Grocery List

Date _____ Store _____ Budget _____

Produce

- [ ] Bananas
- [ ] Apples
- [ ] Lemons or limes
- [ ] Onions
- [ ] Garlic
- [ ] Potatoes
- [ ] Leafy greens
- [ ] Tomatoes
- [ ]
- [ ]

Meat & Seafood

- [ ] Chicken breasts or thighs
- [ ] Ground beef or turkey
- [ ] Bacon or sausage
- [ ] Fish fillets
- [ ] Deli turkey or ham
- [ ]
- [ ]

Dairy & Eggs

- [ ] Milk
- [ ] Eggs
- [ ] Butter
- [ ] Cheese
- [ ] Yogurt
- [ ] Cream or creamer
- [ ]
- [ ]

Bakery & Deli

- [ ] Sandwich bread
- [ ] Tortillas or wraps
- [ ] Buns or rolls
- [ ] Hummus or dips
- [ ]
- [ ]

Pantry & Canned

- [ ] Rice or pasta
- [ ] Canned tomatoes
- [ ] Canned beans
- [ ] Broth or stock
- [ ] Cooking oil
- [ ] Pasta sauce
- [ ] Cereal or oats
- [ ] Coffee or tea
- [ ]
- [ ]
- [ ]

Frozen

- [ ] Frozen vegetables
- [ ] Frozen fruit
- [ ] Pizza or ready meals
- [ ] Ice cream
- [ ]
- [ ]

Snacks & Drinks

- [ ] Crackers
- [ ] Chips or popcorn
- [ ] Juice or sparkling water
- [ ] Lunchbox snacks
- [ ]
- [ ]

Household & Personal

- [ ] Dish soap
- [ ] Paper towels
- [ ] Toilet paper
- [ ] Trash bags
- [ ] Laundry detergent
- [ ] Toothpaste
- [ ]
- [ ]

Cross out what you already own, then number the sections in the order you walk your store.