

Groceries

mon

tue

wed

thu

fri

sat

sun

produce

vegetables

- lettuce
- tomatoes
- carrots
- onions
- potatoes
- _____
- _____
- _____
- _____
- _____

fruits

- bananas
- apples
- oranges
- grapes
- _____
- _____
- _____
- _____
- _____
- _____

remember to get...

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

dry goods

grains

- bread
- pasta
- cereal
- rice
- _____
- _____
- _____
- _____

canned goods

- fruit
- vegetables
- beans
- soup
- _____
- _____
- _____

snacks & beverages

- chips
- pretzels
- cookies
- crackers
- _____
- _____
- _____
- _____

refrigerated

meat & fish

- beef
- chicken
- pork
- fish
- deli meat
- _____
- _____
- _____

dairy

- milk
- butter
- eggs
- cheese
- yogurt
- _____
- _____
- _____

other

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

frozen

- pizza
- meals
- vegetables
- ice cream
- _____
- _____
- _____
- _____
- _____

household

- paper towels
- toilet paper
- tissues
- laundry detergent
- garbage bags
- plastic bags
- _____
- _____
- _____
- _____

