# Weekly Meals:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| | | | | | | |

# Grocery Shopping List:

**FRUITS**
- ☐ Apples
- ☐ Bananas
- ☐ Grapes
- ☐ Pears
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**VEGETABLES**
- ☐ Cucumbers
- ☐ Spinach
- ☐ Broccoli
- ☐ Tomatoes
- ☐ Potatoes
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**MEAT & FISH**
- ☐ Ground Turkey
- ☐ Ground Beef
- ☐ Chicken
- ☐ Bacon
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**CANNED**
- ☐ Beans
- ☐ Tomatoes
- ☐ Tuna
- ☐ Soup
- ☐ Vegetables
- ☐ _____
- ☐ _____
- ☐ _____

**REFRIGERATED**
- ☐ Milk
- ☐ Butter
- ☐ Eggs
- ☐ Yogurt
- ☐ Cheese
- ☐ Lunch Meat
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**GRAINS**
- ☐ Pasta
- ☐ Rice
- ☐ Cereal
- ☐ _____
- ☐ _____
- ☐ _____

**GENERAL**
- ☐ Peanut butter
- ☐ Jelly
- ☐ Coffee
- ☐ Tea
- ☐ Ketchup
- ☐ Mustard
- ☐ Mayonnaise
- ☐ Salad dressing
- ☐ Pasta sauce
- ☐ _____
- ☐ _____

**BAKED GOODS**
- ☐ Bread
- ☐ Bagels
- ☐ Tortillas
- ☐ _____
- ☐ _____
- ☐ _____

**SNACKS**
- ☐ Crackers
- ☐ Chips
- ☐ Salsa/Dip
- ☐ Nuts
- ☐ Cookies
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**BAKING**
- ☐ Flour
- ☐ Sugar
- ☐ Cake Mix
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**FROZEN**
- ☐ Ice cream
- ☐ Pizza
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**OTHER**
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

**HOUSEHOLD**
- ☐ Paper towels
- ☐ Garbage bags
- ☐ Aluminum foil
- ☐ Laundry detergent
- ☐ Light bulbs
- ☐ Batteries
- ☐ Household cleaner
- ☐ Hand soap
- ☐ Dish detergent
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐