

WEEK OF: _____

BUDGET: _____

SPENT: _____

Grocery List

REMEMBER TO TAKE YOUR:

- COUPONS
- REUSABLE BAGS
- REWARDS CARD



PRODUCE

- 3 onions
- 2-3 granny smith apples
- spinach
- 1 garlic clove
- _____
- _____
- _____
- _____

MEAT AND SEAFOOD

- 7 lbs chicken breasts
- 1+ lbs ground meat
- bacon
- _____
- _____
- _____
- _____
- _____

DELI AND BAKERY

- tortillas
- bread, buns, or croissants
- _____
- _____
- _____
- _____
- _____
- _____

EGGS AND DAIRY

- feta cheese milk
- 15 oz ricotta cheese
- 8 oz cream cheese
- shredded Parmesan cheese
- eggs
- shredded mozzarella cheese
- sliced cheese
- butter

FROZEN FOOD

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

CEREAL AND SNACKS

- garlic parm popcorn seasoning
- _____
- _____
- _____
- _____
- _____
- _____
- _____

BAKING AND SPICES

- garlic powder basil
- cornstarch red pepper flakes
- parsley flakes all-purpose flour
- Italian seasoning vanilla
- seasoning salt sugar
- onion powder powdered sugar
- baking powder baking soda
- dark cocoa powder

CANS AND JARS

- 8 oz pineapple chunks
- pesto
- sun-dried tomatoes, in oil
- 2 jars pasta sauce
- 14 oz diced tomatoes
- chicken broth
- _____
- _____

PASTA AND RICE

- jumbo pasta shells
- penne
- _____
- _____
- _____
- _____
- _____
- _____

BEVERAGES

- lemon juice
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PET AND BABY

- _____
- _____
- _____
- _____
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- _____

CLEANING

- _____
- _____
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- _____

PERSONAL CARE

- _____
- _____
- _____
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- _____

CONDIMENTS

- bbq sauce
- mayonnaise
- peanut butter
- _____
- _____
- _____
- _____
- _____

KITCHEN

- _____
- _____
- _____
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- _____

MISC.

- apple cider vinegar
- _____
- _____
- _____
- _____
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- _____