

WEEK OF: \_\_\_\_\_

BUDGET: \_\_\_\_\_

SPENT: \_\_\_\_\_

# Grocery List

REMEMBER TO TAKE YOUR:

- COUPONS
- REUSABLE BAGS
- REWARDS CARD



**PRODUCE**

- 1 small green bell pepper
- 1 small yellow onion
- 1 lb broccoli florets
- 1 small purple onion
- celery
- carrots
- blueberries
- lemons (for zesting)

**MEAT AND SEAFOOD**

- 1 lb ground meat
- 4-5 lbs chicken breasts
- 2 lbs shrimp
- 1 lb bacon
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**DELI AND BAKERY**

- bread crumbs
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**EGGS AND DAIRY**

- shredded sharp cheddar
- grated mozzarella cheese
- bleu cheese
- butter
- 2 packages cream cheese
- sour cream
- eggs
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**FROZEN FOOD**

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**CEREAL AND SNACKS**

- tortilla chips
- salted roasted cashews
- graham crackers/crumbs
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**BAKING AND SPICES**

- Extra Virgin olive oil    cayenne pepper
- garlic powder            onion powder
- taco seasoning
- corn oil    chipotle chili powder
- cumin                            paprika
- dried onion                  cornstarch
- red pepper flakes
- sugar                          vanilla extract

**CANS AND JARS**

- 1 (10 oz) can Rotel
- 1 (10.75 oz) can cream of mushroom
- 1 (10.75 oz) can cream of chicken
- 4 oz green chilies
- 2 (15 oz) cans black beans
- 2 (15 oz) cans chili beans
- 2 (15 oz) cans diced tomatoes
- chicken broth

**PASTA AND RICE**

- 16 oz angel hair pasta
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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
- lite soy sauce
- sesame oil
- sunflower seeds
- mayonnaise
- buffalo wing sauce
- ranch dressing
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**KITCHEN**

- rice vinegar
- apple cider vinegar
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**MISC.**

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