

EVERYDAY ESSENTIALS SERIES

THE ULTIMATE NEVER-FORGET SHOPPING COMPANION

A Room-by-Room Checklist

by OpiniPop.com

Your master backup brain for grocery runs

HOW TO USE THIS BOOK

Your Master Backup Brain

Keep this file open on your phone or print it out before you head to the grocery store, supermarket, or big-box retailer.

When your mind goes blank in the middle of an aisle, simply scan these categorized lists to instantly spark your memory.

Each section is organized by store department to match your natural shopping flow.

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PRODUCE

Fresh Fruits & Vegetables

Greens & Leafy Veggies

- Salad Greens: Spinach, arugula, romaine, iceberg, spring mix, kale.
- Cooking Greens: Collard greens, Swiss chard, bok choy, cabbage.
- Fresh Herbs: Cilantro, parsley, basil, mint, rosemary, thyme, dill.

Everyday Cooking Bases

- Onions & Garlic: Yellow onions, red onions, green onions (scallions), garlic bulbs, shallots.
- Root Vegetables: Potatoes (russet, red, gold), sweet potatoes, carrots, radishes, beets.
- The Essentials: Tomatoes (roma, beefsteak, cherry), celery, bell peppers (green, red, yellow).

Crisper Drawer Favorites

- Snacking Veggies: Cucumbers, broccoli florets, cauliflower, zucchini, Brussels sprouts.
- Specialty Produce: Avocados, asparagus, mushrooms, green beans, corn, ginger root.

Fresh Fruits

- Handheld Fruits: Apples, bananas, oranges, clementines, pears, peaches, plums.
- Berries: Strawberries, blueberries, raspberries, blackberries.
- Melons & Citrus: Watermelon, cantaloupe, lemons, limes, pineapples, grapes.

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MEAT, SEAFOOD & PROTEINS

Poultry & Meat

- Chicken & Turkey: Chicken breasts, thighs, wings, ground turkey, whole chicken.
- Beef & Pork: Ground beef, steaks, beef roast, pork chops, bacon, sausage links.
- Deli Counter: Sliced ham, turkey breast, roast beef, pepperoni, salami.

Seafood

- Fresh or Frozen Fish: Salmon fillets, cod, tilapia, tuna steaks.
- Shellfish: Shrimp (peeled/deveined), crab meat, scallops, mussels.

Plant-Based Proteins

- Meat Substitutes: Tofu blocks, tempeh, seitan, plant-based burger patties, veggie sausages.

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DAIRY, EGGS & ALTERNATIVES

Milk & Cream

- Dairy Milk: Whole milk, 2% milk, skim milk, heavy whipping cream, half-and-half.
- Plant Milks: Almond milk, oat milk, soy milk, coconut milk.

Cultured & Spreads

- Butter: Salted butter, unsalted butter, margarine, plant-based butter spreads.
- Eggs: Large white/brown eggs, egg whites liquid carton.
- Yogurt & Creams: Greek yogurt, flavored yogurt, sour cream, cream cheese, cottage cheese.

The Cheese Drawer

- Shredded Cheese: Cheddar, mozzarella, Mexican blend, Parmesan.
- Sliced & Blocks: Swiss, provolone, pepper jack, gouda, feta crumbles, blue cheese.

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PANTRY STAPLES & DRY GOODS

Bakery & Breads

- Loaves: Sliced white bread, whole wheat bread, sourdough, rye.
- Breakfast & Wraps: Bagels, English muffins, tortillas (flour/corn), pita bread, hamburger buns.

Grains, Pasta & Legumes

- Rice & Grains: White rice, brown rice, jasmine rice, quinoa, oats (rolled/instant).
- Pasta: Spaghetti, penne, rigatoni, macaroni, lasagna sheets, egg noodles.
- Dry Beans & Lentils: Black beans, pinto beans, chickpeas, red lentils, green lentils.

Canned & Jarred Goods

- Tomatoes & Sauces: Crushed tomatoes, tomato paste, marinara sauce, pizza sauce.
- Canned Vegetables: Sweet corn, green peas, green beans, diced chilies.
- Canned Proteins: Canned tuna, salmon, chicken, black beans, baked beans.
- Broths & Soups: Chicken broth, beef broth, vegetable broth, condensed soups.

Baking, Condiments & Spices

- Baking Essentials: All-purpose flour, granulated sugar, brown sugar, baking powder, baking soda, vanilla extract.
- Oils & Vinegars: Olive oil, vegetable oil, avocado oil, coconut oil, white vinegar, apple cider vinegar, balsamic.
- Condiments & Sauces: Ketchup, mustard (yellow/dijon), mayonnaise, soy sauce, hot sauce, BBQ sauce, salad dressings, peanut butter, jelly/jam.
- Core Spices: Fine sea salt, black pepper, garlic powder, onion powder, paprika, cumin, Italian seasoning.

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FROZEN FOODS

Quick Meals & Ingredients

- Vegetables: Frozen peas, corn, broccoli, stir-fry vegetable blends.
- Fruits: Frozen strawberries, blueberries, mango chunks (for smoothies).
- Easy Dinners: Frozen pizza, chicken nuggets, tater tots, french fries, frozen waffles.
- Desserts: Ice cream pints, popsicles, frozen cookie dough.

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HOUSEHOLD & CLEANING

Paper & Plastics

- Paper Products: Toilet paper, paper towels, facial tissues, paper napkins.
- Kitchen Storage: Trash bags (13-gallon), sandwich bags, aluminum foil, plastic wrap, parchment paper.

Cleaning & Laundry

- Dishwashing: Dish soap (sink), dishwasher detergent pods, rinse aid.
- Laundry Care: Liquid laundry detergent, fabric softener, stain remover spray.
- Surface Cleaners: All-purpose spray, disinfecting wipes, glass cleaner, toilet bowl cleaner, floor cleaning solution.
- Tools: Kitchen sponges, scrub brushes, microfiber cloths.

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PERSONAL CARE & HEALTH

Bath & Shower

- Body Care: Body wash, bar soap, hand soap refills, loofahs.
- Hair Care: Shampoo, conditioner, hair gel/styling cream.

Oral & Personal Hygiene

- Oral Care: Toothpaste, toothbrushes, mouthwash, dental floss.
- Deodorant: Stick deodorant, antiperspirant spray.
- Skincare & Grooming: Face wash, body lotion, shaving cream, razors.
- Feminine Care: Tampons, pads, liners.

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PETS & BABY (IF APPLICABLE)

Pet Essentials

- Food & Treats: Dry kibble, canned wet food, dog/cat treats.
- Care Items: Cat litter, poop bags, pet shampoo, flea/tick treatment.

Baby Care

- Diapering: Diapers (size check!), baby wipes, diaper rash cream.
- Feeding: Baby formula, jarred baby food, teething crackers.

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HOUSEHOLD ESSENTIALS

Commonly Forgotten Items

Batteries & Power

- Standard Batteries: AA, AAA, 9V, D-cell, C-cell.
- Specialty Batteries: CR2032 button cells, watch batteries, hearing aid batteries.

Lightbulbs & Lighting

- LED Bulbs: 60W equivalent (most common), 100W equivalent, dimmable LEDs.
- Specialty Bulbs: Smart bulbs (Alexa/Google compatible), nightlight bulbs, candelabra base.

Filters & Maintenance

- Air Filters: HVAC furnace filters (check your size!), air purifier filters.
- Water Filters: Brita pitcher filters, refrigerator water filters, faucet filters.
- Vacuum Accessories: Vacuum bags, HEPA filters, replacement belts.

Small Hardware & Tools

- Fasteners & Adhesives: Command strips (damage-free hanging), duct tape, super glue, zip ties.
- Emergency Basics: Extension cords, flashlights, candles, matches, lighters.
- Seasonal: Furnace filters (fall), air filters (spring), smoke detector batteries (twice yearly).

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Specialty Diet Add-Ons

If you follow a specific dietary lifestyle, these specialty items are easy to forget. Add them to your regular shopping list as needed.

Gluten-Free Essentials

- Gluten-Free Grains: GF bread, GF pasta, GF flour blends (almond, rice, oat), certified GF oats.
- GF Snacks: Rice crackers, corn tortillas, rice cakes, GF pretzels.
- GF Condiments: Tamari (gluten-free soy sauce), GF baking powder, xanthan gum.

Keto/Low-Carb Favorites

- Keto Flours & Baking: Almond flour, coconut flour, flaxseed meal.
- Sugar Substitutes: Erythritol, monk fruit sweetener, stevia.
- Low-Carb Staples: Shirataki noodles (zero-carb pasta), pork rinds, MCT oil, nutritional yeast.
- High-Fat Essentials: Heavy cream, cream cheese, butter, avocado oil.

Plant-Based/Vegan Staples

- Plant Proteins: Tofu, tempeh, seitan (if not already in main list), jackfruit (canned or fresh).
- Vegan Dairy Alternatives: Vegan butter, vegan cheese, coconut cream, cashew cream.
- Vegan Pantry: Nutritional yeast ("nooch"), tahini, miso paste, coconut aminos.
- Egg Replacers: Flax eggs (ground flax + water), chia seeds, aquafaba (chickpea liquid).

Keep this guide handy and never forget the essentials again. Happy shopping!