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

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

BAKERY

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

DRINKS AND SNACKS

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

DAIRY AND EGGS

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

PANTRY

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

HOUSEHOLD

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

MEAT AND FISH

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

FROZEN

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

PERSONAL CARE

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

Meals and groceries

WEEK OF _____

MONDAY

B

L

D

TUESDAY

B

L

D

WEDNESDAY

B

L

D

THURSDAY

B

L

D

FRIDAY

B

L

D

SATURDAY

B

L

D

SUNDAY

B

L

D

PRODUCE

DAIRY AND EGGS

MEAT AND FISH

PANTRY

FROZEN

HOUSEHOLD AND OTHER