

Weekly Meals:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Grocery Shopping List:

**FRUITS**

- Apples
- Bananas
- Grapes
- Pears
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**VEGETABLES**

- Cucumbers
- Spinach
- Broccoli
- Tomatoes
- Potatoes
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**MEAT & FISH**

- Ground Turkey
- Ground Beef
- Chicken
- Bacon
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**CANNED**

- Beans
- Tomatoes
- Tuna
- Soup
- Vegetables
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**REFRIGERATED**

- Milk
- Butter
- Eggs
- Yogurt
- Cheese
- Lunch Meat
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**GRAINS**

- Pasta
- Rice
- Cereal
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**GENERAL**

- Peanut butter
- Jelly
- Coffee
- Tea
- Ketchup
- Mustard
- Mayonnaise
- Salad dressing
- Pasta sauce
- \_\_\_\_\_
- \_\_\_\_\_

**BAKED GOODS**

- Bread
- Bagels
- Tortillas
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**SNACKS**

- Crackers
- Chips
- Salsa/Dip
- Nuts
- Cookies
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**BAKING**

- Flour
- Sugar
- Cake Mix
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**FROZEN**

- Ice cream
- Pizza
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**OTHER**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**HOUSEHOLD**

- Paper towels
- Garbage bags
- Aluminum foil
- Laundry detergent
- Light bulbs
- Batteries
- Household cleaner
- Hand soap
- Dish detergent
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_