

GROCERY LIST FOR MOVING - CHECKLIST



PANTRY STAPLES 🍚

- Rice (white, brown)** ✓
- Pasta (various shapes)** ✓
- Lentils (green, red)
- Canned tomatoes (diced, whole)** ✓
- Olive oil, vegetable oil** ✓
- Sea salt, black pepper ✓
- Canned beans (black, kidney)**
- Quinoa, couscous
- Chicken, beef, vegetable broth
- Peanut butter, almond butter
- Honey, maple syrup

FRESH PRODUCE 🥬🍏

- Spinach, kale, arugula
- Carrots, bell peppers, cucumbers
- Apples, oranges, bananas** ✓
- Seasonal vegetables: squash in fall, asparagus in spring
- Seasonal fruits: berries in summer, apples in fall
- Garlic, onions, potatoes** ✓

PROTEINS 🍗🌱

- Chicken breasts, thighs** ✓
- Ground beef, turkey
- Tofu, tempeh, seitan ✓
- Eggs ✓
- Canned beans, lentils
- Fresh or frozen fish: salmon, tilapia ✓
- Deli meats for quick sandwiches

DAIRY AND ALTERNATIVES 🥛

- Milk, almond milk, oat milk** ✓
- Greek yogurt, plant-based** ✓
- Cheese, vegan cheese options** ✓
- Butter, plant-based spreads
- Cottage cheese, cream cheese

