- oysters
- salmon
- shrimp
- tilapia
- tuna
- _____

Frozen Food

- breakfast foods
- chicken products
- desserts
- fish products
- ice cream
- juice
- meats-other
- pie shells
- pizza
- potatoes
- tv dinners
- vegetables
- _____
- _____
- _____

Snacks

- Candy
- Chips
- Cookies
- _____

Refrigerated **Coupon**

- biscuits
- butter
- cheddar cheese
- cheese slices
- cream cheese
- dip
- eggs
- feta cheese
- half & half
- milk
- mozzarella
- salsa
- shredded cheese
- sour cream
- swiss cheese
- whipped cream
- yogurt
- _____
- _____
- _____

Sauces & Condiments

- barbeque sauce
- catsup
- cocktail sauce
- honey
- horseradish sauce
- hot sauce
- lemon juice
- mayonnaise
- mustard
- relish
- salad dressing
- soy sauce
- steak sauce
- sweet & sour sauce
- taco sauce
- teriyaki
- vinegar
- _____
- _____
- _____

Breakfast

- Cereal
- Instant Cereal
- Pancake/Waffles
- Syrup
- _____
- _____