Grocery list

SHOP ON _____

PRODUCE

- ◯ Apples
- ◯ Bananas
- ◯ Lemons
- ◯ Onions
- ◯ Garlic
- ◯ Potatoes
- ◯ Carrots
- ◯ Salad greens
- ◯ Tomatoes
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

DAIRY AND EGGS

- ◯ Milk
- ◯ Eggs
- ◯ Butter
- ◯ Cheese
- ◯ Yogurt
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

MEAT AND FISH

- ◯ Chicken
- ◯ Ground meat
- ◯ Fish
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

BAKERY

- ◯ Bread
- ◯ Tortillas or wraps
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

PANTRY

- ◯ Rice
- ◯ Pasta
- ◯ Flour
- ◯ Sugar
- ◯ Cooking oil
- ◯ Canned tomatoes
- ◯ Beans
- ◯ Stock
- ◯ Cereal
- ◯ Coffee
- ◯ Tea
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

FROZEN

- ◯ Vegetables
- ◯ Fruit
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

DRINKS AND SNACKS

- ◯ Juice
- ◯ Crackers
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

HOUSEHOLD

- ◯ Paper towels
- ◯ Toilet paper
- ◯ Dish soap
- ◯ Laundry detergent
- ◯ Trash bags
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....
- ◯ .....

PERSONAL CARE

- ◯ Toothpaste
- ◯ Shampoo
- ◯ Soap
- ◯ .....
- ◯ .....
- ◯ .....
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- ◯ .....

Grocery list

SHOP ON _____

PRODUCE

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BAKERY

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DRINKS AND SNACKS

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DAIRY AND EGGS

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PANTRY

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HOUSEHOLD

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MEAT AND FISH

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FROZEN

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PERSONAL CARE

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Meals and groceries

WEEK OF _____

MONDAY

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TUESDAY

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WEDNESDAY

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THURSDAY

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L

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FRIDAY

B

L

D

SATURDAY

B

L

D

SUNDAY

B

L

D

PRODUCE

DAIRY AND EGGS

MEAT AND FISH

PANTRY

FROZEN

HOUSEHOLD AND OTHER