



LET'S GO SHOPPING! GROCERY LIST

WEEK OF: _____

- ☐ COUPONS
- ☐ REUSABLE BAGS
- ☐ SHOPPER'S CARD

FRUITS / VEGETABLES / BULK ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____		DELI / BAKERY / BREADS / CHEESE ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	
BAKING / OILS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	CANNED / JARRED ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	PASTA / RICE / BOXED ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	CONDIMENTS / SPICES ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
KITCHEN SUPPLIES ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	MEAT / SEAFOOD ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	SNACKS / TREATS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	BEVERAGES ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
BREAKFAST / CEREALS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	FROZEN FOODS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	PETS / BABY CARE ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	DAIRY CASE / EGGS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____
PAPER PRODUCTS ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	LAUNDRY / CLEANING ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	HEALTH / BEAUTY ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____	MISC. ☐ _____ ☐ _____ ☐ _____ ☐ _____ ☐ _____

BUDGET: _____ SPENT: _____

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