

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

Grocery list

SHOP ON _____

PRODUCE

- ☐
- ☐
- ☐
- ☐
- ☐

DAIRY AND EGGS

- ☐
- ☐
- ☐
- ☐
- ☐

MEAT AND FISH

- ☐
- ☐
- ☐
- ☐
- ☐

BAKERY

- ☐
- ☐
- ☐
- ☐
- ☐

PANTRY

- ☐
- ☐
- ☐
- ☐
- ☐

FROZEN

- ☐
- ☐
- ☐
- ☐
- ☐

DRINKS AND SNACKS

- ☐
- ☐
- ☐
- ☐
- ☐

HOUSEHOLD

- ☐
- ☐
- ☐
- ☐
- ☐

PERSONAL CARE

- ☐
- ☐
- ☐
- ☐
- ☐

Meals and groceries

WEEK OF _____

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PRODUCE	
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DAIRY AND EGGS	
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MEAT AND FISH	
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PANTRY	
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FROZEN	
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HOUSEHOLD AND OTHER	
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