Grocery Shopping List

Produce

Fruits

- [ ] apples
- [ ] bananas
- [ ] oranges
- [ ] lemons/limes
- [ ] berries
- [ ] grapes
- [ ] _____
- [ ] _____
- [ ] _____

Vegetables

- [ ] lettuce
- [ ] spinach
- [ ] cucumbers
- [ ] tomatoes
- [ ] peppers
- [ ] onions
- [ ] broccoli
- [ ] potatoes
- [ ] carrots
- [ ] _____
- [ ] _____
- [ ] _____

Refrigerated

- [ ] milk
- [ ] butter
- [ ] eggs
- [ ] yogurt
- [ ] cheese
- [ ] cold cuts
- [ ] _____
- [ ] _____
- [ ] _____

Meat

- [ ] beef
- [ ] poultry
- [ ] pork
- [ ] fish
- [ ] seafood
- [ ] bacon
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Dry Goods

General

- [ ] peanut butter
- [ ] jelly
- [ ] coffee
- [ ] tea
- [ ] oil
- [ ] salad dressing
- [ ] pasta sauce
- [ ] _____
- [ ] _____

Baking

- [ ] flour
- [ ] sugar
- [ ] vanilla
- [ ] chocolate
- [ ] spices
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Canned

- [ ] beans
- [ ] tomatoes
- [ ] soup
- [ ] tuna
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Grains

- [ ] pasta
- [ ] rice
- [ ] cereal
- [ ] syrup
- [ ] bread
- [ ] bagels
- [ ] tortillas
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Frozen

- [ ] ice cream
- [ ] pizza
- [ ] vegetables
- [ ] _____
- [ ] _____
- [ ] _____

Snacks

- [ ] soda
- [ ] juice
- [ ] crackers
- [ ] chips
- [ ] salsa/dip
- [ ] cookies
- [ ] nuts
- [ ] candy
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Household

- [ ] sandwich bags
- [ ] plastic wrap
- [ ] aluminum foil
- [ ] dish soap
- [ ] paper towels
- [ ] garbage bags
- [ ] hand/bath soap
- [ ] laundry soap
- [ ] fabric sofener
- [ ] dryer sheets
- [ ] bleach
- [ ] household cleaner
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Other

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Meal Plan

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

BloggingMomof4.com