

WEEK OF: _____

BUDGET: _____

SPENT: _____

Grocery List

REMEMBER TO TAKE YOUR:

- COUPONS
- REUSABLE BAGS
- REWARDS CARD



PRODUCE

- 4 large onions 1 lemon
- 2 green bell peppers
- celery
- fresh mint
- fresh chervil
- green grapes
- 1/2 lb asparagus
- blueberries

MEAT AND SEAFOOD

- 1/2 pound of shrimp
- 8 large chicken breasts
- 2 1/2 lbs ground meat
- 1/2 lb sausage (any)
- 1 package pepperoni
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DELI AND BAKERY

- bread crumbs
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EGGS AND DAIRY

- butter sour cream
- polenta (NOT instant)
- milk
- grated Parmesan
- eggs
- shredded sharp cheddar
- shredded mozzarella
- 2 pgs cream cheese

FROZEN FOOD

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CEREAL AND SNACKS

- tortilla chips
- graham crackers / crumbs
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BAKING AND SPICES

- cajun seasoning
- granulated sugar
- garlic salt dry mustard
- taco seasoning
- vanilla extract olive oil
- onion powder cornstarch
- thyme Italian seasoning
- evaporated milk

CANS AND JARS

- 28 oz petite diced tomatoes
- 16 oz tomato sauce
- 1 can refried beans
- 1 jar pizza sauce
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PASTA AND RICE

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BEVERAGES

- lemon juice
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PET AND BABY

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CLEANING

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PERSONAL CARE

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CONDIMENTS

- Worcestershire sauce
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KITCHEN

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MISC.

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