

GROCERY SHOPPING LIST

Week of: _____

| Produce | | Meat | | Bread/Grains | |
|----------------|----------------------|-----------------------|-------------------------|--------------------------------------|----------------------|
| | Broccoli | | Ground beef | | Bread |
| | Carrots | | Bacon | | Biscuits |
| | Lettuce | | Turkey | | Rice |
| | Peppers | | Pork | | Spaghetti |
| | Onions | | Sausage | | Macaroni |
| | Corn | | Chicken | | Tacos |
| | Potatoes | | Beef | | Fajitas |
| | Tomatoes | | Fish | | Crackers |
| | Spinach | | | | |
| | Seasonal vegetables: | | | | |
| | | | | Drinks | |
| | | Dairy | | | Coffee |
| | | | Milk | | Tea |
| | | | Cheese | | Juice |
| | Apples | | Butter | | Soda |
| | Grapes | | Yogurt | | |
| | Bananas | | Eggs | | |
| | Pears | | Cream cheese | Toiletries /Cleaning Supplies | |
| | Seasonal fruits: | | Sour cream | | Soap |
| | | | | | Shampoo |
| | | | | | Conditioner |
| | | Frozen | | | Toothpaste |
| | | | Frozen meat: | | Toothbrushes |
| | | | Ice cream | | Deodorant |
| | | | Frozen bread: | | |
| | | | Frozen vegetables: | | |
| | Canned Goods | | Frozen waffles | | Laundry detergent |
| | Soup: _____ | | Frozen meals | | Chlorine bleach |
| | Beef broth | | | | Non-chlorine bleach |
| | Chicken broth | | | | Stain spray |
| | Spaghetti sauce | | | | Cold wash detergent |
| | Green beans | Breakfast food | | | Dryer sheets |
| | Diced tomatoes | | Bagels | | |
| | Tomato sauce | | Cereal | | |
| | Tomato paste | | Oatmeal | | |
| | | | | | Toilet paper |
| | | Staples | | | Paper towels |
| | | | Flour | | Napkins |
| | Baby Items | | Corn meal | | |
| | Diapers | | Sugar | | Toilet bowl cleaner |
| | Wipes | | Cooking oil | | All-purpose cleaner |
| | Formula | | Olive oil | | Disinfecting wipes |
| | Baby Food | | Non-stick cooking spray | | Sponges |
| | | | Salt | | Dishwasher detergent |
| | | | Pepper | | Liquid dish soap |
| | | | Other spices | | Trash bags |
| | | | Condiments | | Batteries |
| | | | | | Plastic bags |
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