

Lists

Assembling nutritious grocery orders can be daunting. With Shoppable Lists, you can now create personalized and reusable shopping lists full of foods and products that fit your unique health needs. Lists make it easy to support any lifestyle!

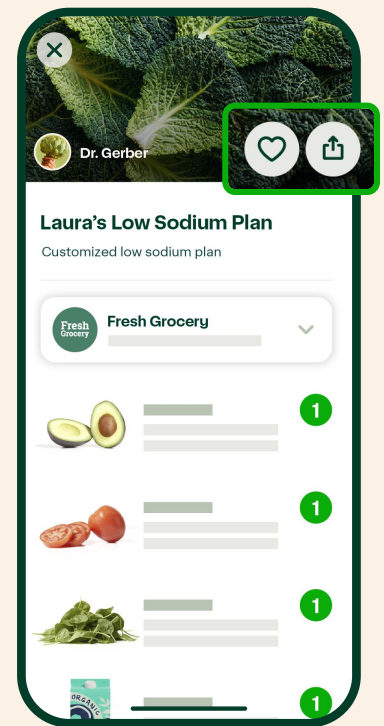
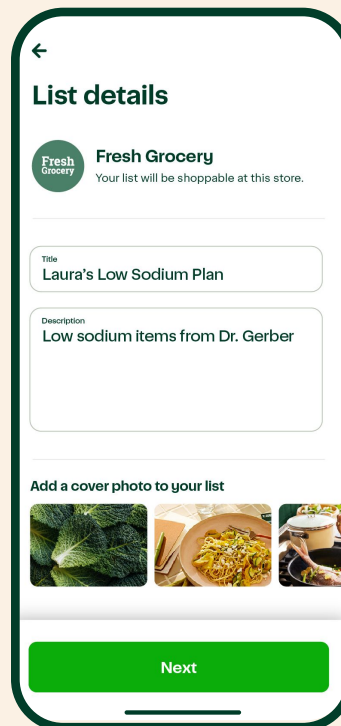
And you'll never forget an item since you can instantly add everything to your cart. You can also discover other suggested lists curated by stores or brands.



Making a List

Anyone can make a list instantly!

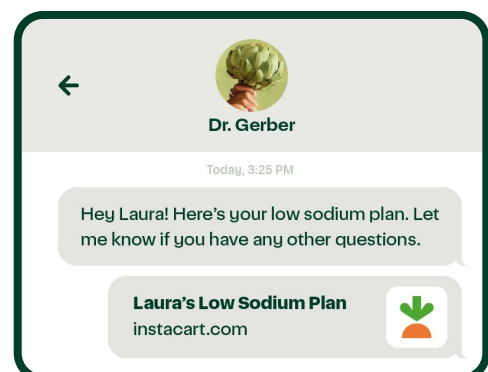
- 01 Navigate to the homepage menu and select "Your lists."
- 02 Select "Create new" in the top right corner.
- 03 Choose your preferred store, create a title for your list, and add an optional description.
- 04 If you plan to share your list with others, the specific store and items may change by zip, so avoid using a store name in the title and pick widely available items.
- 05 Add up to 60 items and select "Done editing list."



Sharing and Discovering Lists

As a dietitian, nutritionist, or friend you can build customized lists that you can share instantly with a client or loved one!

Or get inspired with premade lists! When scrolling the homepage or storefront, you'll come across lists from stores or brands. After clicking into the list, you can share it with others or save it to your account profile by clicking the heart or share icon at the top of the list.



Scan the QR code to start creating your list.

Need help? Contact our Support Service: 1-888-246-7822 or browse specific help topics at www.instacart.com/help.

