



weekly groceries list

WEEK OF _____

FRUITS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BREAD

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

MEAT

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

VEGETABLES

- _____
- _____
- _____
- _____
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- _____
- _____

CANNED GOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CONDIMENTS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DAIRY

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

FROZEN FOODS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

DRINKS

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PERSONAL CARE

- _____
- _____
- _____
- _____

CLEANING

- _____
- _____
- _____
- _____

OTHER

- _____
- _____
- _____
- _____