

WEEK OF: _____

BUDGET: _____

SPENT: _____

Grocery List

REMEMBER TO TAKE YOUR:

- COUPONS
- REUSABLE BAGS
- REWARDS CARD



PRODUCE

- green onions
- cherry tomatoes
- fresh basil
- mixed greens
- strawberries
- blueberries
- 2 onions
- 4 apples

MEAT AND SEAFOOD

- 3 lbs chicken breasts
- meatballs
- 1/2 lb Canadian bacon
- 4 tilapia filets
- 1 lb turkey breast
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DELI AND BAKERY

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EGGS AND DAIRY

- 1 prepared pizza crust
- mozzarella cheese
- asiago cheese
- grated Parmesan
- pie crust
- butter
- milk
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FROZEN FOOD

- mixed vegetables
- diced potatoes
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CEREAL AND SNACKS

- sesame seeds
- sliced almonds
- old-fashioned rolled oats
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BAKING AND SPICES

- sugar cinnamon
- dry mustard parsley flakes
- all-purpose flour
- ground ginger paprika
- garlic powder olive oil
- cornstarch nutmeg
- brown sugar
- molasses

CANS AND JARS

- pizza sauce
- apple cider vinegar
- 14 oz chicken broth
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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

- soy sauce
- raspberry vinaigrette
- maple syrup
- honey
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KITCHEN

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MISC.

- 1 lb dried navy beans
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