



First Apartment Grocery List

Printable Checklist for First-Time Renters

Pantry & Non-Perishable Items

Item	Est. Cost
☐ Pasta	\$2.00
☐ Pasta sauce	\$3.50
☐ Rice	\$4.00
☐ Cereal	\$4.50
☐ Oats	\$3.50
☐ Peanut butter	\$4.00
☐ Jam / jelly	\$3.50
☐ Bread	\$3.00
☐ Cooking oil	\$5.00
☐ Salt	\$1.50
☐ Black pepper	\$3.00
☐ Sugar	\$3.00
☐ Flour	\$3.50
☐ Canned beans	\$1.50
☐ Canned tomatoes	\$2.00
☐ Canned soup	\$2.50
☐ Tuna / canned fish	\$1.50
☐ Snack crackers	\$3.00
☐ Coffee	\$7.00
☐ Tea bags	\$4.00
☐ Honey	\$5.00
☐ Ketchup	\$3.00
☐ Mustard	\$2.50

	Item	Est. Cost
	Hot sauce	\$3.00

Refrigerator & Fresh Items

	Item	Est. Cost
	Milk	\$3.50
	Eggs	\$3.50
	Butter	\$4.00
	Cheese (block or slices)	\$4.50
	Yogurt	\$4.00
	Fresh vegetables (onions, garlic)	\$5.00
	Fresh fruit (apples, bananas)	\$5.00
	Salad greens	\$3.50
	Deli meat	\$5.00
	Fresh chicken/meat	\$8.00
	Tofu / paneer	\$4.00
	Condiments (mayo, salad dressing)	\$4.00
	Orange juice	\$4.00

Freezer Must-Haves

	Item	Est. Cost
	Frozen vegetables	\$3.00
	Frozen fruit	\$4.00
	Frozen pizza	\$5.00
	Frozen chicken/meat	\$8.00
	Ice cream	\$5.00
	Frozen waffles/pancakes	\$4.00
	Ice cube tray fillers (ice)	\$1.00
	Frozen ready meals	\$4.50

Indian Grocery List

Item	Est. Cost
Basmati rice	\$8.00
Atta (whole wheat flour)	\$7.00
Toor dal / lentils	\$4.00
Moong dal	\$4.00
Chana dal	\$4.00
Ghee	\$8.00
Turmeric powder	\$3.00
Red chili powder	\$3.00
Coriander powder	\$3.00
Cumin seeds (jeera)	\$3.00
Garam masala	\$4.00
Mustard seeds	\$2.50
Curry leaves (fresh or dried)	\$2.00
Tamarind paste	\$3.00
Pickle (achar)	\$4.00
Papad	\$3.00
Tea (chai patti)	\$5.00
Besan (gram flour)	\$4.00
Coconut (grated or milk)	\$3.00
Green chilies	\$1.50

Kitchen Tools & Cookware

Item	Est. Cost
Non-stick frying pan	\$15.00
Saucepan with lid	\$12.00
Cutting board	\$8.00
Chef's knife	\$10.00
Mixing bowls (set)	\$12.00
Measuring cups & spoons	\$6.00
Spatula / cooking spoon set	\$8.00

	Item	Est. Cost
	Colander / strainer	\$6.00
	Plates, bowls, cups (set)	\$20.00
	Silverware (set)	\$10.00
	Storage containers	\$10.00
	Can opener	\$4.00
	Dish towels	\$5.00
	Kettle or pot for boiling	\$15.00

Cleaning Supplies

	Item	Est. Cost
	Dish soap	\$2.50
	Sponges	\$2.00
	Paper towels	\$5.00
	All-purpose cleaner	\$4.00
	Trash bags	\$6.00
	Laundry detergent	\$8.00
	Broom & dustpan	\$10.00
	Toilet cleaner	\$3.50
	Disinfectant wipes	\$4.00
	Air freshener	\$3.00

Additional Notes / Custom Items

Total Cost

Estimated Total: \$ _____

Actual Total Spent: \$ _____

Tip: Start with essentials and build your kitchen slowly. You don't need everything on day one!

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