

Grocery List

Check the pantry first. Take this list along to the store.

WEEK OF _____

PRODUCE

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

MEAT & PROTEIN

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY & EGGS

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY & BAKING

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

FROZEN

- ☐ _____
- ☐ _____
- ☐ _____

OTHER

- ☐ _____
- ☐ _____
- ☐ _____