

WEEK OF: _____

BUDGET: _____

SPENT: _____

Grocery List

REMEMBER TO TAKE YOUR:

- COUPONS
- REUSABLE BAGS
- REWARDS CARD



PRODUCE

- kale
- 1 small red onion
- 2 white or yellow onions
- 1 clove of garlic
- 1 bag of red potatoes
- 1 large bag of carrots
- fresh cilantro
- _____

MEAT AND SEAFOOD

- 3 lbs ground meat
- 6-8 lbs chicken drumsticks
- 1 lb hot Italian sausage
- 1/2 - 1 lb chicken breasts
- _____
- _____
- _____
- _____

DELI AND BAKERY

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

EGGS AND DAIRY

- large eggs
- 1 pint of heavy cream
- Mexican blend shredded cheese
- shredded mozzarella
- 8 oz cream cheese
- butter
- _____
- _____

FROZEN FOOD

- 1 bag of corn
- _____
- _____
- _____
- _____
- _____
- _____
- _____

CEREAL AND SNACKS

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

BAKING AND SPICES

- taco seasoning chili powder
- garlic powder 5 spice powder
- ground white pepper
- sugar (granulated & confectioners)
- molasses cinnamon
- all-purpose flour
- vanilla extract baking soda
- salt and pepper

CANS AND JARS

- 2 cans tomatoes and chilies
- 4 oz tomato paste
- apple cider vinegar
- 16 oz refried beans
- 10 oz cream of mushroom
- 8 oz tomato sauce
- 4 oz green chilies
- _____

PASTA AND RICE

- 16 oz elbow macaroni
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BEVERAGES

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

PET AND BABY

- _____
- _____
- _____
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CLEANING

- _____
- _____
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PERSONAL CARE

- _____
- _____
- _____
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- _____
- _____

CONDIMENTS

- BBQ sauce
- hoisin sauce
- soy sauce
- 15 oz sloppy joe sauce
- honey
- _____
- _____
- _____

KITCHEN

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

MISC.

- 1 can (10 ct) biscuit dough
- sesame oil
- vegetable oil
- chicken bouillon cubes
- walnuts or pecans
- coconut oil
- _____
- _____